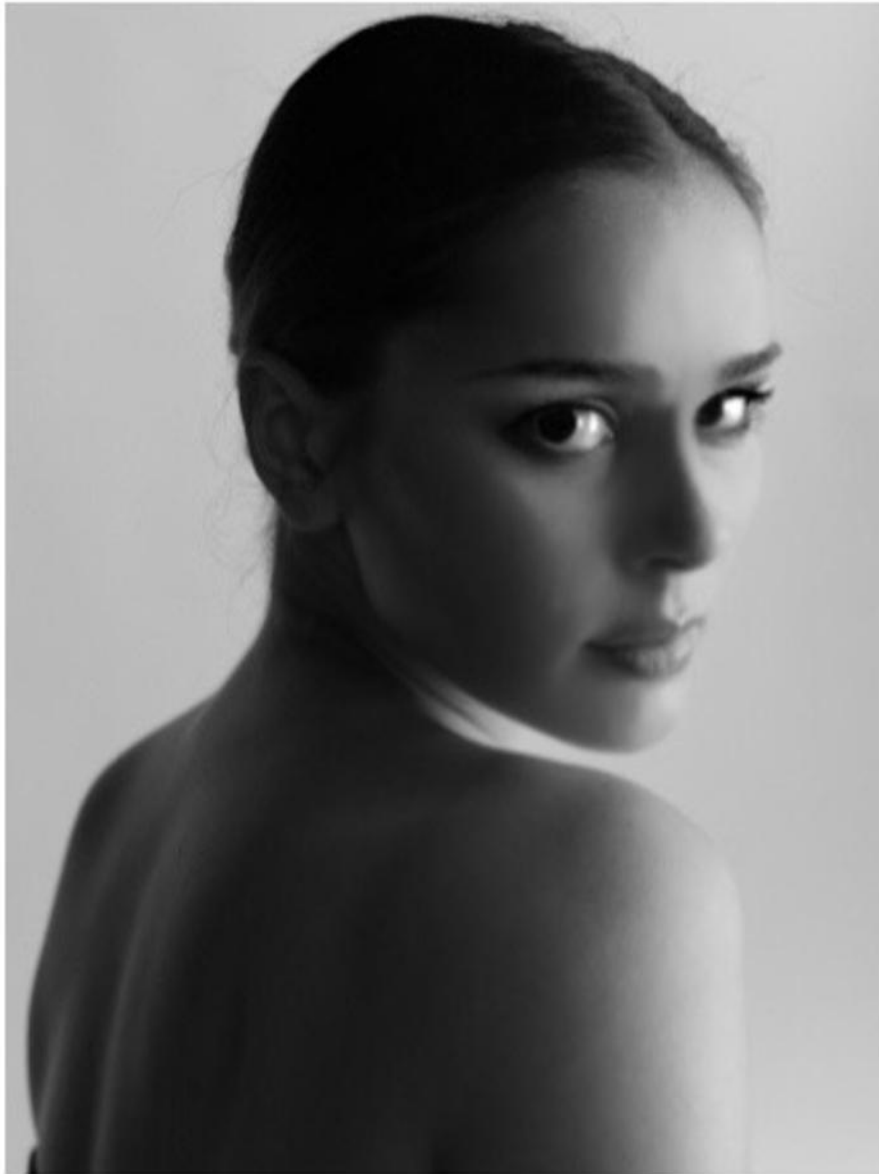
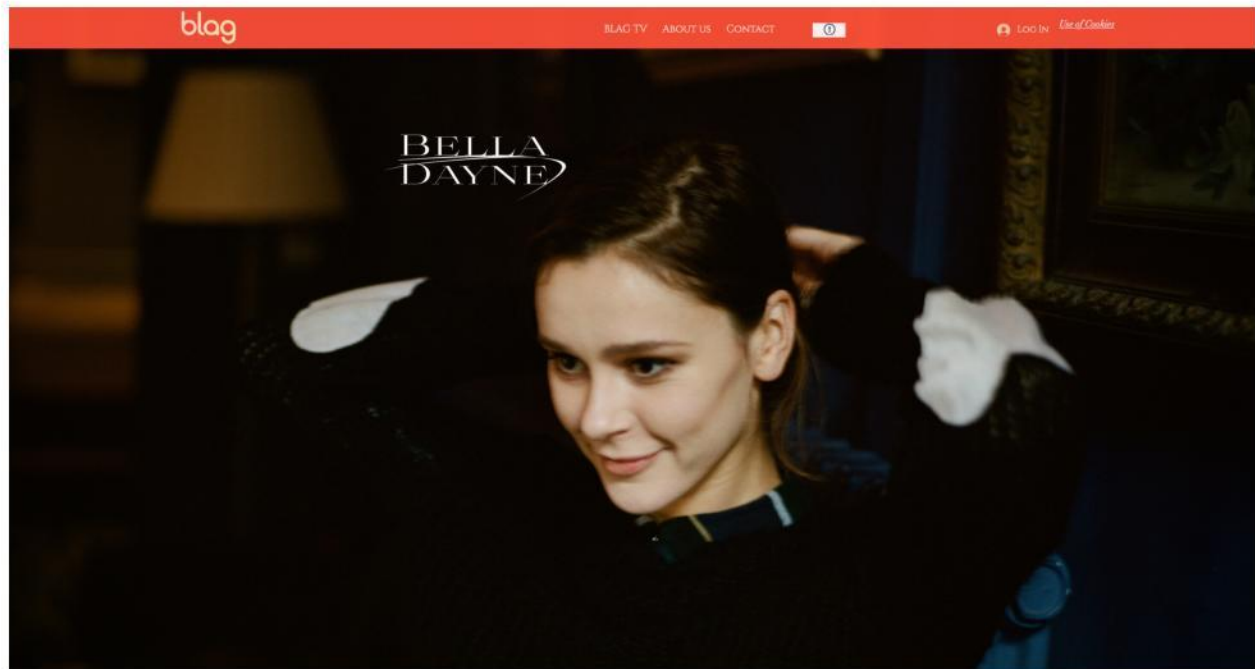


