

CANADA'S MAGAZINE CELEBRATING WOMEN OVER 40

More

DECEMBER 2008/
JANUARY 2009

STYLE COMFORT AND JOY AFTER 40

Tone
your bod
Boost your
energy
SEE PG.105

- * WEARABLE HOLIDAY GLAM
- * BOOTS MADE FOR WALKING
- * SHOPPING WITH A CONSCIENCE
- * HAVE YOU GOT THE GUTS TO GO GREY?

Cheers!
How to host a
wine-tasting party

\$4.50 www.more.ca



PM40064924 R11069

Felicity Huffman

at 45: "If this success had happened when I was younger, I would have been too tortured to appreciate it"

+ More chats with Sarah McLachlan, Halle Berry & Stuart McLean

✕ Memoir



The guts to go grey

FACED WITH PREMATURE GREY IN A BOTTLE BLOND WORLD, JANE LANGILLE CHRONICLES THE JOURNEY TO SELF-ACCEPTANCE

I remember exactly where I was when I found the first one. I was the ripe old age of 19, taking a break from studying for exams in first-year university. I looked in the mirror and reeled in horror. There was a completely white bolt of lightning sticking out against the night sky of my brunette hair. Why did I have one *now*? Would the rest of my hair start to turn grey? Would I be like the boy who was teased in high school for going silver at 17?

The only good thing about finding *one* grey hair was that I could pluck it out and nobody was the wiser. It was my little secret — a freak of nature that wouldn't happen again. Or so I hoped. Every couple of months, there were a couple of hairs to yank. They kept creeping in with their silent ambush of betrayal.

In my early twenties, my husband and I started our first jobs. The grey hair came in more frequently, and started growing in all over. By 28, I couldn't reach to pluck the ones at the back so I asked my husband to help. He obliged for a while, until...

"Um, you don't really want me to yank out entire patches, right?"

His refusal to scalp me coincided with my decision to stay home with our first child. I no longer had a professional image to uphold and soon enough I was so busy with two young children, I didn't have time to care about things like hair colour — until the day my daughter changed everything.

When she was only five, she ran her fingers through my hair as I pretended to be asleep. She sighed to her little brother, ever so slowly and apologetically, "Oh... look... Mommy's getting *old*." Already she knew that grey hair was for old people. It was at that moment I decided to colour my hair. No kid of mine was going to think 33 was old!

Deception was in order. After a hairdresser worked his magic with chemicals and scissors, my hair looked fabulous: The grey was completely eradicated. Take that, time! Pride had its price, however: The makeover was expensive and a huge time-suck. It drove me nuts just to sit and cook my hair in a salon chair. I had become a master multi-tasker, so it was difficult to be unproductive for so long. I couldn't even read to pass the time until my hairdresser invented "condoms" for the arms of my glasses using the cut-off fingers from a latex glove.

But it just wasn't worth it: On top of paying \$120 for the whole job, I had to pay a babysitter too. Maintenance visits were necessary every four weeks to keep the grey roots from showing.

Over the next few years, I moved on to the at-home kit solution. This alternative was much cheaper and took less time than a salon visit, but I'd forgotten that I'm a klutz. My hair got coloured all right, but so did everything else in the bathroom. Eventually I was back to enlisting my husband's help. While he was certainly much neater, his patience with this chore faded over time, and so did mine.

SHOPPING GUIDE

MAKING WAVES PAGE 34 AG, aghair cosmetics.com. **DevaCurl**, devaconcepts.com. **Hair & Skin Essentials**, delineation.ca. **Miss Jessie's**, missjessies.com. **Sunsilk**, sunsilk.com. **Tresemmé**, tresseme.ca.

BOOTIE CALL PAGE 38 Aqualia by **Marvin K.**, aqualia.com. **Bos. & Co.**, bosandco.com. **Ecco**, eccocanada.com. **La Canadienne**, lacanadienne.ca. **Mephisto**, mephisto.com. **Payless ShoeSource**, canada.payless.com.

VERY BERRY PAGE 40 BareMinerals, shoppersdrugmart.ca. **Benefit**, benefitcosmetics.com. **Clé de Peau Beauté**, clededepeau-beaute.com. **L'Oréal Paris**, lorealparis.ca. **Maybelline New York**, maybellinenewyork.ca. **Revlon**, revlon.com. **Yves Saint Laurent**, ysl.com.

MAKE A STATEMENT PAGE 42 Aldo, aldoshoes.com. **Petroff Gallery**, petroffgallery.com. **Shannon Hazell**, shannonhazell.com. **Toca**, 514-731-1028. **Winners**, winners.ca.

COZY UP PAGE 46 BCBGMaxAzria, bcbg.com. **Mango**, mango.com. **Michael Michael Kors**, 866-733-5677. **Portolano**, portolano.com. **Winners**, winners.ca.

HOT OFF THE SHELF PAGE 48 Bath & Body Works, bathandbodyworks.com. **Chloé**, chloe.com. **Lise Watier**, lisewatier.com. **Philosophy**, sephora.com. **877-SEPHORA**, sephora.com. **Quo**, shoppersdrugmart.ca.

