

# beauty the goddess factor

## Cover Model and Actress Caprice

### Not Just Another Pretty Face

By Carol Ann Weber

One of the most photographed women on the planet— she's appeared on more than 250 magazine covers from *Maxim* to *Cosmopolitan*— our goddess this month is not only gorgeous, but also a multi-talented artist and highly successful entrepreneur. Born in Hacienda Heights, Calif., to a "normal middle class family," Caprice Bourret began her career as a Calvin Klein underwear model right out of high school. After being featured in several fashion ad campaigns in New York for which she "wasn't making a tremendous amount of money," Caprice decided to expand her horizons and flew off to England to seek her fortune.

Her big break came when she was invited to be a presenter at the National TV Awards (like our Emmys) and wore this "crazy" Versace gown on stage. The svelte blonde awoke the next day to find her photo plastered across the cover of every tabloid in London. The doors of opportunity were now wide open. "That's all fine and dandy to walk out in a really risqué dress," she says. "But the trick is going to the next level; you have to have some kind of talent to follow it up or your career just dies."

And Caprice had talent— and drive— in spades. Determined to prove she was more than a two-dimensional magazine cover, she made her theatre debut in 2002 to rave reviews, starring in Eve Ensler's "The Vagina Monologues" in London's prestigious West End. She went on to garner even more accolades from the notoriously tough British critics for her three-month stint as the lead in "Rent" at the Prince of Wales Theatre.

On a career roll, she then landed roles in the movies "Nailing Vienna" and "Bubbles" and just signed a two-picture deal for "Hollywood Flies," which is now in production, and "Jinxed in Love," currently being cast. Not stopping to take a breath, she also launched a highly successful underwear and swimsuit line which sold over one million pairs of underwear in 2002 and will soon expand to worldwide distribution. Her ceramic hair straightener (order it at [capricehair.com](http://capricehair.com)) is flying off the shelves and her website, [caprice-supermodel.com](http://caprice-supermodel.com), received over a million hits in its first month.

In spite of all this heady success, Caprice's ability to laugh at herself keeps her feet on the ground and all who know her are delighted to call her friend. The story she tells about her first London fashion shoot offers a glimpse into this disarmingly charming beauty. "I was doing this leg shoot and they had me sitting down for a long time. My butt was killing me. So I looked over at them and said, 'My fanny is killing me. I've got to stand up.' They all looked at me in horror and gasped, rendered speechless by my words. Because you see, in Britain, a 'fanny' is a vagina."

Birthdate: October 24

Astrological Sign: Scorpio

Birthplace: Hacienda Heights, Calif.

Height: 5' 8-1/2"

Weight: "I have no idea, I don't weigh myself."