ROGERS
& COWAN

BELLA DAYNE





INTERVIEW BY SALLY A. EDWARDS
PHOTOGRAPHY BY SARAH J. EDWARDS
SHOT ON LOCATION AT L'ESCARGOT, LONDON

We're delighted to introduce the multi-talented actress, Bella Dayne to you. Born in Germany, Bella is multi-lingual and a complete globetrotter having spent time between her homeland, the US and now the UK. Bella recently starred in Humans, season two of The Man In The High Castle, alongside Idris Elba in the Sky Atlantic mini series, Guerrilla and can currently be seen in BBC's Troy. She's in good company.

What was the moment and circumstance when you absolutely believed you wanted to become an actress?

"I wanted to become an actress since I can remember, but what really made me decide to move to New York and just do it was performing Sarah Kane's "4.48 Psychosis" in school. I got to experience that thing that actors strive to achieve in their every performance. It was like a drug you tasted and you want to feel that high again, you lose yourself, you don't remember what happened, it is liberation.

"Also, I think every artist has had a sort of mentor at some point in their lives. It doesn't have to be in the same form of art, or even a creative at all, but someone who inspired them to be their true self. I had someone like that at that time whom I'm very grateful for."

What would you consider your biggest moment - good or bad that set up the momentum for all these great roles you have? And how did it shape things going forward?

"Funnily, it was a personal one - a very big heartbreak. During that time, I was broke and working three jobs to stay afloat and I got to a point where I had a complete meltdown à la 'what the fuck am I doing with my life?'. But that moment where I felt my lowest and thought I'd quit, a sudden peacefulness settled in. I just thought 'you're alive, you don't need to prove anything to anyone. None of that shit matters, just enjoy the small things in life. YOU don't have to be anything.' And funnily, very shortly after, I think maybe even a week after, everything started to fall into place. That heartbreak taught me to let go, which ultimately gave me the freedom to be a better actor."

You're multi-lingual. How did you learn to speak so many languages?

"Well, in Germany in general, you are very much encouraged to speak a variety of languages (not that many people in the world want to speak German, ha). But I actually don't speak that many languages compared to the people I grew up with. I actually look quite silly next to them, they speak 8 languages easily, don't ask me how..."

How does this help with accents and characteristics for characters?

"Oh, it helps tremendously! In each language or accent, you find almost a different version of yourself. When using another language, or accent, you use different muscles in your mouth than you're used to. That physical change automatically makes you feel differently, it's like getting into costume. Obviously, each character varies and you should never generalize, but the melody and sound of a language can help guide you into being that person. It is, in the end, part of who they are."

Can you tell us about your role in Humans? And for those who haven't seen the show, how would you pitch it to encourage them to watch?

"My character in Humans is called Astrid. She is from Berlin and is completely uninhibited, free of materialistic values, full of love. She sees beauty in everything and everyone, very much what Berlin as a city embodies at the moment I think. Astrid feels comfortable with who she is and thus can infatuate others with her happiness and warmth. She meets Niska (who is a Synth, but doesn't know it yet) and the two get involved. It is to me an incredibly beautiful story, this odd couple. Niska, a Synth, disappointed by humanity, full of anger and violent impulses, who is incredibly closed off and to many would evoke fear, meets an emotionally uninhibited Astrid. She sees beyond that and sees that that behavior is only the result of deep pain of Niska's past, thus never judges and only sees beauty in her 'imperfections' and flaws and recognizes how deeply sensitive Niska truly is. My character makes someone who has become 'bitter', unafraid 'to feel' and 'to love' again. I think that is an incredibly beautiful message. Someone loving you for who you really are and continuing to do so no matter how much you try to push them away, is disarming.

"Adding to that layer that Niska is a Synth that looks like a woman - but theoretically, a 'robot' doesn't have a gender - it reminds that love goes beyond any labels of what we are or what we look like - it goes back to that truly loving someone is loving their heart and essence.

"Pitch (trying ha.): Humans is about our obsession with perfection and asking the question 'What makes us human?' You see this crucial question tackled in different scenarios throughout the series, applied to our work, dreams, family, love and sexual preferences. It asks the question of why we exist, what we want in life, what consciousness is, what love is and what a world would look like where AI would make our lives 'easier'."

Please introduce us to your character on The Man In The High Castle. How is it going into a show that has such a big following and such established characters?

"What I can say is that there is something dark, sexy and quite disturbing about my character. Definitely one of the most fun characters I have been able to play so far. I had watched the show before and found the idea of what a world would look like had Germany won the war very interesting as it obviously is a very dark scenario. What particularly grabbed me is what daily life would look like. Walking onto such a great show, to me it was about continuing to create that world together with the other characters, so I was simply really excited to be a part of it."

Guerrilla looks into a very interesting subject. Can you tell us more about the storyline?

"Guerrilla follows characters that open our eyes to what it meant to be of color or a minority in the 1970s. It shows us the different obstacles that you face if you want to change how you are treated in a country, by society; the personal struggles you have to deal with when you start to take action to change your circumstances and to be considered equal.

What makes the script so brilliant is that it shows different ways of going about that - from the very peaceful approach to the very extreme. It asks the question of what is right and what is wrong. Is there a 'right way' even to bring about change? What is justified if you have been treated unfairly and as an unequal. It shows the journey of a couple awakening from feeling powerless to taking action and how these actions, if morally questionable, can bring a human to the edge of their own emotional and psychological stability and how different backgrounds and upbringings of each person can shape our forms of actions differently."

