



Hollywood 101

Rowena Carr-Allinson gets down to beauty basics with Louisa Graves, the Hollywood 'goddess' whose body celebs love to borrow

Louisa Graves is one of those people the stars don't really want you to know about. A double in Hollywood, she has lent her hands and body parts to hundreds of Hollywood actresses and models in over 1 000 adverts, TV shows and movies. A-List celebrities such as Penelope Cruz, Cindy Crawford, Debra Messing, Jennifer Garner, Gwyneth Paltrow, Heather Locklear and Milla Jovovich have a penchant for 'borrowing' pieces of Louisa on screen.

Her expertise in looking good has led her to make a name for herself in the beauty industry, and even encouraged her to publish a book entitled *Hollywood Beauty Secrets: Remedies to the Rescue*. Her first-hand beauty knowledge has been so successful that she's become a regular on radio and TV shows, promoting affordable and non-invasive beauty solutions for everyone.

Despite once being nicknamed 'The Goddess', Louisa remains modest. In fact, when I bring this up she laughs, "I was flattered, living in Hollywood where there are so many beautiful people. I had no idea that I would ever be called a goddess. They certainly were kind."

She jokes, "I have to thank my mom and dad for giving me their genes and teaching me to eat fresh vegetables with olive oil and lots of fresh fruit!"

Louisa started modelling in Toronto, Canada. "One day while sitting in my agency, my agent got a call from a photographer who commented on how well my skin photographed without make-up. My agent also noticed that I had long fingers and nail beds and began sending me out on appointments to meet clients for cosmetic accounts, jewellery ads, bra packages, swimwear and lingerie shoots."

For five years, she worked as a top hands and parts model for Avon, almost every day using her hands, face and body to advertise bath products. TV adverts were also coming in fast, and after a director requested her for a Dove commercial, she says, "the rest is history".

Her job is niche but there is a real demand in Hollywood. Unlike a traditional actress, Louisa's career happens solely behind the scenes, and she assures me she has been "super busy".

In addition to doubling for the likes of Alyssa Milano, Rachel Weisz or Isabella Rossellini, she's done everything from poking the Pillsbury Dough Boy to taping