

VOGUE TALKS

Five minutes with:

Actress, singer and model, Erika Heynatz

Erika Heynatz has long been interested in following a healthy lifestyle – and it shows. So it seemed fitting the super-toned beauty was to become Australian Advocate for world leading acceleration training machine, Power Plate. Erika began working with the machine while working overseas earlier this year, and after discovering the immense training benefits it helped to achieve, the Power Plate quickly became incorporated into her daily workout regime.

Discover just some of the benefits the Power Plate can make to your body from our five minute chatting with the multi-talented star here.

1. Your schedule seems to be never-ending. How do you prepare yourself for all the madness and maintain your cool?

1. I'm a list-a-holic!
2. I get heaps of exercise and I'm a passionate eater.
3. I get a lot of love and a reasonable amount of sleep.
4. I listen to good tunes constantly and I hang out with people who inspire me.
5. I try to sit still for 5 minutes every day. I try.
6. And I accept responsibility for 90 per cent of the madness.

2. Which celebrity, designer or model do you most admire and why?

Madonna. Singer, dancer, writer, producer, actress, activist, and mother who is relentless in her ambition, unapologetic about her beliefs, unwavering in her self belief, has incredible physical discipline and at almost 50 years old, has no intention of slowing down.



3. What are your style secrets?

Don't buy it if you have to iron it. I think comfortable and uncomplicated can equal cool when it comes to clothes. Stick to the best of the basics. Good denim jeans, a great leather jacket, classic grey marle T-shirt, add a big chunky accessory like a Dior Crystal watch and a great lux oversized bag.

4. What's in your beauty bag at the moment?

Nars Laguna Bronzer & Orgasm blush duo (together at last!); Kevin Aucoin foundation; YSL Touché Eclat; Becca Brocade Eye Colour powder and Scott Barnes Provocative Lip Stick.

5. Biggest splurge?

Security at Apple Mac stores worldwide have been advised that my technology binges can be regular and dangerous! Last seen foaming at the mouth at the counter with my fifth iPod and an iPhone in my hand.

6. Best-kept beauty secrets?

1. The Powerplate (pictured right). Best invention ever! My strength, circulation and metabolism have seriously bumped up a gear since I've been using it.

2. Slip silk pillow cases. Prior to that I was rocking some serious post-slumber face creases and dreadlocks.

3. Vegetable juice.

7. Secret travel tip?

Other than know somebody who works for Qantas? Pack everything in individual snaplock bags.

Luckily the closest I've come to experiencing any kind of terror has been the major explosions in my suitcase. When Kiehl's hand cream meets a cashmere sweater it's a complete devastation.

8. What's your secret food indulgence?

Mexican food. Bring on the burrito!



9. Which three people would be at the top of your dinner party list?

Annie Lennox, video director Mark Romanek and photographer (and best friend) Daniel Shipp.

10. Proudest career moment?

Walking into The Village Recording studios L.A. (legendary recordings made by artists such as The Beatles, Rolling Stones, Bob Dylan, Fleetwood Mac, Eric Clapton, Marvin Gaye, Elton John, James Taylor, Dolly Parton, and Sly Stone) and having a band set up waiting to play music I'd written for my album. It could be one of the coolest career experiences and the biggest personal steps for me. Actually that's a massive understatement.

Link:

http://www.vogue.com.au/beauty/articles/health/five_minutes_with_erika_heyntz