



SILKE AHLDEN, 55, GERMAN

“I’m so tired of seeing products for anti-aging. I’m pro-aging,” says Silke Ahlden, a 55-year-old fashion stylist based in Dubai. “It’s not always so easy. It’s difficult to see your body change in a way that you’re not prepared for. But as women, especially with pregnancy, we go through these transitions more often than men and we just need to embrace it. We need to be a little bit more courageous about it and say, ‘That doesn’t define me. My body isn’t who I am.’” Ahlden, who was raised in Guatemala, has spent the last three decades moving to new countries every few years. “I was a trailing spouse; I think that’s been my primary job description,” she says with a laugh. She would often work on fashion and charity events and decided to take it more seriously a few years ago, enrolling in styling courses in Germany and London. She considers staying active key. “If you’re busy doing things that entertain and fulfill you and you’re part of the community, that’s one way to stay young at heart and connected with the world. My parents did that and I want to do that as well. I don’t want to be left on the sidelines, I want to be part of it.”

KAFTAN, TALLER MARMO; EARRINGS, BOTTEGA VENETA