

And Just Like That, 60 Became the New 40

It blew my mind when I saw Journalist **Flora Gill's** tweet in early January exposing how drastically our perception of “women of a certain age” has changed over the last two decades. The eye-opener: In season one, the Golden Girls characters were younger than the current *Sex and the City* actresses. Let that sink in.

I wondered how Baby Boomers, the fastest growing segment of the population, felt about being “seniors” since they look rather different — let’s say, better — and live significantly longer than people aged 58 to 76 did just one generation ago. With a sizeable Peachtree Corners crowd enjoying their golden years, I set out to discover how today’s “60 is the new 40” phenomenon is taking shape in our city.

Better self-care throughout our lives undoubtedly contributes to our longevity. More active lifestyles, healthier choices, improved nutrition and tending to our intellectual, emotional and spiritual needs all contribute to our long-term health.

Let’s look at how some local individuals and organizations are helping us put our best foot forward now and as we step into our twilight years.

Skincare treatments fight Father Time

Suburban Med Spa offers an array of services that cater to self-care for every season of the year

By **Patrizia Winsper**



and of life. Aesthetician **Taylor Olson** has a background in medical aesthetics. She regaled me with knowledge about their anti-aging treatments while giving me a divine skin polishing facial, the first step in determining a client’s skin concerns.

“Aging is inevitable but preventative measures can be taken. Good skin is part what you do at home, but you should also be in the care of an aesthetician who can devise the right treatment plan,” Olson said.

Spa services and products are tailored to address each client’s specific goals. Many are unaware of the multitude of options available to treat issues like enlarged pores, acne scars, rosacea, sunspots, skin laxity, loss of volume, collagen and elastin.

For a good at-home regimen, arm

yourself with medical grade skincare lines carried by the spa like Vital C by Image Skincare, Clayton Shagal, and Obagi. They’ll produce better results than over the counter products because they contain more of the most proven active ingredients. Each product Olson applied felt luxurious and smelled delightful — fragranced only by plant botanicals. They can be pricey, but as Aesthetician **Blanca Verner** said, “The best accessory is good skin,” so it’s absolutely worth the investment.

“Our most popular skin care product for ages 55 and up is the Neo Therapy Neck & Décolleté Tightening Cream by Neocutis. There are over 100 plant stem cells and growth factors in their products, skin building blocks like collagen, elastin, peptides — the most potent form you can buy,” Olson shared. The formula was originally created in Switzerland for pediatric burn victims. Aesthetic dermatology swooped it up when skin began to regenerate from third-degree burns in just two weeks. Users can expect improvements in texture, fine lines and wrinkles.

Combat changes in aging skin in the treatment room with photo rejuvenation— an Intense Pulse Light (IPL) skin-tightening laser targeting areas of skin laxity where you’re losing plumpness and have more lines and wrinkles. It tightens the skin and treats age and sun spots by triggering the body’s natural response to heal wounds and regenerate the skin. Your body interprets it as a sunburn, so it sends peptides, collagen and elastin to rebuild — all things that make your skin look youthful. It’s great for crow’s feet around the eyes; it’s non-invasive and delivers results.

Next in the arsenal against aging skin? “Acids are an aesthetician’s best friend,” Olson chuckled. Glycolic, salicylic, or lactic — they all treat different things. For those who are sensitive to lasers, chemical peels are ideal. The best anti-aging peel containing the highest grade of acid in a chemical peel was developed in



Top, Writer, Patrizia Winsper conducting research on anti-aging treatments. Shown here getting a Clayton Shagal chocolate mud mask at Suburban Med Spa with Esthetician, Taylor Olson (pictured above.)

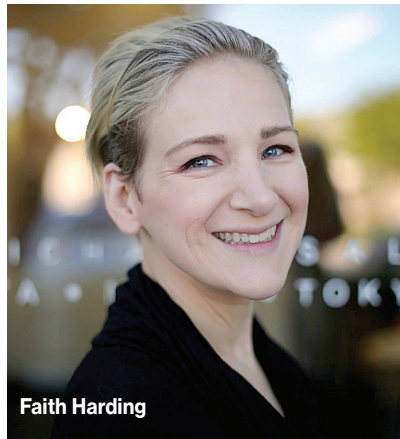
Italy: the PRX-T33. “When women come back in four weeks for their follow-up, it looks like eight years were removed from their face. It’s insane how tight and plump the skin is. We call it Botox in a bottle,” Olson described.

The big guns in the fight against stubborn lines and wrinkles are injectables. Clients who don’t mind needles go next door to see **Dr. Singhal, M.D.**, who owns the practice. He and his PA **Amber** administer filler injections like Botox and Juvéderm to rejuvenate the face by smoothing away facial lines and wrinkles, creating fuller lips and shaping facial contours.

Visit suburbanmedspa.com or call 678-282-0051.

