

ZOOMER

CANADA

BETTER THAN EVER

NO-STRESS HEALTH PLAN

- LOW-IMPACT FITNESS IDEAS
- ULTIMATE FLU FIGHTERS
- THINNING HAIR REMEDIES

GOOD NEW
SMALL BREAK
EXAM



THE ZOOMER LIST

CANADA'S TOP 45 OVER 45

THE MOVERS AND SHAKERS WHO SHAPE OUR LIVES

PLUS! MEMORIES OF MORDECAI
TOURING ITALY WITH THE RICHLERS

CONRAD BLACK
IN HIS OWN WORDS

FOR 40s 50s 60s 70s 80s PLUS

SHE'S ONE!
KIM CATTRALL
ON HER NEXT ACT

"I feel good about aging"

MONEY ALERT
CPP CHANGES MAY COST YOU

MOSES
ZOOMER PHILOSOPHY
AT THE END: TO ROT OR TO BURN? PG. 10

CARP
PROVINCIAL ELECTIONS:
THE BIG ISSUES, PG. 95

MY MUST-HAVES

Entrepreneur and latest star of *Dragon's Den* (CBC), **BRUCE CROXON, 50**, was a digital pioneer co-founding the online dating website *Lavalife* in 1988. While still running a digital development company in Toronto, he also owns *Vida*, a chain of holistic spas on the West Coast. "I had very poor grooming habits before. Now the staff makes sure I'm well equipped, and

Vida Spa at Vancouver's Sutton Place Hotel



I've completely bought into the benefits."

My son, Lucas, has severe food allergies. When he's along, so are the **EpiPens (1)**. After I shower and before I shave, I use one to two drops of Niche Hydrating Face Serum on my damp skin. This hydrates my skin when I travel and adds a protective layer to prevent skin irritation when shaving. A must-have! I never go anywhere without **Dermalogica Body Cream (2)** as my skin dries out a lot on planes. Although it's not grooming per se, I also start every day with some basic yoga and this sets me up for the day. Other than that, I've become very attached to my **Kobo (3)**. ■



1



2



3

POINT
OF VIEW
BY KIM IZZO



BARE SKIN

FASHION RETAILERS COLLABORATING WITH A HOT DESIGNER STARTED WITH H&M. NOW CANADIAN BRAND DANIER HAS FOLLOWED THE TREND BY INVITING THREE YOUNG CANADIAN TALENTS TO DESIGN PIECES FOR ITS FALL COLLECTION: (CLOCKWISE FROM TOP) OBJECT BY **GEORGE ANTONOPOULOS** FOR DANIER, **GRETA CONSTANTINE** SKIN FOR DANIER AND **MARK FAST** FOR DANIER OFFER UP CUTTING-EDGE PIECES.



THEN
Princess Anne



TREND
Ralph Lauren



NOW
Vanessa Redgrave

TREND WATCH LOW PONYTAIL

YOU WORE IT THEN – HOW TO WEAR IT NOW

SEEN AT Ralph Lauren, Prada, Balmain
EXPERT Marcello Altomare, Twist & Co.

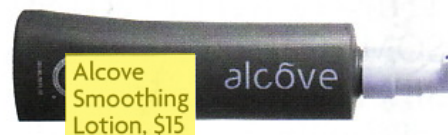
Forget the cheerleader look of summer. For fall, the low ponytail is far more sophisticated and, therefore, more appropriate for women over 50. Achieving this look is quite simple, explains Altomare. Start with relatively clean hair, meaning washed the day before so that it has more texture. Brush hair out with a paddle brush. Decide whether you will have a centre part, side part or pulled straight back.



I/M Ceramic
Nylon
Paddle
Brush, \$18



Kérastase
Chroma
Sensitive Fixing
Hairspray, \$35



Alcove
Smoothing
Lotion, \$15

Use hairspray to smooth down fly-aways. Then, using a hair band (not an elastic band, which will cause breakage), tie hair around the back neckline. Use a strand of the hair in the ponytail to wrap around the hair band to conceal it. "You can keep the wrapped hair in place with a small bobby pin. This will give a more polished look," he says. "Also, adding a loose wave to the hair using a large barrel curling iron, prior to the ponytail can add an elegant touch to the overall look." ■