

HERE'S HOW TO GET THE MOST OUT OF YOUR #BOSS YEARS: YOUR 50S



THE WELLNESS GUIDE TO YOUR 50s

If you're in your 50s, you're probably in on a well-kept secret: These years are kind of the *best*. All the work you've done in your 20s, 30s, and 40s to live your fullest life is really starting to pay off—and you may have more free time (and money) than you've ever had before, thanks to your well-earned #boss status.

Think [Michelle Obama](#), [Elle Macpherson](#), [Julia Louis-Dreyfus](#), [Carine Roitfeld](#)....basically a dream guest list for a badass [women's circle](#).

Yours is the first generation to take fitness seriously into adulthood and you're seeing the results of that: These are not your mother's 50s. The payoff? You have the energy to use all that free time wisely. (Surfing school, anyone?)

However, this is no time to push your body past its limits—it's all about self-love, following your inspiration, and having fun. (You've earned it.)



Skin care

“When we get into our 50s, hormonal shifts can create added skin sensitivities,” says aesthetician and therapeutic skin coach [Hayley Roy](#). “Skin tends to feel more delicate and fragile here, but women in their 50s also want to focus on maintenance and reversing years of damage.”

Roy’s favorite ingredients for this age group include immortelle—found in [Odacite’s Aloe and Immortelle Refreshing Toner Mist](#) and [Tammy Fender’s Intensive Repair Balm](#)—plus [Pai Rosehip BioRegenerate Oil](#).

And if you’re suddenly plagued with adult acne again at 50 (which Roy says does sometimes happen with hormonal shifts), don’t panic. Instead, make sure you’re getting [plenty of sleep](#), and supplement with [Moon Juice’s Sex Dust](#). “It’s great for balancing hormones so your skin won’t have to suffer,” she says. Plus, it boosts your mojo—something we can *all* get behind, age notwithstanding.