



OH SO SLEEK

Sache blow-dried Caprice's hair straight using a large round brush. She then used **Caprice Ceramic Straighteners**, £4.99, and **Insights Sparkle and Shine Mist**, £4.95, for a smooth, glossy finish.

TIP: Got fine hair? Use **Toni & Guy Boost-It Mousse**, £5.49, before blow-drying to add volume.

Vest top, £15, Great Plains; satin knee-length trousers, £45, Therapy
© House of Fraser

STRAIGHT
TALKING WITH

Caprice

When you think of Caprice, one of the first things that springs to mind – apart from her beautiful face and amazing body – is her trademark long, straight locks. “My hair is actually wavy,” she says, “but wavy in a horrible way. My hair doesn’t look permed but it doesn’t look right either, so I straighten it all the time.”

Caprice, 28, is chatting while having her hair and make-up done for our photo shoot. Dressed casually in grey sweat pants and a cropped pink T-shirt and trainers, she’s brandishing a pair of straightening irons at me – they’re her latest business venture.

Caprice may have started out as a model, but her career has diversified – and not just with products bearing her name. She’s moved into singing and acting and spent three months earlier this year starring in the musical *Rent* in London’s West End. “It was my first musical and it was great,” she says. “It was scary singing live, but I love performing and I was working with some really talented people. They looked at me as just a model in the beginning but they’re great friends now and I wouldn’t have made it through without them.”

At this point Louise, who’s assisting Sacha Mascolo-Tarback as she styles Caprice’s hair, chips in. “My friend saw you in *Rent* and she didn’t believe it was you at first. When someone told her, she was amazed. She thought you were really good!”

“Thanks,” says Caprice. “The reviews were fantastic, too – I was expecting everyone to annihilate me, but they didn’t. I’d love to go back on stage and do another live performance.”

I ask her what’s next. “I’ve got two really big projects coming up,” she says. “I’m going to start doing movies. I’ve been going back and forth to LA. It’s a two-movie deal and it’s so exciting!” Despite this, and the fact she was born there, Caprice says

Her locks may be her signature look, but there’s more to her than meets the eye. We meet the savvy businesswoman behind the blonde

By Nancy James. Photography: Ian Derry

she has no plans to move to LA permanently.

“London is my home now,” she says. “I love it.”

Caprice is also involved in charity work. “But not just supporting charities. I give my money to them, too,” she says. “I’m involved with charities for the blind and disabled, the NSPCC and Action On Addiction. I also went to Bosnia recently to visit the British troops there. I asked my manager to call the Army to see if they wanted me to go, and they did, so we arranged it. It was great. I travelled from camp to camp for four days, meeting soldiers who’d been stationed there for months. They feel they’ve been forgotten about. I can’t imagine what it must be like for them to live in such poor conditions – it really shocked me that more people don’t visit them.”

Caprice says her recent travelling plus the strong lights and stage make-up she used during *Rent* have taken their toll on her hair and skin. “I have to work hard to look this good!” she jokes. “But seriously, I do take care of myself. I take vitamin C, an odourless garlic pill, vitamin E and a special multi-vitamin for >

MAKING WAVES

Working from back to front, Sacha took one-inch sections of Caprice's hair and curled them with medium-sized tongs. When all the hair was curled, Sacha shook it out with her fingers for a natural wavy finish. She then used **Toni & Guy Insights Texture Deception Added Definition Clay**, £4, for separation and to keep Caprice's hair looking matt but not too heavy.

Top, £35, Oasis >



COOL QUIFF

Sacha took two sections of Caprice's hair from the temples to the crown and pinned them in place. "This look needs loads of hairspray through the sides to get a clean, tight finish," she says. Sacha then backcombed the front slightly to create a bit of height and used more **Toni & Guy Fix-It**

Hairspray, £4.99, to keep it in place. **Jacket**, £135, and **skirt**, £70, **Formarina**



hair and skin every day. I keep fit, too, but I find exercise classes so boring. I prefer circuit training or kick-boxing, something aggressive where you can have a good sweat. I gain weight around my waist so when I need to shed a few pounds I cut out bread and pasta and drink a lot of water. In fact, water is my best health secret. It stops dehydration, helps with jet-lag and fills you up. I do like tea, though, even though it's bad!"

Caprice has a few other beauty secrets she's happy to share. "I only like to talk about products and treatments that are effective," she says, "and these really do work, trust me. I have **Oxyjet facials**, £110 per session, and I use **Nora Bode Ceromone moisturiser**, £50. Between those two things my skin is saved. I have the facials once a week at Janet Ginnings' salon in Mayfair when I'm in town - they're brilliant. They literally pump oxygen into your skin. You see results in 24 hours, and spots heal in two days. I also use **La Prairie Cellular Eye Contour Cream**, £53, to prevent bags and dark circles. These things are expensive, but they really work."

