

SPECIAL EDITION: International Women's Day



Concerning the Proper Appreciation of

Older Women

Our luscious guest writer, wine expert Lim Hwee Peng steps out of his usual beat and pens this tongue-in-cheek tribute to the older woman in her 30s and 40s. He recommends the following songs be played while reading: Air Supply's "Every Woman in the World", The Commodores' "Three Times a Lady" and Kenny Rogers' "Lady."

In my profession, the "agedness" of wine is a prized asset. The older it gets, the finer it tastes. As years go by, the value of the bottle inevitably heads north.

Unfortunately, the same cannot be said for the gentler sex, for whom the passing years too often imply a depreciation of assets: From their 30s onwards, too many women, who should be reveling in the gloriousness of their achievements and attractiveness, are only all too aware of their age, possibly even grappling with insecurities over image and issues of self-confidence in their public and private lives.

What a stereotypical and shortsighted perception. To say that a woman's attraction wanes as she ages is, in my opinion, absolute rubbish. I believe that as a woman progresses in terms of numbers, she becomes more charming and appealing. Much like an Alsace wine – a favourite tippie of mine – women in their 30s and 40s are less complicated, yet beautiful.

Here are some of my thoughts on how a fine woman in the prime of her life should be appreciated, in ways not unlike properly decanting a fine wine.

1. On Appearance

Unlike her peers in their teens and 20s, the older woman is equally conscious about how she looks, but unlike the younger women, she is far more confident about herself and her body – despite the occasional chocolatey indulgence, high-tea and dessert-buffet treats. Whatever her body type, the older woman is generally more comfortable with herself and her shape; her attractiveness lies in the lack of self-absorption and neurosis so common among younger women.

Of course, the older woman has also developed more poise, personality and character, so her attractiveness goes beyond the mere physical. In her true nature beauty lies and when that is found, it is prettier than pretty.

2. On Nose

All women have a unique 'bouquet' but the older woman has an especially alluring 'nose': subtle with gentle, sweet notes, appealing without overwhelming.

The inimitable quality of the older woman is evident after spending some time in the presence of her company, like a fine wine that tastes as wonderful as it should, after it has had a chance to breathe.

3. On Taste

How do I describe the 'flavours' of the older woman? Hmm...possibly a fine St Emilion that releases bouts of floral, ripe, enticing nuances, yet is classy, delicious and approachable when uncorked or even hours later.

That distinctive 'taste' is also similar to a key difference expressed when Pinot lovers compare newly released New and Old World Pinot Noir wines. The Burgundy rouge style is leaner and taut, while the New World Pinot Noir exhibits flesh with evident charm.

Skinny and light-bodied may be the aspirations of young model types, but women in their 30s and 40s take pride in their soft, inviting curves, and are comfortable with their bodies in a way that younger women usually aren't.

Sophistication is a hallmark of the older woman who has seen and tasted more of life. That elegance and refinement is subtle and natural – you can tell just by talking to her and being with her.

In Conclusion

Apart from all these irresistible qualities, the older woman is so not in-your-face. When it comes to relationships, thoughts precede actions; she doesn't burst

forth to conquer (or not), instead, preferring a slow and steady approach.

And there is more. She is pleasant and firm when she needs to be. Seductive and desirable when she wants to be. How does one resist in the face of such confident sexuality?

Appreciating fine wines can often be as much about the mind as it is about the palate. Similarly, an encounter with the older woman can be as satisfyingly cerebral as it is pleasurable.

In a nutshell, women in their 30s and 40s are confident about what they want and need, and aren't afraid to make it known; independent in body, mind and spirit; and being worldly (been there, done that), have less need to be impressed. What's not to like about all that?

About our guest:

When he is not sniffing out fine wines, Lim Hwee Peng, CSW (the suffix is a certification as a specialist in wine), enjoys reading the Boudoir segment of 'Simply Fabulicious'. On a full-time basis, he is a serious wine professional who teaches all aspects of wine appreciation to members of the public and the F&B profession. A trained wine specialist, Hwee Peng aspires to level up the professionalism of the wine and F&B industries through various wine programs that he develops and conducts. Find out more in his web site: www.winecraftmktg.com or e-mail hweepeng@winecraftmktg.com