How do you think history and this story can teach us today with relationships and acceptance?

"I think it will have a huge impact on people, especially after the U.S. election and what has happened in the past year all over the world, this is more relevant than ever. It will help people understand the struggle that people of color and minorities had to endure and still have to to this day. There will be very clear parallels to today's problems, the roots on both sides. It will give us an insight to how radicalism can be born, what pain and oppression it comes from, and maybe force us to look at the very first seed of today's radicalism. It will teach us how as a society and individual person, if we would be more accepting and loving to each other in this world, consider each of us human beings as equal, no matter what background, social status, nationality, color, gender or religion, there might not be any fuel for terrorism. As for the relationship between the two main characters, the story teaches us about our different roles as a man and a woman in a relationship, our power struggle within a relationship; it teaches us to let go of ego, making compromises, believing in something together and what it truly means to be 'partners' and a 'team' beyond being in love."

What has been the most inspiring role you've taken on to date and how has it shaped you in the present day?

"I'd have to say Eliette in Guerrilla. There are other characters that came to mind, but what has been the most inspiring about this particular character is her strength. Not a strength out of ego, but a strength out of a great love for humanity and truth and equality. Eliette has shaped me in the way that she made me stronger as a woman and feel more grounded as an individual to voice how I feel and to not let myself be oppressed by the idea of what society tells us we should be like."

What other creatives do you admire and why?

"There are a lot, new ones every day even. But if I had to say I'd say Christian Bale, Philip Seymour Hoffman, Kate Winslet, Jessica Chastain, performing artist Marina Abramović to name a few. (I'd like to look more cool and intellectual and throw out some creatives that are just about to be discovered but I'm not that cool, unfortunately). For the ones I named, what they all have in common is a strength and vulnerability in their art. They allow people fearlessly to look into their soul, including the darkest parts of what it means to be human and the most vulnerable places we want to hide. They go where others don't want to go and to me that's strength and true art."

What's next for you?

"Training dolphins. Aside from that classic activity, possibly a period drama, and well... Moving to London."

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FANSIDED

CURSED'S BELLA DAYNE ON RED SPEAR'S BACKSTORY

by [Corey Smith](#)



Cursed star Bella Dayne (Red Spear) tells us about her character's mysterious backstory, deleted scenes, and what may be coming next.

Cursed, Netflix's reimagining of the Arthurian legend, gave us a new perspective on classic characters like Nimue, Arthur and Merlin. Among the newcomers was the Red Spear, a vengeful warrior. Played by Bella Dayne, Red Spear's true origins are wrapped in mystery, but we sat down with the German actress to try and peel back the layers of her character, as well as get her hopes about second season.

First up, **Dayne dived into the origin Red Spear's conflict with the Ice King, Cumber.**

"It goes back to Cumber's daughters. I'm not sure exactly how much I'm allowed to reveal though, I think a lot of that will be revealed in season 2. You see in the battle scene, that it's her driving force, that the daughters have caused her heartache, pain and the revenge story she is on. I think more of the backstory, what really happened there, and what part Cumber played in that would be revealed in season 2; if there is one! I think that's what's really exciting, is that you have hints of that in the first season. What's really interesting is the complex story that happened between Red Spear, Cumber and his daughters, and how that affected my character for the rest of her life really."

That sounds ominous enough that I'm not really sure I want to know. We asked about the origins of the name "Red Spear." Once again, Dayne again walked the line when it came to answering our question without giving away too much. *"That definitely has a backstory [laughs], and there is a lot to it. But if you let your imagine run, red has a feeling of being out for blood, that being her driving force in this moment in her life. That is the one thing she sees, that is her way forward at the moment. If you think about the tip of the spear, that's the thing that leads her, that's the thing she follows at this point."*

While most of Red Spear's vengeance quest takes place offscreen, she turns up in the show's climatic battle, which pits Cumber's forces against Arthur and the Red Spear. **Director Sarah O'Gorman told us that it rained** for most of the shoot, but Dayne says it didn't dampen the cast's spirits. *"It was probably some of the most fun days of shooting I've ever had," she said. "At the same time, definitely very intense for everyone really. If you think about all the extras that were on set that day, and the crew, just hundreds of people working in these really intense conditions. It was really incredible, because I felt like everyone came together and was so excited about shooting the scenes. Everyone was just so involved."*

Part of that shoot included **a scene that never made it to screen.** *"The crew that I had, the actors that were part of my team, I loved that beforehand we talked about 'what's our motivation,' and why we were going into this battle," Dayne remembered. "We basically had this whole speech together that you don't see, and they were basically saying 'we're on board, we're for you.' Everyone loved shooting those scenes, and yes at the same time those conditions were really intense, but everyone was working towards making the battle the best, having the best possible outcome. You really felt that on set, and then at the end of the week it was really a celebration. Everyone did their part and pulled through. It was so much fun shooting that."*



One of the battle's most pivotal moments involved Arthur saving Red Spear from one of Cumber's daughters, even though he hadn't met her before. A mixture of emotions washes over Red Spear's face in that moment. What was she feeling then?

For me, that moment I felt like for the Red Spear was a big decisive moment. I feel like, for so many years she's only been relying on herself in a way. She's been broken in such a deep way, that she has never allowed herself to be vulnerable again in her life. This is a moment where, she would have possibly died, or she might not have reached the goal that she wanted to, killing one of the daughters of Cumber. So Arthur helping her in that moment was a moment of someone who selflessly helped her, and allowed her to be vulnerable in a way. I think it caught her by surprise, someone who doesn't know her would help her, especially a man. I think she had completely moved away from trusting or relying on anyone, and she was vulnerable, she opens her heart for a millisecond there. I don't think she'd experienced kindness like that in a long time.

