



FRESH PERSPECTIVE

Actress and L'Oréal Paris spokesperson Andie MacDowell opens up about her latest gig, her secrets to aging gracefully and her new take on life.

BY EMILIE DINGFELD

ANDIE MACDOWELL HAS long been a famous name, stepping into the spotlight in the late '80s and early '90s, in *Sex, Lies, and Videotape*, *Groundhog Day* and *Four Weddings and a Funeral*. When her first child arrived, she made her career less of a priority. But now that her youngest of three, Margaret, 18, has finally gone off to university, MacDowell feels it's time for a comeback, swapping movies for the small screen.

In Vancouver while filming *Cedar Cove*, a Hallmark Channel series in which she plays small-town judge Olivia Lockhart, MacDowell calls *Glow* and dishes on life after 50.

On family values: For MacDowell, family comes first. "I didn't take a lot of jobs because of my family. I chose to stay home. Our lives revolved around my kids, not my career. I don't have that responsibility anymore, so I'm free to go and do what I want." The self-professed "dance mom and basketball mom" is now watching her daughters follow in her footsteps:

Rainey, 24, a singer, accompanied her mom in the 2012 movie *Mighty Fine*; Margaret, a model and dancer, recently shot her first TV pilot.

On living well: MacDowell's enviable tumbling locks and sharp jawline persist, even at 55—epitomizing the art of aging gracefully. While some might say she hit the genetic jackpot, she insists it all comes down to how she lives. "It's important to stay emotionally balanced. I did yoga today. I think a lot of the time we eat because we're either stressed out, unhappy, sad—we're hungry for something other than food." Sounding full of energy, she admits she's probably in better shape than a lot of people in their 20s. "It's up to each individual to take care of themselves. It makes a huge difference in how you age."

On philanthropy: After she's done filming *Cedar Cove*, MacDowell looks forward to returning to her charitable work. In the past, she's educated the public on heart disease (her mother died of a heart attack at 53) and ovarian cancer (a key L'Oréal Paris USA charity), and is planning on doing more work on the wildlife front. Practising what she preaches, she put her Montana ranch into a conservation easement to preserve the animals that reside there. She's even ventured to Peru with Plan International to bring attention to issues like access to safe drinking water, education and women's rights. "Because of my job, my kids and I have travelled to different countries to see what the rest of the world is like," she says. "We don't understand how lucky we are."

On having balance: MacDowell eats healthfully and swears by water—"More than they tell you to drink." H2O, she guesses, is her skin secret, along with a few L'Oréal Paris must-haves. Her vices? "I've gotta have a coffee!" she laughs. "You know what I'm drinking? Tim Hortons. It's my kind of coffee."

MACDOWELL'S BEAUTY KIT:

L'Oréal Paris Age
Perfect Instant Glow
BB Cream, \$28.

"I like to keep it light and easy when I'm running around and doing yoga."

L'Oréal Paris
Colour Riche "Les
Pinks Collection" in
Wisteria Rose, \$13.

"The easiest way to look pulled together is with lipstick. I love how L'Oréal lipsticks smell and feel."

L'Oréal Paris
Excellence Crème Hair
Colour in F3, \$15.

"It has a lot of dimension and makes your hair shiny."

