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Shot on location at 54 ON BATH
FROM LEFT TO RIGHT
Bridgette Hartley
Chad le Clos
Liezel van der Westhuizen
Lalla Hirayama
Lushwill Rossouw
Nandipha Mpamhwana
Josette Eales
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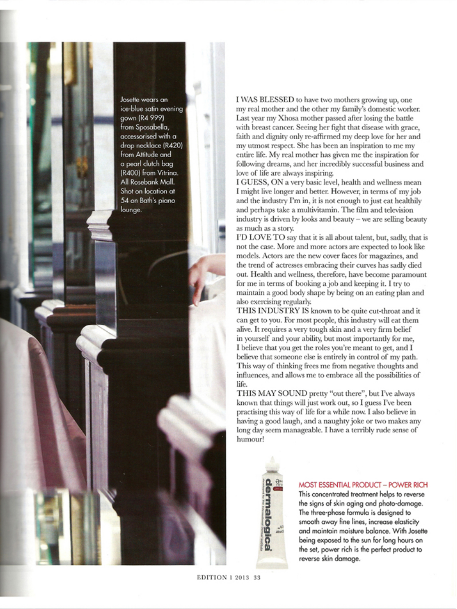
JOSETTE EALES
ACTRESS
EDITION 1 2013 32


Josette wears an ice-blue satin evening gown (R4 999) from Spoiaibella, accessorised with a drop necklace (R420) from Attitude and a pearl clutch bag (R400) from Virvino. All Rosebank Mall. Shot on location at 54 on Bath's piano lounge.

I WAS BLESSED to have two mothers growing up, one my real mother and the other my family's domestic worker. Last year my Xhosa mother passed after losing the battle with breast cancer. Seeing her fight that disease with grace, faith and dignity only re-affirmed my deep love for her and my utmost respect. She has been an inspiration to me my entire life. My real mother has given me the inspiration for following dreams, and her incredibly successful business and love of life are always inspiring.

I GUESS, ON a very basic level, health and wellness mean I might live longer and better. However, in terms of my job and the industry I'm in, it is not enough to just eat healthily and perhaps take a multivitamin. The film and television industry is driven by looks and beauty – we are selling beauty as much as a story.

I'D LOVE TO say that it is all about talent, but, sadly, that is not the case. More and more actors are expected to look like models. Actors are the new cover faces for magazines, and the trend of actresses embracing their curves has sadly died out. Health and wellness, therefore, have become paramount for me in terms of booking a job and keeping it. I try to maintain a good body shape by being on an eating plan and also exercising regularly.

THIS INDUSTRY IS known to be quite cut-throat and it can get to you. For most people, this industry will eat them alive. It requires a very tough skin and a very firm belief in yourself and your ability, but most importantly for me, I believe that someone else is entirely in control of my path. This way of thinking frees me from negative thoughts and influences, and allows me to embrace all the possibilities of life.

THIS MAY SOUND pretty "out there", but I've always known that things will just work out, so I guess I've been practising this way of life for a while now. I also believe in having a good laugh, and a naughty joke or two makes any long day seem manageable. I have a terribly rude sense of humour!

MOST ESSENTIAL PRODUCT – POWER RICH
This concentrated treatment helps to reverse the signs of skin aging and photo-damage. The three-phase formula is designed to smooth away fine lines, increase elasticity and maintain moisture balance. With Josette being exposed to the sun for long hours on the set, power rich is the perfect product to reverse skin damage.

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Josette Eales
Acclaimed Actress
Bio-Therapeutic Enthusiast

South African born Josette Eales moved to Los Angeles in 2013 following a successful career in film and television. She is most noted for her series regular role on South Africa's most critically acclaimed show, THE WILD. Eales is a seasoned theatre actress and spent 8 years working professionally in the theatre industry before beginning in TV and Film. She spent time in the UK with the Royal Shakespeare Company after winning the Brett Goldin Bursary for acting, and has experience in directing and producing theatre, having owned and run her own theatre production company in South Africa. She recently wrapped filming on Adam Sandlers' new film BLENDED with Drew Barrymore.

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GET ACTING

BUSH BABE

Josette Eales leaves her home in Melrose each morning for her office in the bush! SAMANTHA RICHARDSON chats to her about landing her role in The Wild, filming in the gorgeous African bushveld and winning an Oscar one day.

This industry is a tough one and you'll spend more time trying to prove yourself than you will working

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Josette Eales

Continues on page 48...

A day in the life
Josette Eales
From rhinos to lemon creams, this Wild star keeps busy

Catch Josette on The Wild, Mon-Thu M-Net 19:00

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'What I Ate Today'

Best known for her role as Sarah van Reenen in M-Net soapie The Wild, Josette Eales talks about 4am wake-up calls, discovering a passion for running and cutting out processed foods.

JOSETTE SAYS:

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Snap happy! Seal shows it's good to be back home as he attends Leica store opening after months away from children

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20 UP THE CREEK FESTIVAL
Hot date
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JOSETTE EALES, 25, ACTRESS AND PARTNER IN A PRODUCTION COMPANY
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WHICH WOMAN DO YOU ADMIRE, AND WHY?
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