"GIRLS" NIGHT OUT PAGE 74 Aldo, aldoshoes.com. **Anne Klein**, anneklein.com. **BCBGMaxAzria**, bcbg.com. **Big Buddha**, the Bay, hbc.com. **Bitter Sweet**, bitteronline.com. **Browns**, brownsshoes.com. **Cassis**, cassis.ca. **Catherine Malandrino**, Holt Renfrew, catherinemalandrino.com. **D&G**, Holt Renfrew, dolcegabanna.com. **H&M**, hm.com. **Joseph Ribkoff**, ribkoff.com. **Karen Wilson**, karenwilson.ca. **Laura**, 877-973-6090, lauracanada.com. **Le Château**, lechateau.com. **Lollipop**, lollipop.fr. **Loranne Kettlewell**, lorannekettlewell.com. **Mango**, mango.com. **Melanie Lyne**, melanielyne.com. **Nine West**, 800-561-3690, ninewest.ca. **NYC Accessories**, nycaccessories.com. **Rita D.**, ritad.com. **RK**, rkstores.com. **Robert Rodriguez**, Holt Renfrew, holtrenfrew.com. **Shannon Hazell**, shannonhazell.com. **Spring**, myspringsshoes.com. **Swarovski**, swarovski.com. **Tara Jarmon**, tarajarmon.com. **Town Shoes**, townshoes.com. **Vera Wang**, Holt Renfrew, verawang.com.

UNCOMMON SCENTS PAGE 82 By **Kilian**, bykilian.com. **Calvin Klein**, calvinklein.com. **Chanel**, chanel.com. **David Yurman**, davidyurman.com. **DSquared²**, dsquared.com. **Emanuel Ungaro**, ungaro.com. **Escada**, escada.com. **Estée Lauder**, Estée Lauder counters, esteelauder.ca. **Gucci**, gucci.com. **Guerlain**, guerlain.com. **Hermès**, hermes.com. **Ineke**, ineke.com. **Juicy Couture**, juicycouture.com. **L'Artisan Parfumeur**, lartisanparfumeur.com. **Lancôme**, lancome.ca. **Thierry Mugler**, thierrymugler.com. **Yves Rocher**, yvesrocher.ca. **Yves Saint Laurent**, ysl.com.

**Prices of products subject to change based on location and date of purchase*

Memoir

It was after one ill-advised attempt to go blond that I threw in the towel — literally. My hair was an unholy trinity of grey, brown and yellow.

"My hair looks like roadkill," I complained to my husband. "You want to know the truth?" I asked.

"Ah...."

"The big clock in the sky ticks for everyone!"

I launched into a protracted speech about conforming to an ideal prescribed by a youth-obsessed culture. "Why am I effectively apologizing for and masking the authentic me?" I demanded. I was tired of hiding behind artificial hair colour in order to protect my feelings about how other people would judge me if they saw me as someone getting older. Why couldn't aging be considered beautiful, or at least a process that represents experience, wisdom and proof that we have managed the accomplishment of living this long?

I decided my grey hair was a lightning rod challenging me to determine

how I was going to deal with

aging from my forties onward.

Was I going to fight the march

of time with every possible

modification or was it possible

to achieve some degree of ac-

ceptance along the way and

make peace with my true self?

The big unknown was how

the grey hair would grow in.

Would it be a nice snowy white

or dingy and yellow? Would I

have grey in ribbons, white

patches over my ears, or worse,

one solitary skunk streak down

the middle? After going grey, would I need only a pink polyester suit, pearls

and a white purse to complete the senior citizen picture?

The time had come to stop obsessing and take the plunge; after all, it was

only *hair*. I grew it out a little longer and then went cold turkey with a really

short cut to start with a clean slate. Guess what? I liked it well enough. It

grew in salt and pepper all over — a look that was uniquely mine. The grey

hairs were a bright white and everything that grew in was healthier, shinier,

and not fried by chemicals anymore. The false veneer had been stripped

away and my hair seemed to be lit from within. My kids, by this time 10 and

eight, didn't really care. My husband liked it and said he was glad I was doing

what was right for me. After all, if I could accept that he was going bald, he

could accept my grey.

My hairdresser said it was great that I was confident enough to pull it off.

As for others, most people didn't seem to notice, or perhaps they were just

too polite to say anything. A platinum blond friend I hadn't seen for a few

weeks noticed the big change right away and was very complimentary.

It's now seven years later, and sometimes I wonder how long it will be be-

fore I am completely white. At 45, my hair is still salt and pepper, with a shift

to a bit more salt than before, but it is changing gradually on its own sched-

ule. I wince a little when the clerk at the drugstore calls me "ma'am" because

I think she is reacting solely to my hair colour. Some women have been out-

right unkind and blurted out that they could never stop colouring their hair

lest they would look terrible. Who knows? Maybe they would.

Imagine if they all had the guts to go grey: How many would discover their natural beauty and be happier accepting themselves for who they really are? **M**

It was after one ill-advised attempt to go blond that I threw in the towel — literally. My hair was an unholy trinity of grey, brown and yellow. Why was I masking the authentic me?