Dayne also gave her thoughts on the show in general, including what it has to say about our world today. *"I think it's very modern, it touches on political issues at the moment, and the society we are in that is changing," she said. "It explores from a female perspective, what would the legend have looked like. It's a fresh take on it that I really enjoy. I think it's really open to interpretation. If you come from a certain country, or come from a certain culture, I think it does leave a possibility of thinking, 'to me this means this, or this represents that,' and I think that's quite beautiful. It allows you as the audience to dive into it, whoever you are, to go through this journey and that's what makes it enjoyable. It does take you on a ride, there are waves throughout the story. I*

find it quite naturally beautiful, there's always a really nice flow. Reading the scripts, I loved how you jump into this world, and then kind of float through it."



Cursed has a big cast, and not everyone got to share scenes with each other. **We asked Dayne if there was anyone she wanted to work with more.** *"They were all really great," she said. "In their own way, they all have interesting ways of doing their characters. It would be interesting to see the Red Spear meeting any of the other characters, it's always interesting seeing such strong, clear characters like Merlin, Uther and all these other characters, and then seeing your character come together in a scene. It doesn't really matter who it is, it would be interesting because your character reacts in different ways depending on who they are put in a scene with. I would really enjoy any of them, I think they would all bring their own unique voice to it."*

Naturally, that **led us to ask about season 2**, and what Dayne wants for her character. *"It's hard to say since that's the writer's job [laughs], but I think what's interesting about Red Spear, that we see in that last battle scene, is this warrior that has been incredibly hurt in their life, and has fought for themselves and what they believe is right, to make that wrong right, coming from that intense fighting spirit, you start seeing that moment of vulnerability, of thinking 'maybe I'm allowed to let my guard down, maybe in life it's OK to be vulnerable again.' So I would like to see, if we get a season 2, being a fighter, being that strong, but at the same time learn as a human to also be vulnerable and to open your heart again after you've been hurt like that. I think that's a very human thing that people relate to, and an important thing to have in life. So I would love to explore that more, and go on that journey as a character."*

TV IN FOCUS

about someone at the end of his life and who's looking back on his regrets and what his legacy is. I have two grandfathers who are 92 years old, so I'm very aware of being in that place in someone's life. Even though I don't know their actual perspectives and can't see inside their heads, I see how they move in the world and what's important to them and what they pass down from generation to generation.

"In terms of directing, I have to give a lot of props to my lead actor, Ntare Mwine. He's an amazingly talented individual who can express such nuance and emotion with seemingly little effort. I mean, Ntare was always thinking and working, but everything he did was so subtle, which was very important to me. I didn't want the episode to feel overly dramatic or melodramatic, so he was the ideal person to carry that emotion throughout the story. One big thing I learned from this experience is that as a director, it's extremely difficult to get the exact tone and emotion that you're looking for. The type of Sci-Fi I really connect with is where we explore how we remain human, especially with stories like this that—spoiler alert—are set on a spaceship. How do we hold on to our humanity when we're not on our planet? That's a big part of this episode. The character of Keir is travelling through outer space and he has been told one thing, only to discover that his reality is something completely different. How do we stay true to being human when all of the things that we understand to be human are not there?"

All four seasons of *Room 104* are available to stream via HBO Max.

CURSED/BELLA DAYNE

Based on the illustrated novel of the same name by Frank Miller and Tom Wheeler, Netflix's *Cursed* reimagines the hugely popular legend of King Arthur. Following an attack on her village by a group of religious zealots known as "the Red Paladins," our heroine, Nimue, is entrusted by her dying mother Lenore with the Sword of Power and embarks on a journey to deliver it to the sorcerer Merlin and save her people, the Fey. She is joined by a young mercenary named Arthur, and throughout the show's first season, Nimue struggles not only with the temptation to misuse the ancient sword's powers, but also how to embrace her destiny to become the "Wolf-Blood Witch," and, eventually, the Fey Queen. Along with Arthur, Nimue's other allies include Red Spear, the Queen of the Red Spear fleet, played by actress Bella Dayne, who got in plenty of practice before eventually auditioning for and booking this role.

"At the time, it was what you might call the 'high season' of auditioning, and I actually read several times for another Netflix project," recalls Dayne. "It was interesting because I think it gave the network people a chance to see the range of my work and, perhaps, got them to think, 'We trust her; she knows

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what she's doing.' With *Cursed*, I did three audition tapes for which I did three different scenes. Right from the start, I had a clear idea of who the character was, but I had to spend a few days experimenting with my voice as well as with the physicality of the part to make sure it felt natural to me. I love playing roles that are quite unlike me and having to achieve something in terms of an accent, a voice or, again, the character's physicality.

"When it comes to Red Spear, she's someone who's been deeply hurt, and damaged in a way," continues Dayne. "I think she experienced something in her life that had such gravitas and was so intense that it completely changed her life and her whole reason for being here. I think that's why she decides to become a warrior. My character never again wants to feel helpless or powerless, but rather someone who takes matters into her own hands. So Red Spear sets out on a path of revenge insofar as doing what she feels is right and eradicating evil from this world. I do feel that my character is a good person with a big heart, but she can't rest before having her revenge and letting go of that. At the same time, I think she's also searching to find real meaning in her life and what's most important to her. Ultimately, though, revenge is what drives her. Red Spear is incredibly focused on that, and I think that's what makes her such a powerful warrior as well."

