



grace

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**HELPING WOMEN AGE GRACEFULLY**  
**BABY BOOMERS UPDATE WITH GRACE**

**TORONTO:** A new service designed to help midlife women feel fit, fabulous and boardroom-appropriate has been launched by makeup expert & fitness trainer Deborah Williams. GRACE takes a holistic approach, encouraging clients to embrace beauty inside and out via the stepping stones of image and fitness.

With twenty years experience of makeup for TV and film, plus a physical education degree from McGill, Deborah couldn't resist the opportunity to fill a gap that she noticed among women of a certain age. "As women get older, we realize that fitness and beauty go hand in hand. We know we have to do things differently, and smarter, and that aging gracefully is about embracing and embellishing. But many don't know where to start."

Deborah shows the way. "Makeup technique becomes especially important as we get older, although GRACE is not only about makeup. Clients are happy with the extra boost to confidence from even a simple update. And they love that they now know how to look as good as they feel."

Trained in the makeup and wig program at the Canadian Opera Company, Deborah has fluffed her makeup brushes over such famous faces as Kelly McGillis, Lauren Holly, Helena Bonham and Margot Kidder. She has also worked with Oscar-nominated Graham Greene, Leonard Cohen and Omar Shariff, plus the co-hosts of So Chic.

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