



Body of Evidence

CSI's Emmanuelle Vaugier shows us why the Vancouver beauty's star is on the rise
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Emmanuelle Vaugier is used to being busy. The Vancouver-born, Los Angelesbased actor has a jam-packed resumé – her recurring role as Detective Jennifer Angell on CSI: NY caps an impressively long list of television and film appearances – but since the writers' strike shut down Hollywood production in the fall, Vaugier has been forced to find other amusements.

"I've been baking," she laughs. "I bought myself a nice big mixer, and I'm going to be a professional baker and cook by the time the strike's over."

Vaugier's TV credits include *Two and a Half Men*, *Smallville*, *Supernatural*, *Monk*, *Big Shots*, *One Tree Hill*, *Master of Horror* and *Veronica Mars*, while 2007's *Blonde and Blonder*, with Pamela Anderson and Denise Richards, is just one of a list of films including Uwe Boll's *Far Cry*, *Unearthed*, *Saw II* and *IV*, *Secondhand Lions* and *40 Days and 40 Nights*. Let's see, that's drama, comedy, horror, action, sci-fi, even videogames.

"I like to have a varied style, keep it fresh and try different things," she explains. "Comedy wasn't something I did a lot of until I started on *Two and a Half Men* a couple of years ago, so I had to learn the whole timing thing and what works and what doesn't. The most rewarding thing is to hear people laugh when you do something funny. It's a good feeling, terrifying and satisfying all at once."

For action roles like *Painkiller Jane* and *Far Cry*, Vaugier keeps in shape with a personal trainer and a lot of gym time. "Far Cry wasn't really heavy duty for me, because I wasn't the action hero so much as the damsel in distress," she says. "But when I'm preparing for something physically demanding, I train every day – take classes, do martial arts, it just depends on what the role requires. Sometimes I'll have a firearms guy teach me how to hold a gun without looking like a complete dumbass. That's a blast; I love doing that stuff."

Vaugier first got a taste of the limelight in a school Christmas pageant, and was instantly hooked. During high school, she tried modelling, "but acting was always my passion," she says. "Modelling helped me with my confidence. I was pretty shy before that, and it helped me come out of my shell a bit."

Now, Vaugier says that when she has a lot of free time – and when her boyfriend, fellow actor Josh Cooke, is away visiting his hometown of Philadelphia – she spends most of it at the gym. "I take advantage of it for workout purposes, because when I'm working, it's harder to get to the gym."

I like to stockpile my gym hours when I have the time, so when I'm back to work I have a little leeway."

And then she pampers herself with spa treatments. "I love Dr. Andrew Weil's line from *Origins* skin care, and I'm in love with *Dermalogica* products. I have a steam room and a sauna, it's almost like my own little spa. It's so much more convenient than sitting around with a bunch of naked women!"

By Mary Dickie Photography, Gabor Jurina



