

SCREAM queen BRIANA EVIGAN

Feeling Lonely without a Tiger

Briana Evigan is the girl you see starring in just about every other horror film: *Sorority Row*, *Burning Bright*, *Stash House* and *Mine Games*. She showed off her acting skills in *Burning Bright*, the straight-to-DVD film named from a song of experience by the poet William Blake that finds her character Kelly in a home with an evil Bengal tiger and that movie has largely received positive reviews. The Los Angeles native has acting in her blood from her mother, a dancer and actress, and father, an actor, and has danced since age nine. She sings and plays keyboards in Moorish Idol and just signed on for a new *Devil's Carnival*.

HL: You do a lot of horror films. What is it about this genre that gets you?

Briana Evigan: You know it's funny, the horror genre has never really necessarily appealed to me although every film has been an absolute blast; it wouldn't be my first choice. Thriller, drama, action and suspense movies are all right up my alley, though.

HL: From your many movies like *Burning Bright*, *Set Up 2*, *Rites of Passages*—what's been your most challenging character and why?

Briana Evigan: *Burning Bright* was the most challenging for me because I worked by myself in a house without a tiger and really had to come up with my own intense scenarios every day. I like a challenge. This film pushed me. I was very tired and in my personal life actually feeling quite lonely at the time. It showed me the beginning of what I was capable of.

HL: How did you cope with the loneliness during that time period?

Briana Evigan: I remember it helped going to work every day and being around people. I have also discovered other helpful ways to shift my feelings to a positive place if I am ever feeling lonely or down. Some of those things include meditation, calming music and beaches, mountains or jungles are like sanctuaries for me. My present state of mind is like anyone's: a little bit of everything. I'm beyond excited that I just finished *TOY*, an indie feature that turned out to be my favorite script and most challenging role yet. I am now working on *Devil's Carnival 2* doing a rock opera and then *Step Up All In* just came out! This last role I played in *TOY* was very depressing and very exhausting so I'm feeling it a bit right now. But I am taking some time for myself, disconnecting a bit and doing things to stimulate me as I mentioned before. For example, I recently drove up to my favorite lookout point and sat for an hour to just breathe and calm down, remembering how incredible it is to be alive and how grateful I am. I feel like one of the luckiest girls in the world and then we're only human and perfect doesn't exist so I always strive to do my best and have a big smile on my face and I feel really, really good at the heart of it all.

HL: Would you like doing period pieces?

Briana Evigan: I would very much like to do period pieces.

HL: Are there plans for Ms Merrywood to return to The Devil's Carnival?

Briana Evigan: Ms Merrywood is back for *Devil's Carnival 2* and I start production next week. I am very, very excited! I recorded my song over the weekend with "Lucifer," one of the characters.

HL: You mentioned that you've been dancing less lately—why?

Briana Evigan: Because *Step Up* wore me out!!! I did sustain a knee injury after *Step Up 2*, which stalled my ability to dance, but to be honest I felt acting was what I really wanted to be doing. Now I focus on fight training and other activities that can go towards my craft. I try to have as many tools in the bag as I can, so that I can be the actor I've dreamed of being. That being said I will always be passionate about dancing.

HL: What are your most impressive health habits? Is it true that you've done martial arts?

Briana Evigan: I normally work out six days a week. I drink greens and chlorophyll regularly for my body and skin. I do Pilates on the reformer, yoga, spin and run! I am very disciplined with my body. But I'm also a total foodie! This is why I must balance everything out. Also, I have an ab workout I do and teach my friends that is killer and gets you ready for summer year round. I'll share it with *HealthyLiving* readers next month if you'd like. ■



IMMUNE-TREE
Natural Energy Limu Z6 with Acai
One of my favorites! I notice the difference within 20 minutes, especially my energy levels.



AUBREY
Calming Skin Hydrating Mask
Aubrey Skin Hydrating Mask proved really calming on my skin which is a necessity for me right now since I am filming.

ALOE LIFE
Healthy and Slim
Daily Greens Formula

I drink greens every day and this daily greens formula seems to be my favorite that I have found yet! It tastes so much better than other ones.



ALOE LIFE
Face and Body Lotion

Smells so fresh and clean. I love the texture and the way it leaves my skin feeling afterward; it's not sticky at all!



ALOE LIFE
Aloe Gold

I love these aloe-based vitamins because I have nodes on my vocal cords and aloe cuts acid reflex. These have been very effective for my voice.



BRAGG LIVE FOODS
Liquid Aminos

Bragg rocks! Are you kidding? Is there anything healthier and better tasting than liquid aminos in a spray bottle?



BRAGG LIVE FOODS
Organic Braggberry
Fat Free Dressing

Yummy on a salad, all you need is a little; it goes a long way. Fresh taste and light with just a hint of sweetness.



PURE PLANET Plant Protein

Aubrey Skin Hydrating Mask proved really calming on my skin which is a necessity for me right now since I am filming.

NORTH AMERICAN HERB & SPICE Oregafresh Toothpaste

I was surprised I liked this toothpaste because I'm not much of an oregano fan, but it's leaving my breath so fresh! Plus oregano is so good for you.



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Detox Cleanse Patch

This foot patch is cool. I put them on at night and I notice I wake up with more energy. It must be clearing toxins from my body when I sleep.



PURE PLANET Tart Cherry Juice

Pure Planet Tart Cherry Juice is the bomb. The cherries taste so fresh it is as if they are just picked from the top of the tree. Perfect for joints and deeper sleep.

MHP

Power Pak Pudding

Fit, lean and tasty. I'm not much of a pudding person but this is an on-the-go snack and it really cuts down my appetite. It's got a lot of protein with that taste.



SUNLIGHTEN Pure Sweat

A perspiration-amplifying cream is perfect for when I go to the infrared sauna or steam room. I do sweat a lot more! That means fewer toxins in my body.

BARLEAN'S Organic Chia

I've always been a fan of chia seeds. They help so much with digestion and I also notice my skin feels more clear when I drink chia seeds regularly with my smoothies.



NEOCELL Keratin Hair Volumizer

It's been only two weeks of using but I'm noticing my hair is thicker and my eyebrows are growing faster, which is awesome.

XLEAR Spry

Xylitol peppermint toothpaste and mints are my sugar-free sins. Talk about super fresh breath. I adore Spry's sweetness strategy of using xylitol. It lets me sin without consequence; in fact, xylitol actually makes tooth enamel stronger and reduces risk of dental caries.