Although circumstances and being the leader of a band of warriors have forced Red Spear to distance herself from those around her, she does begin, at least subconsciously, to let her guard down. "Pym [Lily Newmark] is the character who Red Spear has the most contact with during Season One," notes Dayne. "Again, she's not going to be distracted from her mission, but as Season One unfolds, you see other characters kind of float into Red Spear's world. However, they do so without her realizing that she's opening up a little bit and allowing herself to be vulnerable in a way. We don't know what the writers are going to do if there's a second season, but if that happens, I would love to see more of that vulnerability come through with her.

"I have to say that the writers did an amazing job of bringing so many different characters to life and in a clearly defined way. I especially enjoyed filming the battle scenes at the end of the season and seeing the cast and the crew giving it their all. When the director yelled, 'Action!' everyone became a 'warrior,' including the amazing extras on-set, and pulled together as the storm approached. It was incredibly moving for me to see so many people who were passionate about this genre and wanted to tell such a beautiful story. It reminded me of why I love my job so much."

American Horror Story, *The Goldbergs*, *The Man in the High Castle*, and *Troy: Fall of a City* are among Dayne's other TV credits. She also delivers a touching performance as Astrid, a human waitress who becomes romantically involved with a synthetic human, or "synth," named Niska (Emily Berrington) in the Sci-Fi series *Humans*. "Astrid has a wonderful lightness to her as well as a joy for life and an unconditional love of life," says the actress. "In a way, I thought she represented the kind of bohemian feel of 1960's Berlin, and I loved the completely non-judgmental, open heart that she had. I was also so pleased to see that audiences were moved by Astrid's and Niska's relationship, and how it survived. Working on *Humans* was a great experience for me in so many ways," she enthuses.

Cursed is currently available to stream on Netflix.

VAN HELSING/ALI LIEBERT

Vampires, zombies, demons, aliens—the human race cannot seem to catch a break (at least in the fictional TV and feature-film worlds) when it comes to battling the bad guys, terrestrial as well as extraterrestrial in nature, and trying to maintain its foothold on Earth. In SYFY's long-running post-apocalyptic drama *Van Helsing*, vampires are the sharp-toothed enemy du jour looking to get rid of humanity and rise to the top of the food chain. Those who have been watching the series from the start know that the battle lines were



Bella Dayne

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Niamh Leonard-Bedwell

*All girls dance alone
to Beyonce, right?*

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bella dayne



Of course, you would never publicly admit to it. But for 50-year-old actress, Bella Dayne, the private performance is a fall-proof pre-sex scene ritual. Tangibly embarrassed, she explains, "I use all different kinds of music to prepare for different scenes. If it's a very confident kind of scene, where you have to be sexy, or dominant as a woman and kind of own it... I do like to listen to Beyonce, or some really good hip-hop."

2018 is looking like a big year for the German-born actress, who landed a starring role in Elin BBC Drama, *Troy: Fall Of A City*, as Helen of Troy. She was also cast in US TV drama, *Trust*, which tells the story of one of America's wealthiest and most renowned families, the Gettys. Dayne will also return to her role as Astrid in AI-based series, *Humans*, later this year.

Despite her rising stardom, Dayne's manner is self-deprecating and as she describes her dressing-room habits, her LA life gives way to embarrassed laughter. "By dancing and moving your body and enjoying it, you kind of feel your body more and get into it," she says. "Obviously, this is all by yourself!"

Her honesty and open nature is refreshing, but it becomes clear that routines like these are

important to her. The sex scenes in *Troy* are by no means few and far between and they are markers of the passionate relationship between Helen and her lover Paris, who is played by Aussie actor Louis Hunter. Dayne is keen to express that the pair discussed intimate scenes in great depth before filming.

"It's very important to discuss what kind of sex it is in that moment," she says. "We definitely asked each other, 'What is the point here?' and 'What does this need to be?' 'Is this the passionate, fiery, devouring sex that you've lusted for?' 'Is this the sex that is very intimate and delicate, where a man makes you feel protected and held?' I think there are huge differences and you have to discuss it beforehand so you're on the same page."

Her fierce attention to detail is obvious from the outset of our conversation. She read both *The Odyssey* and *The Iliad* in preparation for the role of Helen, along with countless supportive texts to enrich her understanding of ancient Greece. "I don't know if you ever feel like you've done all the research," she says. "I would love to have a year to prepare for a character - that would be a dream - but, ultimately, those aren't always the given circumstances."



actors

"With *Troy*, I would still listen to an audiobook about Helen every morning on the way to set to learn even more about her. I love doing research and if you had time, I would love to do all of it, but I think I'm definitely still learning when I need to stop," she laughs.

I ask how her intense preparation works for non-historic characters, like *Astrid in Humans*. "The main thing I think is how are you supposed to behave at the time, your posture and your speech," she says. "You look at what's the norm for you on a daily basis. What's the norm for the character? What does their day look like and how do they live their lives? No matter what time period, in the end they're all just humans with emotions. Our job is to tell their stories and show their humanity."

"With *Astrid*, she's really a very free person and a free spirit and you see it in her body language. She shines in a way, in being comfortable in herself and being loving to everyone and the world and that shows. I guess she's almost chaotic in that kind of way, which is such a contrast to Helen, who's very in control of herself and keeping it together as much as she can."

Dayne is right; the two characters could not be more different. Helen holds herself upright, whilst *Astrid* can't sit still. *Astrid* speaks without a filter, while everything Helen says is carefully calculated. Dayne absorbs herself completely in the guise of the characters she plays, a true chameleon. She even says she finds it hard to switch back to Bella-mode once she leaves set.

"I definitely think that when you play a character, it influences you," she says. "With *Astrid*, it just feels good, because she's so loving, but with Helen, there were definitely nights where I couldn't sleep at all and would dream and have nightmares, especially towards the later part of the show."

"You get into quite a dark state and it's hard to turn that off, but that's also part of the job. I think, learning methods of how you are kind to yourself if you deal with characters like that, who go through a lot."

