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EQUAL PARTS SAVVY & SMARTS

APRIL WILCOX TAKES THE FAB OVER 40 CROWN.

BY ANNE-MARIE PRITCHETT

WHEN APRIL WILCOX ENTERS THE ROOM, people look. Partly because of her innate physical beauty and also due to an inner glow that stops time for a moment. In December 2022, Wilcox was crowned the Fab Over 40 winner as chosen by the public. The Competition was run as a fundraiser by Colossal to benefit National Breast Cancer Foundation (NBCF). Wilcox, who turned 40 in early 2022, shares why the Competition is so meaningful, what it's like to be 40 and fabulous, and her tips on aging gracefully (with a little help).

It's worth shouting from the rooftops that the Fab Over 40 Competition raised over \$7.4 million for NBCF! How do you feel about being a part of it?

I am humbled by this win because, being a nurse for much of my adult life, I have walked with so many women through their journey of breast cancer reconstruction. From their first call after they found out to rebuilding with them to feeling the confidence cancer stole from them. We have laughed and cried together.

You've realized that each breast cancer journey is different and that those boundaries of grief should be remembered and respected.

It's important to allow women to be able to process their diagnosis, whatever it may be, and walk that journey in their own way. Many people make comparisons and share their experiences to relate to the situation—



however, with everybody giving their own stories and side notes, it can become exhausting for them. Most of our patients just want friends and family to listen and offer their shoulders to cry on or vent to.

What makes you feel fabulous over 40?

This is the best time of my life. Personally, I have a wonderful 17-year-old son and am so in love with my husband. We live on a half-acre property with our three dogs in my hometown of Edmond, OK. Professionally, I am an aesthetic RN at Shadid Plastic Surgery and am on a mission to help women (and men) feel their best by using the tools we have that allow us to age however we feel appropriate. Being a nurse injector is a lot of fun and very artistic.

Tell us about the shift in the aesthetics world over the last few years.

It's gone from just putting filler in your face to balancing your face. The best



TAKING CARE OF YOUR MENTAL AND PHYSICAL HEALTH...AND ENGAGING IN THE THINGS THAT BRING US JOY ARE ALL ESSENTIAL TO AGING GRACEFULLY.



thing about my job is to let everyone still be and look like themselves, but the best version of themselves. My surgeon is so science-minded that we don't jump on bandwagons because a rep says a product is awesome. We do all the research. My newest favorite is DAXXIFY (like botox). It's the only vegan option and seems to last double the time.

What advice do you have for those struggling with the aging process?

Embrace yourself. It's more of a mindset than it is a number. We have much more wisdom in our lives from experience. Taking care of your mental and physical health with the right foods and exercise and engaging in the things that bring us joy are all essential to aging gracefully. Botox doesn't hurt, either.

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Style: Classic meets glam with a good eyelash and lip gloss for the win

Celebrity to play you: Megan Fox

5 or 8 hours of sleep: 10, please

Age to retire: I will probably work in some capacity forever. I love what I do

Tofu or steak: Steak

First job: Flower shop

Most recent book: An aesthetics textbook

What are you watching: *Emily in Paris*

Happy place: Home

What is your go-to for looking so flawless in your 40s?

All the things are my favorite! But in moderation. The goal is not to change our faces; it's to be ourselves and keep them guessing how old we are. So as long as you remain looking like yourself and don't overdo anything, all the tools in the toolbox are open game.

What do you say about Botox, fillers, and other tools to those who are interested but skeptical?

Often, people only see the botched stories, and not all the beautiful filler and Botox placed appropriately. Don't be scared of it. If you're in the right hands that you feel comfortable in, and you've seen their work, then you know what they can do.

Insta: @aprilwilcoxinjectables

Insta: @ShadidPlasticSurgery



Colossal ran the Fab Over 40 fundraiser resulting in a grant by DTCare for over \$7.4 million to the National Breast Cancer Foundation (NBCF). Recognized as one of the leading breast cancer organizations in the world, NBCF is Helping Women Now® by providing early detection, education, and support services to those affected by breast cancer. A recipient of Charity Navigator's highest 4-star rating for 15 years, NBCF provides support through their National Mammography Program, Patient Navigation, breast health education, and patient support programs. For more information, please visit nationalbreastcancer.org.

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THE FAB FINALISTS



**Anna
Karin**

Swedish model and actress

Anna Karin is the ultimate optimist when it comes to aging, and she has some great advice on the matter. "Try to accept that we all age, and we do so together. You're not alone," says Karin. "I would encourage people to count their blessings instead and be grateful that they get to stick around," she adds.

While Karin was fortunate to be born with good genes, she won't turn down a quality, noninvasive treatment. "We have amazing opportunities to not look our age. I'm an Ambassador for an amazing health and wellness company called Q Sciences," she says. "I love, love, love their medical-grade collagen, which made my hair grow so thick and healthy in just a few months. My skin also looks so much better than before I started taking it. This product is the closest I've come to the Fountain of Youth."

Based in: Dallas, TX

Celebrity to play you: Margot Robbie

Happy place: In nature

Most recent book: *The Bitcoin Standard*

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etsy.com/shop/CapKarinsTreasures



**Ravinder (Rami)
Kaur Duggal**

India-born, Victoria-based actor and nursing assistant Rami Duggal is the epitome of growing old gracefully. Her au naturel approach to aging

proves that hydration, rest, sound sleep, a balanced diet, and a proper skincare regimen can do wonders for the inevitable aging process.

To Duggal, it's the law of nature. Happiness, laughter, being silly at times, and dressing elegantly are all part of her routine. "Get busy, focus on good things, and keep yourself healthy and fit," Duggal advises.

This beauty is big on encouraging other women to believe in themselves and use their voice as power. "Being the queen of your life comes through inspiration that lies within yourself. To unleash your innovations and creativity, you need to be happy for yourself and others. This comes from self-acceptance, selflessness, and compassion," Duggal adds.

Style: Classic meets glam, with a dash of traditional Indian flair

First job: Raising kids

Insta: @ramiduggal | FB: rami.duggal

Recent book: *The Subtle Art of Not Giving a F*ck*

Goal: Pursue acting



Chi Anderson

If you look up 'strong woman' in the dictionary, there'd be a picture of Chi Anderson. This fun-loving female is a proud St. Louisan who inherited her dynamism honestly. "I come from rich stock—it's in my DNA," says

Anderson, who has some simple advice on getting older, "It gets greater later, trust me!" This free spirit is best known for her laugh, sense of humor, giving heart, and impromptu twerk sessions. She is 100% Chi Anderson, no matter what. "What you see is what you get."

As a full-time model/VO actress, creative coach, philanthropist, and influencer, Anderson strives to leave a positive mark on the world. "Being able to set a different standard and break traditional molds is always at the forefront. I want to show other brown girls (aged 1-100) that it is possible to go after what you want regardless of age, height, weight, hair texture, and circumstance," she says.

Style: How I feel in that moment

Favorite meal: Seafood boil

Celebrity to play you: Tracee Ellis Ross

Favorite time of day: Golden Hour (IYKYK)

Most recent book: *Finding Me*

Happy place: In front of a camera

Age to retire: Never; I love what I do!

Insta: @creativecoachchi | FB: Chi Anderson | TikTok: creativecoachchi
Website: creativecoachchi.com