



ALL ABOUT EMMANUELLE

Between recurring television roles and filming a new Stephen King thriller, Emmanuelle Vaugier still finds time to hit the gym

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Canadian film and television actress Emmanuelle Vaugier, 33, currently appearing in a recurring guest star role on "CSI: New York," seems to constantly be working.

Her biggest television roles to date have been as Dr. Helen Bryce on Smallville, as Mia on Two and a Half Men and as Jessica Angell on CSI: New York. In feature films Vaugier has appeared alongside Michael Caine and Robert Duvall in "Secondhand Lions." She appeared as Addison in Saw II and Saw IV, and had a supporting role in the Josh Hartnett film 40 Days and 40 Nights.

She has completed starring roles in three independent films, including "Suddenly Naked," in which she plays a Latin pop sensation, "Mindstorm," a sci-fi thriller, and "Ripper," a psychological thriller about students who mysteriously disappear after enrolling in a class about serial killers.

Vaugier recently finished filming 'Dolan's Cadillac', a feature film adaptation of Stephen King's acclaimed short story.

In this action-based thriller Emmanuelle stars along side Christian Slater ('Bobby', 'Windtalkers') and Wes Bentley ('American Beauty', 'Ghost Rider').

Born in Vancouver, British Columbia, Vaugier grew up in a French-speaking household. She currently resides in Los Angeles with her two toy poodles Lily and Isabelle whom she flies between sets.

If she's not filming, Vaugier hits the gym 4 to 5 days a week. "I like to mix it up," she tells ***LA Health News***. "I do intervals on the treadmill and then usually take a class, power sculpting and spin are two of my favorites."

Diet-wise - Vaugier believes that restrictions are a potential downfall. "If you absolutely swear something off - you're going to end up craving it. So - it really has to be a common sense approach. If I have an upcoming photo shoot I'll be very strict with myself and cut out carbs almost completely for a few days before the shoot. But aside from that - I eat a variety of foods, in moderation."

By Patrick Tsakuda

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