Dayne cites a period of heartbreak as a pivotal point in her career, where she learnt to feel empathy for the characters she plays. "I think it's very natural that we protect ourselves against what's essentially a trauma to our heart. We don't want to feel that again and so our body closes off," she says.

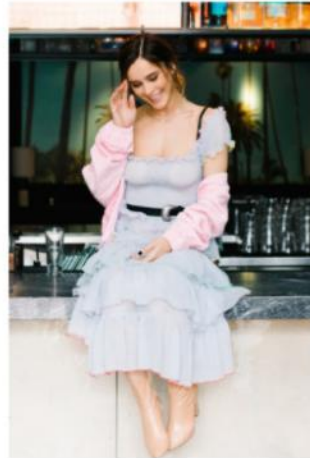
"I started to realise that at the same time, I was stopping my artistic instrument from working, because I built a wall around myself. As an actor, it's your job to walk around vulnerable, with an open heart, and if you can't do that you're not informing yourself or growing as an artist. I had to have that realisation and change that and I felt much happier as a person. I could love my work and I could relate to the characters I got to play."

Also among her favourite characters is sixties icon *Tabitha Foltz*, who she plays in *Trust*. "I loved that particular role, because she was kind of was a turnaround for Paul Getty II, who was always quite lost and trying to please his father. She introduced him to the art world and rockstars and they became the 'it' couple of the time."



"What's really great about her is that she was a strong woman and she really had the pants on in the relationship. She was also very confident in her sexuality and that was really fun to play."

It's obvious that Dayne is naturally drawn to and strong female roles and enjoys the research that comes with playing them. But when I ask which woman in history she'd like to land above all else, she surprises me with her answer. After a long and thoughtful pause, she finally replies: "There are lots of historical characters that have come to mind, but in a way, I would love to play someone in the future that we haven't seen yet. I don't know who she is, but she's highly complex, in all sorts of ways." You read it here first: Bella Dayne is an actress out to make history, not just tell it.



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bella donna

Career Dispatches

Why You Can't Be Too Hard on Yourself as an Actor

By [Bella Dayne](#) | Posted April 11, 2018, noon



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Photo Source: Graham Bartholomew

If there is one lesson I could have given myself, when I started working in this industry, it would have been to *maintain balance*.

I've always been a person that works obsessively when passion is involved. I come from a household where my parents were professional athletes—and thus, I was inspired to push myself to the limit and to try with all my heart to become one of the best in whatever I'd choose to do in life. In my case, that meant trying to become the best actor I could be. That mentality proved to be very helpful over the years, but it admittedly took me awhile to distinguish the hidden lesson that comes along with it.

Fresh out of acting school in New York, with the above-described mentality in mind, I immediately dove into a phase of obsessing about working towards my goal of being able to play full, complex characters and financially support myself fully from it as soon as possible. That was the dream, and in my mind, it couldn't happen fast enough.

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What I didn't realize is that by focusing all of my energy and attention exclusively on acting (that meant classes, workshops, watching movies, accent reduction, voice improvement, etc.) and trying "to get somewhere," I absolutely paralyzed myself creatively. I took away the joy of acting. It all took away the passion I felt performing and caused unhappiness. I believe being unhappy in your personal life is probably one of the worst enemies you could encounter in your journey of being a professional actor. Make sure you are continuously happy in your personal life. Self-destructive behaviors and depression destroy and cut off any creative flow and any ability to feel, which is exactly what we actors need the most of.

On the one hand, I think it is a necessity to be obsessed with your craft in order to do this job and tackle all the obstacles that will be thrown at you throughout your professional life. But on the other, one can become *overly* ambitious to the point where "succeeding" (whatever that specifically means to you) in this endeavor takes priority over actually enjoying your craft to the fullest.



Unfortunately, many people equate professional success with self-worth and let their idea of “achieving something” become a measurement for their value. It absolutely should not be that way. Understanding that one has value in this world just existing in it and that “success” is not defined by outward validation but by what brings you joy in your everyday life and whether you are happy *right now*—that was probably the biggest lesson I’ve learned in this job so far. Valuing yourself and enjoying life outside of acting is tremendously important for your personal and even your professional life. After all, you are an artist. You draw from real emotions and are inspired by life. What moves us as humans is a character’s individual voice, learning and feeling their personal experiences, hopefully in the purest form possible. Of course, we play characters and some of them are further away from our own personality than others, but we inevitably draw from our own life and observe the beauty of human behavior constantly.

So, yes, working as hard as you can on your craft every day is important, but being present and experiencing life and being kind to yourself and letting go of the excess pressure that you put on yourself is just as essential. This is a balance that can go either way, but it is important to continuously monitor yourself to not just work hard but also stay in a healthy state of mind and enjoy your life—no matter where you are at in your career.

Dayne currently stars as Helen of Troy in Netflix’s new epic, “Troy: Fall of a City.”



5 SURPRISINGLY SIMPLE WORKOUTS THAT BELLA DAYNE AKA HELEN OF TROY DOES EVERY WEEK



To the star, exercise means much more than just breaking a sweat

By Emma Pritchard 04 April 2018



© @belladayne

She's the German-born actress who's stole the limelight in shows such as *Guerrilla*, *Plebs*, and *Humans*; and, who is currently kicking ass (and creating some sexy steam with co-star Louis Hunter) as Helen of Troy in *Troy: Fall of a City*. And in case you've missed any of these shows, she's also got *Trust*, a new series about the John Paul Getty III abduction, coming up. Basically, Bella Dayne is one actress you're about to be seeing – and hearing – a lot more of.

And the best bit? Aside from having an enviable figure and naturally glowing complexion, she's also got a refreshingly balanced and healthy attitude to wellness.