The latest in senior coiffures

Gone are the bouffants of yesteryear. Today’s older adults opt for crowning glories that help them turn back the hands of time. Color-wise, anything goes! COVID had seniors embracing their grays, but according to Senior Colorist **Faith Harding** at **Van Michael Salon**,



Faith Harding



Ginger Rowland

those same people are opting for some lowlights now to add dimension to their haircuts and break up the gray.

“We see more experimenting with fashion color,” Harding added. Her one rule to avoid looking dated: “Extremes like all black or all white age you. Anything in between is fair game.”

Stylist **Ginger Rowland** has noticed that undercuts on bobs — cutting short or shaving under the hair — have become popular among women of a certain age. “We have more seniors coming in to have their hair blown out for parties, or adding extensions for a new look,” Rowland said. The salon offers services for thinning hair and balding.

Visit vanmichael.com or call 678-987-3600.

Brushing and flossing regularly keeps seniors smiling

Kristina Dawson, DMD of **Peachtree Corners Dental Associates** sees patients of all ages. Her recommendations for the oral care of the 60+ group are routine visits and daily maintenance at home. A dental team will monitor any changes.

“As we age, we become more susceptible to dry mouth, cavities that form on the root surfaces of teeth and it’s important to manage any systemic disease that can affect the oral cavity,” Dr. Dawson said. She feels prevention is key, along with early, conservative intervention when necessary.

Thinning enamel may cause teeth to yellow with age. For a brighter smile, patients may consider an at-home whitening kit or an in-office procedure.

Visit peachtreecornersdmd.com or call 770-448-5666.

The silver fox’s den

What’s new about where mature folks dwell these days? Seniors Real Estate Specialist (SRES) Certified Agent **Amy Fuchs** of **FamilyHomesGa at Keller Williams Chattahoochee North** feels seniors are living their “best lives ever.” Contrary to what was the norm just a few years ago, downsizing is not always the way to go. Fuchs shared some exciting new developments.

1. **Upsizing:** “Yes, I said upsizing,” Fuchs affirmed. Many are purchasing larger homes with the primary bedroom on the main floor for obvious convenience, yet they also want extra bedrooms, media rooms and play areas to enjoy when extended family and the grandchildren visit.

2. **New construction near city centers:** Live/play areas appeal to



Amy Fuchs

seniors who enjoy being within walking distance to all the action. Peachtree Corners Town Center is a popular example. With dozens of restaurants, Sprouts, nail salons and boutiques, the new construction around the center is a trendy spot for all ages.

“We often think of ranch style homes as the most popular among seniors, that isn’t necessarily the

case anymore. Townhome living offers low maintenance and proximity to city centers. Seniors and builders are adding elevators to their options; it’s no longer a feature available only in the luxury market,” Fuchs said.

3. **55+ communities:** Both as rental and purchase options, these communities are becoming lifelines for widows and widowers wanting to open up their lives after the tragedy of losing a spouse. Fuchs explained, “Instead of sitting in a big house and looking back, wonderful people wanting to be social and move forward are finding joy in the activities and social aspect these communities offer.”

The Silver Fox section on their website is dedicated to the 55+ crowd with tips, properties and vendors that appeal to their needs, Fuchs added.

Call Amy directly at 404-439-1031.

Pensioner Perks

Ray Paracha is opening a UPS next to Ingles at 5075 Peachtree Pkwy #107, at the end of March. He’s offering a 10% discount to seniors and veterans.

Instructor **Jennifer Bonacci** and Executive Director **Katie Furlough** of **The Robert D. Fowler Family YMCA** encourage seniors to connect with others and work on their wellness goals by attending senior classes and social events. In February, take advantage of “Try the Y Tuesday.”

Gwinnett County Public Library provides **Mailbox Books**, which is access to library materials for cardholders who are homebound due to age, illness, etc.: gwinnettpl.org/adults/mailbox-books/.

Kathy Donohue McDonough enjoys Zaxby’s 10% senior discount.

Julie Davis recommends healthy dining options: Salata, Pokéworks, Loving Hut, Press Blend Squeeze, Planet Smoothie, Cava and L’Thai Organic Cuisine.

Davis’ fitness picks are Jazzercise, Anytime Fitness, Burn Boot Camp and Redline Athletics.

Gerrie Wydeven loves the money-saving High Museum Reciprocal Programs. Members get free admission and discounts at participating institutions throughout the U.S.: high.org/reciprocal-membership-programs.

Wydeven also recommends the Atlanta Botanical Gardens membership program which grants free access to over 345 gardens in the U.S.: ahsgardening.org/gardening-programs/rap/

Senior Pass for National Parks is another of Wydeven’s favorites. Everyone aged 62 and over are eligible: tripsavvy.com/how-to-purchase-the-senior-pass-3361867.