Caprice's hair looks in brilliant condition and Sacha comments on how strong and healthy looking it is. "I'm fanatical about the condition of my hair," says Caprice, before exclaiming, "Oh my God! I probably shouldn't tell you this but I had such a bad hair disaster yesterday I thought I'd >

SOME OF CAPRICE'S FAVOURITE THINGS

"I love going to the movies by myself or even going to dinner on my own. It's so peaceful."

"Starbucks steamed milk with vanilla syrup is my favourite. They used to think I was weird when I ordered it in London, but they've got used to me asking for it now."

"Oh my God. J.Lo is just so beautiful. I was sitting near her at the *Top of the Pops* Awards, and I don't usually care, but I couldn't stop staring at her. She's flawless - you've never seen skin like that. I was shocked. I mean, when you see people in real life you just don't expect them to look like that."

HIPPIE CHIC

For an updated plaited look, Sacha made a low side parting then took a section of hair from the temple to the crown and divided it into two. Taking each section in turn, she tied them into a knot and continued knotting, taking in hair from either side like a knotted French plait. When both sections were knotted to ear level, Sacha knotted both sections together until the ends. **Toni & Guy Fix-It Hairspray**, £4.99, and **Shine Zone**, £7.99, finished the look.

MAKING UP

For Caprice's fresh, summer look, make-up artist Virginia Nichols used **Mac Studio Tech Foundation**, £22, for a smooth, even base. Caprice is a big fan of **Bourjois** products so Virginia used **Pastel Teint Powder**, £7.95, to warm her complexion, with a dusting of **Pastel Joues Blusher in Cendre de Roses Brune**, £6.25, over her cheeks. **Bourjois Pastel Matt Eyeshadow in Beige Trompe L'oeil**, £5.50, was applied over eyelids for a light look with **Pastel Matt in Brun Fougueux**, £5.50, on the outer corners for definition. A touch of cream shadow, **Christian Dior Solo Dior Single Eyeshadow in Silver Blue**, £13, brought out the colour of Caprice's eyes. Several coats of **Max Factor 2000 Calorie Mascara**, £7, were applied for long, fluttery lashes. For glossy lips, Virginia lightly lined them with **Mac Lip Pencil in Spice**, £9, then used a mix of **Mac lipsticks in Cherish and Taupe**, £11 each, over lips with a slick of **Urban Decay XXX Shine Lipgloss in ID**, £10.50, over the top.

have to cancel the shoot. I coloured my roots but my hair went too yellow, so I put a toner through it and it went purple! I had to get my hairdresser to bleach it. I thought it was going to fall out. I covered it in conditioner for hours afterwards."

Caprice's favourite conditioner for super-shiny hair is **Kérastase Age Recharge**, £14.95, a rinse-out mask that strengthens and repairs damaged hair and flax-seed oil. "You put it on your hair and cover with clingfilm so oil doesn't get on your pillows, then you leave it on overnight and wash it off the next day for total rehydration.

"Oh, and when I was doing my TV show *Caprice Travels in Israel*, I discovered mud from the Dead Sea. It's so great for your face and hair. I cover myself in it and leave it on for an hour – I look like the scariest thing you've ever seen," she laughs.

Caprice admits she loves working and doesn't take many holidays, but she enjoys relaxing, too. "I love taking a bath with lots of candles in the bathroom," she says, "and I also love going home, getting into sweats and getting into my cosy bed,

which has loads of pillows, and gossiping to friends on the phone for hours, or watching TV."

She also loves spending time with her boyfriend. "I'm dating someone really special who's a normal, ordinary bloke – not someone in the public eye," she says. "He's from Chicago but he's flown to London a lot. He came to see me in *Rem* five times! It got to the point where I said: 'Please don't come any more, you must be bored.' But he still turned up. I love just doing nothing with him – when you love being with someone you're happy doing whatever."

Make-up and hair complete, Caprice looks amazing, and her straighteners have certainly done their job. "Everyone wants ceramic straighteners at the moment, but they can be quite expensive. I wanted to provide a good product at a reasonable price, like I've done with my underwear." (Caprice's range of flattering, sexy lingerie is sold through Debenhams.) "These irons give a sheen because they seal the hair cuticle. And they're reasonable, at £49.50." And having invested so much time in her appearance, she knows what she's talking about.

Caprice Ceramic Straighteners, cost £49.50 plus postage and packing. Call freephone 0845 330 4686 or order via Caprice's website at www.capricehair.com