So how does she keep her torso toned and trim, despite a hectic filming schedule? We asked her to reveal all.

BELLA DAYNE'S WORKOUTS

MONDAY

"I try to work out for at least half an hour every day – no matter how busy my work schedule gets. I like jogging so I'll do this three times a week – either on a treadmill in the gym, or along Venice Beach in LA. I travel a lot for my work so my runs are a way of sightseeing. I'll always pick out parks – the air feels fresher there and being in nature makes me happy."

TUESDAY

"I love hot yoga – especially if I'm having a stressful week. It calms my mind and really relaxes me. At first, I found it quite intense but now I enjoy being pushed to that extreme and learning to breathe through pain and stress is a skill that applies to day-to-day life. I also like the detoxifying effect of sweating. I always feel like a fresh born baby afterwards."

WEDNESDAY

"In LA, I particularly like jogging at night. There's such an energy to the city during the day; but at night, it's an entirely different place. The air is fresh, the sidewalks are empty, and there's something peaceful and intimate about it."

THURSDAY / FRIDAY

"I try to have one or two rest days a week – the body needs these to recover so I never feel guilty about having them. I love to take Epsom salt baths to ease my muscles and simply to pamper myself."

"When I'm running, I like to listen to music. I normally have three different types to choose from: I like the energy and strong beat of hip hop as it helps me get into a good breathing rhythm; I'm from Berlin so I also like intense electro music; and indie music always provides a good soundtrack for watching nature and people passing by – it's quite a beautiful mood you can get into."

SATURDAY

"At least one day a week, I do something different – just to keep things exciting for me. That could be anything from kickboxing to tennis to in-line skating, snowboarding, cycling and even paintballing. It doesn't seem like your exercising but it's a great workout. I love the feeling of using my body in a different way."

SUNDAY

"It may sound a bit dorky, but I love to dance around the living room at home. I'll put on music and, because no one is watching, I can move however I want, which is incredibly liberating. It's good for the mind and it's also good for the body. Being relaxed and flexible and free in my body is incredibly important for my acting. Exercise helps me to stay connected to every part of it, and to love and embrace it fully."

Bella Dayne plays Helen of Troy in Troy: Fall of a City; watch it now on BBC or catch its premiere on Netflix from 6 April.

So how does Dayne fuel her active lifestyle? Bella Dayne's food diary includes cheese and chocolate - could we love her any more?

WomensHealth.co.uk



WH EXCLUSIVE: BELLA DAYNE EATS CHEESE FOR BREAKFAST AND FINDS THE WEIGHTS ROOM INTIMIDATING



7 reasons why the Helen of Troy is refreshingly normal

By Emma Pritchard 04 April 2018



© @belladayne

We heart Bella Dayne.

Not only is the German-born actress currently kicking ass (and creating some sexy steam with co-star Louis Hunter) as Helen of Troy in *Troy: Fall of a City* on Netflix; she's also got a refreshingly balanced and healthy attitude to wellness that we can't get enough of.

Chocolate and popcorn – she loves it. But cooking big dinners? Not so much, unless they consist mostly of plants. "I'm only really good at making breakfast or cooking vegetables," confessed Dayne. Rest days – they're a must. (Find out how she spends them in [her week of workouts](#).) And her take on becoming body confident? Well, you'll need to read on for that.

Here are seven things about Bella Dayne that you need to know about. Get ready to fall in love.

SHE LIKES TO MIX THINGS UP

"When it comes to staying active, I try to do at least 30 minutes of exercise every day – I like running and hot yoga, in particular. But, at least one day a week, I'll do something different to keep things exciting for me. That could be anything from kickboxing to tennis to in-line skating, snowboarding, cycling, paintballing and simply dancing around my living room. It doesn't seem like your exercising but it's a great workout. I love the feeling of using my body in a different way."

ELECTRO MUSIC KEEPS HER MOTIVATED

"I like to listen to music when I work out. I normally have three different types to choose from: hip hop, indie and electronic – I'm from Berlin, after all. It's got a definite rhythm that really helps to keep you going."

SHE'S HAD BODY CONFIDENCE ISSUES – AND OVERCOME THEM

"With social media and the media telling us how we should look, it's important to keep checking in with yourself and being aware when these things start to become an influence. When I came to live in LA, there were moments when I questioned my appearance – 'Is it okay if I look this way?', 'Shouldn't I look this way, instead?' In your head, you start to find things that aren't perfect and think they should be another way. But, there is no such thing as perfect, and imperfections are what perfection and beauty are."

HER MUM'S A DOCTOR

"I grew up being able to talk about any kind of body issue and not being embarrassed about it. It's devastating to me that, as a woman, you might be made to feel like you can't talk openly about health issues or something as natural as your period. It's good that we're moving towards a place where we can talk more freely."

YOU'RE NOT LIKELY TO SEE HER AT THE SQUAT RACK

"I'm not that knowledgeable about how to use the weights in the gym – such as how many reps or sets I should do. But after a treadmill run, I might do a little bit of weight training, depending on which part of my body I want to tone a bit more. I might use the leg press machine, or equipment to target my inner and outer thighs. I'll always stretch afterwards; it's important in so many ways."

SHE PREFERS RUNNING AFTER DARK

"In LA, I like jogging at night. There's such an energy to the city during the day; but at night, it's an entirely different place. The air is fresh, the sidewalks are empty, and there's something peaceful and intimate about it."

SHE EATS CHEESE FOR BREAKFAST

"I believe in having a good breakfast and listening to what your body wants. I might have oatmeal with almond milk and a sprinkling of Matcha tea and dried fruit (Goji berries, blueberries, cherries); or, if I fancy something savoury, I might have an omelette with mushrooms and tomatoes; or, as I'm from Berlin, a German-style breakfast of dark rye bread with slices of cheese."

