

# HEADSTRONG WOMEN

Two of COSMO's Pantene Awesome Women of 2006 chatted to COSMO about the private lives – and loves – behind the celebrity headlines...



Rayana Ameerodien, kick boxer



Jena Dover, actress

**B**oth these awesome women have challenging careers and busy lives, with leisure time at a premium. Here, they reflect on things that are close to their heart away from the spotlight – and share some of their hair-care tips with us...

## RAYANA AMEERODIEN, 28, KICK BOXER, TRAINER AND GIRL-FIGHT PROMOTER

### WHAT MAKES YOU TICK?

I think I was born a fighter – in every sense of the word. Tackling new challenges is my passion.

### HOW WOULD YOU DEFINE AN EXTRAORDINARY LIFE?

A life that makes a difference to the lives of others.

### WHAT INSPIRES YOU?

Knowing that the work I do is helping others to improve the quality of their lives.

### IS THERE SOMEONE SPECIAL WHO YOU WOULD GO TO THE ENDS OF THE EARTH FOR?

Yes ... he's very handsome and a great comfort to me – my pug, Lekko.

### WHAT DO YOU ENJOY ABOUT YOUR SUCCESS?

The freedom it gives me to be who I want to be and the platform it provides for spreading positive messages to people.

### WHAT SPECIAL PLACES HAVE YOU TRAVELLED TO?

I've been fortunate to visit many beautiful countries and have close friends all over the world. But Thailand is the one closest to my heart – not only because that's where my sport Muay Thai originates from but also because of the lovely nature of the people. And it's one of the most beautiful places on earth.

### WHAT'S YOUR FAVOURITE WAY OF UNWINDING AFTER A HEAVY DAY?

Soaking in a hot bath, surrounded by vanilla-scented candles.

### HAVE YOU WORKED WITH AN EXTRAORDINARY PERSON?

I've worked with some wonderfully dynamic and ambitious people. I try always to surround myself with positive people, who help me draw on that energy myself.

### WHAT IS THE GREATEST CHALLENGE YOU'VE FACED TO BECOME THE PERSON YOU ARE NOW?

My greatest challenge has been to learn to accept failure. I now realise that in life there will always be disappointments – but I believe that everything happens for a reason.

### HOW DO YOU RELAX?

When I'm home, I love walking my dog, cooking, listening to music, watching DVDs ... and just chilling.

### ARE YOU HAPPY WITH YOUR OWN COMPANY?

I love being on my own sometimes – it gives me a chance to put things into perspective. But I also enjoy the company of shiny, happy people.

### WHAT'S IT LIKE FOR WOMEN IN YOUR CHOSEN CAREER?

It's not easy but there are advantages. Right now, I'm enjoying changing people's perceptions of where a woman belongs!

### WHAT'S THE SECRET TO YOUR BEAUTIFUL HAIR?

Because I'm always in the gym, I wash my hair daily. Pantene Smooth & Sleek Shampoo and Conditioner work for me, because my hair is very thick and heavy. Even with frequent washing, they keep it moisturised, soft and manageable. Once a week, I use the Smooth & Sleek Treatment to help treat dry ends.



## JENA DOVER, 23, ACTRESS

### HOW WOULD YOU DESCRIBE YOURSELF?

I'm greatly influenced by people around me, so it's important that I keep healthy, wholesome company. I also get bored easily so I'm always looking for the next daring adventure.

### WHO OR WHAT INSPIRES YOU?

I love and have respect for film-makers who struggle to make their stories heard. Usually their passion – not money, fame or success – is the sole driving force behind their work.

### WHY DID YOU CHOOSE THIS CAREER?

I can't remember making the choice!

### DID YOU HAVE A MENTOR?

No. But I would really love one. There is no-one who can give me the right advice about navigating this crazy business – it can be really lonely at times.

### WHAT DO YOU ENJOY ABOUT YOUR SUCCESS?

The final product! After a few weeks of intense work, there is nothing more pleasurable than sitting back and enjoying the results. (Not to mention those outrageous wrap parties!)

### WHICH SPECIAL PLACES HAVE YOU VISITED?

Mexico and Dubai. Both have such a strong culture and both are beautiful. I hope we can develop a culture that is unique and permeates more strongly through our people, food, art.... Canada is also perfect – it's almost creepy! Everyone is content.

### WHAT'S YOUR FAVOURITE WAY OF UNWINDING AFTER A HEAVY DAY?

Cooking a dish for my man. He always eats it like it's the best meal on earth – even when it's burnt!

### HAVE YOU WORKED WITH ANY EXTRAORDINARY PEOPLE?

I did a shoot for [fashion label] Black Coffee and was blown away by Jacques van der Walt's vision. I'm also a huge fan of Thabang Moleya. He's going to be a huge directing star.

### WHAT'S THE GREATEST CHALLENGE YOU'VE FACED TO BECOME THE PERSON YOU ARE NOW?

My look is not conventionally beautiful, so in auditions I tend to be put into a box – like 'Oh, she can only play Scottish or Irish girls', or, 'It's the KTV kid'. It's beyond frustrating.

### HOW DO YOU RELAX?

I go to gym, look at possible property buys and have lunch with my man – perfect!

### DO YOU LIKE TO BE ALONE SOMETIMES?

I need some alone time – but too much of it makes me crazy.

### WHAT'S IT LIKE FOR WOMEN IN YOUR CHOSEN CAREER?

I see a lot of insecure girls in this business and know a few who have had surgery.... It's self-induced pressure, really – I don't believe men create that pressure even though the film business is male-dominated.

### WHAT'S YOUR HAIR-CARE ROUTINE?

My hair is meh! It takes a lot of punishment because of film lights and pollution, and can look limp and thin. I use Pantene Sheer Volume Shampoo and Conditioner, because they don't weigh my hair down and they give it gorgeous volume. To help combat dryness from air conditioning and Gauteng winters, I use the Repair & Protect Treatment weekly. ☐

