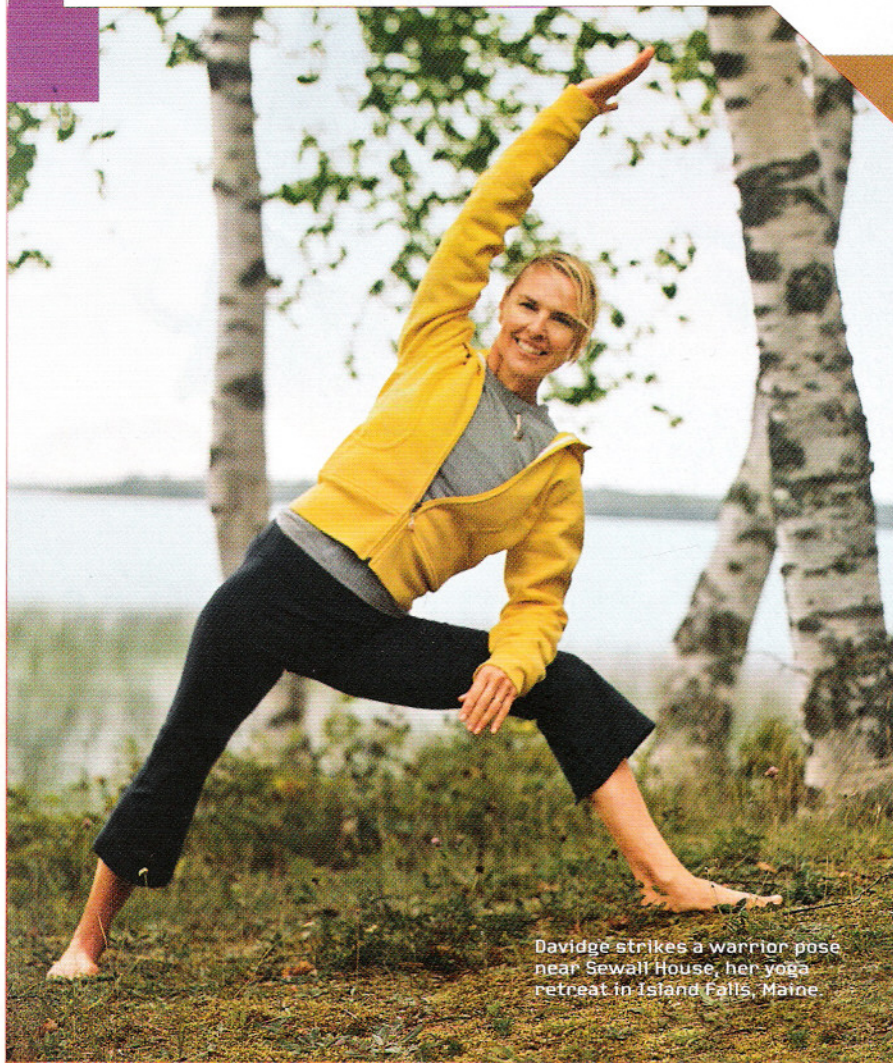


For **Donna Davidge**, 50, who gave up acting to open a yoga retreat, flexibility—of body and spirit—is the key to aging well.

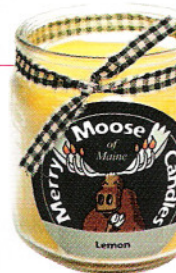


Davidge strikes a warrior pose near Sewall House, her yoga retreat in Island Falls, Maine.

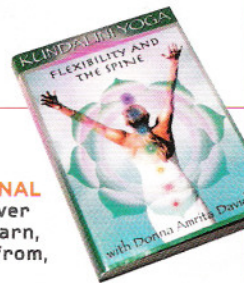
Life's more fun when you stay open to new challenges and experiences. At 22, I took up skydiving; at 30, I gave up my nutritionist job to launch an acting career in New York City. (I even got a tiny role in *Goodfellas*, opposite Robert De Niro.) So when I turned 40 at the same time my family's historic home, Sewall House, was up for sale, I jumped at the opportunity to move to Maine and transform it into a bed-and-breakfast for yoga lovers like me. Teaching daily yoga classes (kundalini, hatha and ashtanga) and eating tofu, nuts and beans from our vegetarian menu keeps me in the best shape of my life. During the winter, I commute back to New York City (where I also teach). That's when I catch up on beauty treatments—facials, blonde highlights, a choppy haircut at a hip downtown salon—because when I'm in Maine, 'wash and go' is my beauty mantra. No blow-dryers, jewelry or designer duds in sight." —GAIL GRUBER SIEGEL

DONNA'S ESSENTIALS

MERRY MOOSE OF MAINE SOY CANDLES "I put them all over the retreat. Their subtle fragrance is delicious, and they last forever."



KUNDALINI YOGA INSTRUCTIONAL DVD "It's never too late to learn, and benefit from, yoga."



MAYBELLINE NEW YORK XXL MASCARA; MAC SHEER LIP GLASS "Wearing minimal makeup—just mascara and lip gloss—is much more de-aging than trying to hide every line and wrinkle."



HOULTON FARMS DAIRY CHOCOLATE ICE CREAM "My cravings start the minute I cross the Maine state line—you can't live on tofu alone."