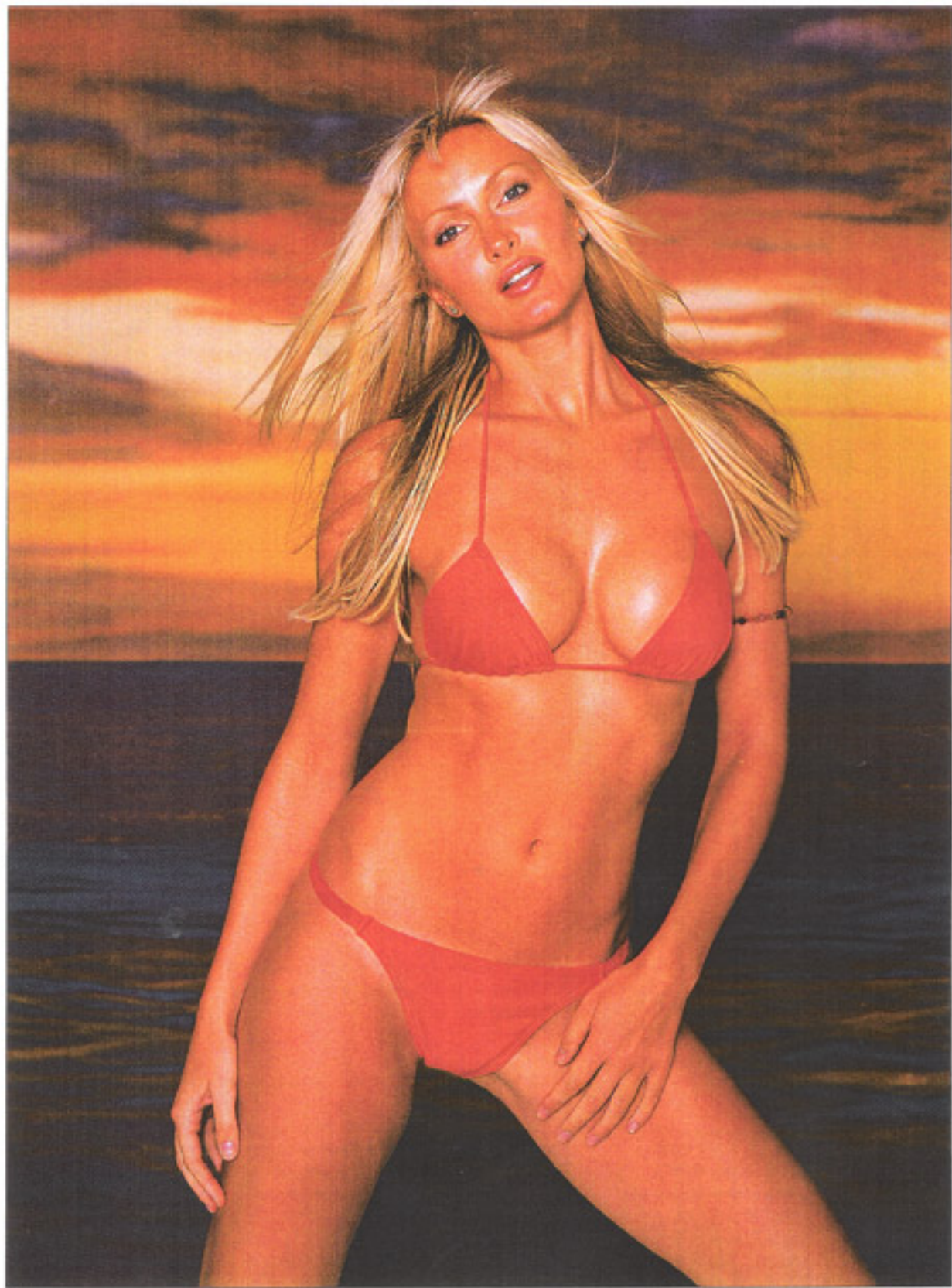
Hair: Blond

Eyes: Blue

Marital Status: Single

Current Residence: London, England and  
Los Angeles, California

*beauty the goddess factor*



PHOTOGRAPHY BY JIM RUSSELL

# beauty the goddess factor

## Were you athletic as a child?

I was a definite tomboy. I loved sports, sports and more sports, like baseball, tennis and racquetball. In elementary school, I played on several teams and in high school, I ran cross-country and was a cheerleader.

**You've managed to parlay your modeling career into several other lucrative endeavors, including the theatre, the movies and an underwear business. Do you feel like the luckiest woman on the planet?**

I come from a normal middle class family and I had this incredible dream that came true. How many people get to do what they love and get paid for it? I'm a workaholic because I love what I do. But I also believe you make your own luck. I've done a lot of falling down and picking myself back up. I am so persistent, I just never give up.

**I understand that's how you landed the lead role in "Rent."**

Before "Rent," I wasn't perceived as a credible entity. The stuff in the papers was all frivolous, linking me to every Tom, Dick and Harry. They didn't recognize my work. So I got rid of my old management team, got a whole new one and a new vision. When I saw "Rent" was coming to town, I started calling the producers, and I kept calling them until they finally granted me an audition. I went in there and gave it everything I had. It was so scary I almost peed in my pants.

## How did you get into the movies?

Everyone knows how hard the critics are in London. After I got some good theatre reviews, I was offered several movie deals, two of which are already completed and two are in production.

## Do you have a romantic interest in your life?

Yes, I'm seeing someone. For the first time in my life, I have a really solid relationship. He's my best friend in the whole world.

## What's next in your career and what are your goals?

I want to expand the lingerie and swimwear business worldwide. I just started distributing Caprice ceramic hair straighteners, which are flying off the shelves. I want to continue to do movies that inspire and interest me and make an impact on other people.

## BEAUTY TIPS

**With so much going on in your life, how do you keep your hair in shape?**

The studio lights dry my hair out. I put flaxseed oil on

my hair and wrap it in saran wrap, leaving it on overnight. Then, I wash and condition it the next morning. It completely transforms your hair. Another product is a spray called Infusium, which puts protein in your hair. Also, my product, a ceramic hair straightener, actually seals the follicle and gives it a great sheen. Over-processing is dangerous because you can make hair dry and brittle and it will break.

## Any special skin secrets?

I'm a firm believer in drinking tons of water and not drinking soft drinks. I take a lot of vitamins for my hair and skin. I wash my face every night before I go to bed. It's very important to change products every two months. Your skin and hair become immune and you've got to change.

## Do you do anything special to keep your teeth extra white?

I go to the dentist once a year. I don't do anything else other than brush my teeth regularly.

## What is the biggest grooming faux pas you think women commit?

I think the shape of the eyebrows can change your entire look. You should get them done by a professional. And what drives me crazy is when people color in their eyebrows too dark.

## DIET TIPS

### What's a day like in the life of your diet?

I wake up and have a bowl of oatmeal. Great carbs that last throughout the day. I don't eat chicken or beef, so I'll have a



# beauty *the goddess factor*

salmon Caesar salad for lunch and maybe some pasta. Then, for dinner, I'll have fish again without the pasta.

**Do you have a favorite junk food and if so, do you limit yourself as to when you eat it?**

Every Sunday I buy a large pizza with jalapenos and double cheese. I eat the whole thing.

## TRAINING TIPS

**Give us a week in the life of your training.**

Because I'm back and forth between Los Angeles and London, it depends on what's available. When I'm in town, I do a lot of kick-boxing, up to six days a week. I spar with my trainer and work the upper body, but I don't work my legs too much because I tend to get bulky. I find boxing really helps you shed weight and is great for your abs. We do a

