

BEAUTY
CELEBRATE
YOUR AGE!



I'M TURNING 48!

Style blogger **Alison Gary's** approach to life is a breath of fresh air.

Alison, founder of the style blog *Wardrobe Oxygen*, is not in the business of telling people what *not* to wear. "Why do we think we're the most stylish when we look as slim and tall and proportional as possible?" says Alison, whose blog speaks to "grown" women with a focus on size-inclusive clothing brands. She's constantly crafting cool outfits, many of which include what once were style don'ts. "I have full shoulders and a large bust, but I look and feel great in horizontal stripes. I have a belly and I tuck in my shirt," she says. Her current style mantra is comfort and joy, and nothing is off-limits as long as it makes you feel amazing: "Get comfortable breaking the rules. We're the only ones holding ourselves to them these days."

Hey, hey!
It's my
birthday!



KARLGARY, MURAL ARTIST: MARKA27/STREET THEORY.



Memorable bday

The theme of my 8th birthday was purple. I loved fashion even back then, so my mom made me a purple sweatsuit with puffed sleeves.

Life lessons

I'm finding the balance between preparing for the future and living in the moment. I like to set myself up for success, but I'm getting older, and so is my kid. I need to enjoy what I have right now.

Happy, healthy secrets

HER NIGHTTIME RITUAL

I use a facial massage tool called a gua sha along with

oil on my face before I go to bed. It relaxes my jaw, which I tend to clench, and has really improved my quality of sleep.

A GAME-CHANGING HABIT

Doing Peloton stretch classes every day has transformed my body. My back pain has disappeared. My posture is better, and I can work out longer.

STYLE SECRET WEAPON

I love a French tuck, which is when you tuck in just one part of your shirt. You may be surprised at how it can upgrade your look.

Future forward

I want to keep trying new things. I recently learned how to golf and took sculling classes. When situations arise, I don't want to say "I'm too busy" or "I'm too old." I'm just going to say, "Why not?"



beauty boost

"I like my eyes, so I'll do my brows and lashes to draw attention to them. That's all I need to feel confident."

Her beauty must-haves



"Thanks to this tubing mascara, I get thick, luscious lashes that don't smudge. Even if I cry or sweat, it will stay in place until I take it off at night."

Caliray Come Hell or High Water Mascara, \$24, [sephora.com](https://www.sephora.com)



"This solid oil cleanser melts in your hands and makes washing your face feel like a luxurious experience. After I use it, my skin feels clean but not dried out."

Colleen Rothschild Radiant Cleansing Balm, \$65, [colleenrothschild.com](https://www.colleenrothschild.com)



"I hadn't found a fragrance I liked in years until I discovered this roll-on. It adjusts to your body chemistry to create a subtle, unique scent."

Maya Fragrances Maya Base Perfume Oil, \$72 for 10 mL, [mayafragrances.com](https://www.mayafragrances.com)



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