

O, Beautiful!



Fenix Daily Rehydrating Sunscreen SPF 30+, \$30; drskinspa.com

Every month or two, Akil has her brows done by guru Tonya Crooks. "I love how thick they are," she says.



Kiehl's Creme de Corps Body Moisturizer, \$30; kiehls.com



Surratt Beauty Relevée Lash Curler, \$30; sephora.com



The BrowGal Skiny Eyebrow Pencil in Black, \$23; thebrowgal.com



Santa Maria Novella Olio di Jojoba Body Oil, \$78; smnovella.com



Michele Weaver as Nuri, a sitcom staff writer, and Will Catlett as Yasir, an aspiring writer-director, in *Love Is* ...

I'm usually looking like a hot mess—no makeup, hair everywhere. I think they see the happiness I feel from being who I'm supposed to be.

Q: Any at-home beauty rituals?

A: My husband teases me that I spend an hour every morning rubbing in moisturizer. Kiehl's Creme de Corps is my go-to body lotion, and I love Santa Maria Novella's jojoba oil.

Q: Do you wear makeup?

A: I don't know a lot about it—and I'm not the woman who's going to go to the department store counter and figure it out. I am, however, a pro with the eyelash curler. At my age, my eyes need a little lift.

Q: What keeps you sane?

A: Traveling alone. My last solo trip was to the Aman Amangiri resort, not too far from the Grand Canyon. I stayed for five days. It's where I wrote the pilot for my new show.

Q: Yes, the show! Please tell us about *Love Is* ...

A: It's a TV memoir inspired by my relationship with my husband [writer, director, and producer Salim Akil]. Most people can't believe that we're married and have also worked side by side consistently for 20 years. They are constantly saying that I should write a book about this. My thoughts were always, *Ain't nobody got time to write a book*. But then I realized I could create a TV show.

—AS TOLD TO P.E.C.

Olga Lorencin Skin Care Weightless Moisturizer, \$75; olgalorencin skincare.com



BEAUTY TALK

MARA BROCK AKIL

▶ The 48-year-old creator of TV hits *Girlfriends* and *Being Mary Jane*, whose show *Love Is* ... debuts on OWN in June, discusses gray power, her morning ritual, and where she gets her glow.

Q: You've posted a lot on social media about embracing your naturally gray hair. Why is it important for you to make that statement?

A: When I started letting the grays come in, I was just trying to save time—there were things I'd rather do than run back and forth to the salon every few weeks. But I noticed I was avoiding posting pictures of myself on social media. Initially, posting was about allowing me to get over myself and get on with it.

Q: Because there's still a stigma about gray hair making you look older?

A: Right. For me, it felt brave to walk out of the house with gray hair. It feels even braver to take a picture and claim it. I like that power.

Q: The response has been very positive.

A: I've received nearly 9,000 likes on one photo and so much love; I think people could see that I was accepting who I was in that moment. But I also realize I can change my mind if I want to. We women don't often give ourselves permission to do that. If I color my hair again, so be it.

Q: Your hair is gorgeous. How do you take care of it?

A: I found someone who understands my hair: Shai Amiel, the Curl Doctor. He cuts my curls individually. It takes forever, but it's worth it, and he introduced me to DevaCurl products.

Q: What makes you feel beautiful?

A: I feel beautiful when I'm chasing and fulfilling my dreams. Lately, people have been saying things like, "Mara, you're glowing," even though



DevaCurl No-Poo Original Zero Lather Conditioning Cleanser, \$22; devacurl.com

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