

Kerry Washington



Known for her roles in movies such as *Save the Last Dance* and *The Last King of Scotland*, and more recently for her acclaimed performances in the hit TV shows *Scandal* and *Little Fires Everywhere*, Kerry Washington has a resumé that's well worth noting. Plus, off-screen, she's a powerhouse activist and an inspiration to women everywhere. We had the chance to have a (virtual) catch-up with the award-winning actor and Neutrogena spokeswoman about her beauty routine, self-care rituals and the key to maintaining glowing skin.

TEXT MARIANNE DAVIDSON

Q How has your approach to skin care and beauty changed over the last 20 years?

I just think about it more. I've had eczema all my life, so I love working with a brand that's so beloved by dermatologists. Being able to exist with eczema can be really challenging. I also think about keeping my skin hydrated, fresh and supple, and that has come more with age. It includes focusing more on cleansing, since what I do for a living involves wearing tons and tons of makeup. I get to put lots of it on to feel beautiful, but I want to make sure that when I take it off, I feel beautiful as well.

Q What is one piece of advice you'd give women to feel confident as they age?

When I was a kid, in the group of girls I grew up with, I wasn't perceived as the "pretty" one. I had to learn to have my value come from who I am, not how I look. That's a big part of it. Not attaching my value and my worth to my looks has so far allowed me to weave through life as my face and body change, knowing and loving that it's

part of who I am but not the totality of who I am. I gravitate toward and love using products that make me feel like I'm not trying to hide myself or pretend to be somebody else. I'm just being the very best version of me. I don't have to be me 20 years ago, but I do want to be the very best version of who I am today. So my advice would be that it's not about going to extremes, it's about what self-care looks like to you. Anyone can engage in self-care.

Q How does food play a role in your wellness routine? Is there anything our readers would be surprised to find in your kitchen or refrigerator?

I feel like I'm a one trick pony when I say hydration, hydration, hydration! But I do try to eat water-dense foods, like lots of fruits and veggies, that allow me to stay hydrated throughout the day. Also, I'm obsessed with coconut yogurt. I'm not even vegan, I do eat dairy, but I love coconuts and I love rich yogurt, so coconut yogurt is my happy place. And I always have dark chocolate in my kitchen. I'm a big dark chocolate fan.

Q As we've seen on Instagram, we know you practice and enjoy yoga—are there any other self-care rituals you swear by?

I love swimming, which is ironic because I have to be more aware of hydration, since the skin gets really dry if you swim a lot. Swimming really calms my nerves, it's great exercise and it's a place where as a family, with my kids, we can really play. I also try, imperfectly, to spend time in prayer and meditation every morning. I find those to be really good practices for me.

Q Do you have any guilty pleasures?

I try to reject the idea of guilty pleasures. I don't think things that give us pleasure should make us feel guilty. Whatever gives you pleasure, dark chocolate, petting your dog, roller-skating, swimming (which are all on my list!), I don't want to feel guilty about them. Especially now, with the state of the world, I believe the things that give us pleasure need to be cultivated and embraced.



NEUTROGENA Hydro Boost Hyaluronic Acid Serum, \$20, amazon.ca.

So Very Kerry

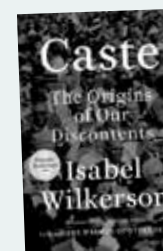
Coffee or cocktail?
GREEN TEA

Lipstick or mascara?
MASCARA

Jeans or sweats?
SWEATS

The last show you binged?
LOVECRAFT COUNTRY

What's the last book you read?
CASTE: THE ORIGINS OF OUR DISCONTENTS BY ISABEL WILKERSON



Kerry pictured with her *Little Fires Everywhere* co-star Reese Witherspoon virtually attending the 2020 Emmy Awards ceremony, at which they were nominated for Outstanding Limited Series for their work as executive producers. Kerry was also nominated for Outstanding Lead Actress in a Limited Series or Movie.

Q Please give us a walkthrough of your morning and evening skin-care routines.

It's different all the time. I'm a working mom... but I can tell you what it usually looks like. I try to drink water first thing in the morning. Hydration is very important to me, and important to everyone, when it comes to skin health—hydration on the inside and outside! I have very sensitive skin, so my cleansing routine changes depending on the season, and I vary the products I use accordingly. I'm obsessed with the Neutrogena Hydro Boost Cleanser. If I'm traveling and I'm not sure what I'm going to encounter, it's proven to be a consistent staple that I can adjust my moisturizers around. At night, I double cleanse by using wipes first, then the cleanser. If the weather's dry, I apply Neutrogena Hyaluronic Acid Serum before my moisturizer. It's one of the products I'm most excited about—it's so hydrating I often joke that I'd put it in a sandwich if I could!



An avid yogi, Kerry shares some of her yoga practices with her Instagram followers.