

60s+

**ESSIE WEINGARTEN**

*Founder and global creative director of Essie Cosmetics, age 63*



Essie Weingarten

**A SELF-PROCLAIMED** girly girl, the nail-lacquer legend has a beauty routine that is serious business, with scheduled facials, blowouts, manicures, and pedicures.

**DIET** "I love to cook and I love to eat. But as I get older, I'm staying away from the foods I love that don't love me: bread, pasta, cheese, fried foods, and ice cream. Now I have lots of vegetables, but every once in a while I'll have a treat. I just try to be as diligent as possible." **BREAKFAST** "A cappuccino and a fruit salad from Sant Ambroeus in the West Village. Or I'll make coffee at home and have a peach or raspberry Chobani yogurt. I love granola with honey, but I'm cutting back because it's more sugar. I miss it."

**LUNCH** "If I'm going out for lunch, I love a salad from Fred's at Barneys New York or Sette Mezzo. When I make salads at home, I like to mix mesclun greens and tuna with my homemade dressing: balsamic vinegar, oil, mustard, garlic, salt, and pepper. Sometimes I'll also make an iceberg salad with shrimp and lump crabmeat, and I'll use cocktail sauce as my dressing. Or I make what I call a garbage salad—cucumber, pimientos, celery, carrots, and anchovies all chopped up."

**DINNER** "I cook at least four nights a week, and it's almost always Italian. When I'm being bad, I'll make short ribs of beef or meatballs. When I'm good, I'll make either grilled or baked red snapper, flounder, fluke, or shrimp with roasted cauliflower, broccoli, asparagus, or spinach. My favorite restaurants for dinner are

Milos or Avra Estiatorio for fresh fish."

**SNACKS** "I'm not a nosher, but if I get home from work and I'm starving, I'll have some walnuts, pecans, or almonds before dinner." **SPLURGES** "My penne alla vodka, tiramisu from Mezzaluna, and the cookies from Sant Ambroeus. And I have about three glasses of wine a week." **VITAMINS** "I take a probiotic from Projoba International; I'm convinced it's the fountain of youth."

**FITNESS** "I am an avid walker, and I prefer to walk to appointments rather than take cabs. I also walk a mile and a half every morning and evening."

**SKIN CARE** "I don't do injectables. I'm not saying I don't need it; of course I do. But I'm chicken, and I don't want to look unnatural. I'd rather grow old gracefully than look foolish. I get facials from Silvia Marinescu at the Samuel Shriqui Salon, and when I want a more intense facial with lights, lasers, or a peel, I see Dangene at the Core Club—she is my magic. I am very diligent about getting skin cancer checks with my dermatologist, Arnold Toback. If something doesn't look right, I run in. I wash and tone morning and night with Obagi Nu-Derm Gentle Cleanser [\$37.50] and Nu-Derm Toner [\$37.50]. During the day I use Yves Saint Laurent Temps Majeur Supreme Crème

[\$375] and eye cream, and I remove my makeup with Pond's Cold Cream [\$8.49]."

**MAKEUP** "I'm a makeup junkie, but I try to look as natural as possible. On my skin I wear Giorgio Armani foundation, Lancôme concealer, Yves Saint Laurent Crème de Blush in Velvety Peach [\$38], and a dusting of Guerlain's Météorites Pearls [\$58]. For my eyes I use a beige Dior shadow palette. I line my eyes with Lancôme Color Design Eye Shadow in Vintage [\$19] using a brush and apply Lancôme Cils Booster XL [\$24] to prime and condition my lashes, followed by Lancôme Définicils mascara [\$29.50]. My favorite lip product is Chanel Rouge Double Intensité in Rose Quartz [\$34]—one side dries very matte; the other side is a shiny gloss. For nighttime I'll do a smoky eye; otherwise, I'll make an appointment with my go-to makeup artist, Jennifer Nam. I love a great manicure and pedicure. I've been seeing Josephine Allen at Samuel Shriqui for a manicure every week and a pedicure every other week for 20 years. I like to layer sheer colors like Essie Mademoiselle with Blushing Bride or Ballet Slippers with Sugar Daddy. But recently I've been wearing a red called She's Pampered. It's flattering on me."

**HAIR** "I used to wash and dry my hair every day, but now it's easier to get it blown out by Steven Rice, at Samuel Shriqui Salon in New York (he also cuts my hair) or Xavier, at Salon Xavier in the Hamptons. My favorite shampoo is Kérastase Bain Oléo-Relax [\$39], but I don't use styling products because they weigh my hair down. I started going gray at 23, so I colored my hair every two weeks for many years, and one day I said, 'Enough.' It was difficult letting it grow out, but for the past 18 years I've been natural—it's easy, no fuss."

**BODY** "I take three hot showers a day with L'Occitane shower gel, then powder my entire body with Johnson's Baby Powder [\$3.99]. I get many compliments that I smell good; I think it's the powder mixed with my Chanel Coco Mademoiselle fragrance [\$105]." ■

**WEINGARTEN'S MUST-HAVES**



Essie Nail Lacquer in She's Pampered, \$8



Dior 5 Couleurs Eyeshadow Palette in Incognito, \$60



Yves Saint Laurent Temps Majeur Supreme Eye cream, \$165



L'Occitane Verbena Shower Gel, \$20