Bella Dayne plays Helen of Troy in [Troy: Fall of a City](#); watch it now on BBC or catch its premiere on Netflix from 6 April. Read on: [Here are the 5 super simple workouts that Dayne does every week](#).



THIS IS WHAT TROY STAR BELLA DAYNE EATS IN A DAY



Cheese for breakfast and chocolate for snacks; what's not to love?

By Emma Pritchard 06 April 2018



© @belladayne

Bella Dayne – It's a name worth remembering. Not only has she appeared in *Plebs*, *Humans* and is currently kicking ass (and creating some sexy steam with co-star Louis Hunter) as Helen of Troy in *Troy: Fall of a City* on Netflix; she's also got *Trust*, a new series about the John Paul Getty III abduction, coming up.

Basically, this is one actress you're about to be seeing a lot more of.

And with good reason.

Because, not only is German-born Dayne a star on the screen, she also has a refreshingly balanced and healthy attitude to wellness.

Read on to find out about the Bella Dayne diet – here's what she typically eats in a day.

BELLA DAYNE'S DIET

BREAKFAST

"I believe in having a good breakfast and listening to what your body wants. I might have oatmeal with almond milk and a sprinkling of Matcha tea and dried fruit (Goji berries, blueberries, cherries); or, if I fancy something savoury, I might have an omelette with mushrooms and tomatoes; or, as I'm from a Berlin, a German-style breakfast of dark rye bread with slices of cheese."

LUNCH

"When it comes to cooking, I'm only really good at making breakfast or cooking vegetables. Roasting vegetables, for example, is so quick. I love including vegetables in salads – topped with a little bit of cheese."

DINNER

"I eat a lot of sushi and Thai food – Pho, ramen; it always seems like a good balance. There are vegetables; you can add meat such as chicken, or low-fat fish, if you like; and the rice is a healthier carb."

SNACKS

"In LA, there are a lot of different protein bars available so I always have a selection of those in my kitchen. And dark chocolate. I think that's a healthy snack if you have one or two squares of quality 70% or 80%. I always feel immediately satisfied. I also like making my own popcorn with coconut oil and Himalayan salt."

WHAT THE NUTRITIONIST SAYS

We asked registered nutritionist [Claire Baseley](#) whether Bella Dayne's diet is as healthy as it looks:

"Overall, Bella's diet is a pretty well-balanced with plenty of plant-based foods, wholegrains and lean protein. However, her lunch might be a little low in calories, carbs and protein. Bella could add some sweet potato and chickpeas sprinkled with smoked paprika when roasting the vegetables for a more balanced meal.

"She could also benefit from introducing some healthy fats such as a sprinkle of seeds or a dollop of nut butter onto porridge for breakfast plus some oily fish like salmon at lunch or dinner. These foods are heart healthy as well as being a source of vitamin E.

"Protein bars are fine as an occasional snack when on the go or before training but some of them can contain a lot of sugar, so Bella should check the label first – anything higher than 22.5g sugar per 100g is high in sugar."

Bella Dayne plays Helen of Troy in Troy: Fall of a City; watch it now on BBC or catch its premiere on Netflix from 6 April.

Keep reading. Here's what [Bella Dayne's workouts](#) look like each week.

'Troy: Fall of a City' Star Bella Dayne on Playing Helen of Troy & Her Role on 'Trust'

Kat Thieme | April 05, 2018 5:00 pm



1 Comment



Netflix's next big show to premiere is the BBC adaptation, *Troy: Fall of a City*, which launches this Friday, April 6.

One face you'll be seeing a lot in the series is star Bella Dayne who plays Helen of Troy, the most beautiful woman in the world. TV Insider spoke with the German actress about that all-important role, and the dramatic moments it has to offer.



What's Coming and Going From Netflix in April 2018

'Lost In Space,' Letterman, Joel McHale and more are new this month.

Dayne also dished about another upcoming guest role: Talitha Getty in FX's *Trust*. So how does she handle the pressures of playing real people? And what can we expect next? Read on to find out!

You star as Helen of Troy in *Troy: Fall of a City*. Was it intimidating to take on the role of the most beautiful and powerful woman in Ancient Greece?

Bella Dayne: Definitely. During the process of auditioning multiple times for this part—even the first time I actually auditioned for her—I thought, 'Oh God, no.' I'm already panicking about the pressure of fulfilling that. The reason she was described as the most beautiful woman is that she was a warm, open-hearted person and she was sexually confident. And as a woman at the time, that was something that felt dangerous to men.

In drawings and descriptions, she's never really painted because she was supposed to be a fantasy in your mind. But what was described was her character, and what made men be drawn to her was her being confident in herself. Being confident in yourself and self-loving in a way and open-hearted at the same time, that is an aura. That is true beauty.



Bella Dayne as Helen of Troy

The story of Troy has been told a number of times. What do you think makes this series different?

What makes this stand out is you go really into detail with the story. What is so beautifully shown in the series is how much the gods played a role at the time for the Greeks and how much they influenced their lives—how it was just a given that they believed in these gods.

At the same time, what I think is fantastic is that with each of the characters on both the Trojan side and the Greek side you go into [their] psychology. So you actually see and understand where the behaviors come from and what pain it derives from. It makes them human, which as an audience it's really interesting and captivating. You don't really know what side you're rooting for because you understand all these different perspectives.



What did you want to bring to your role as Helen to differentiate from how other actresses like Diane Kruger have done it before?

I realized that a lot of how she had been portrayed in literature years after *The Iliad* was written was from a one-sided perspective and was from a scared male perspective. I actually want an understanding of how she grew up and how jailed she was and how her life was up until she met Paris.

I understood that this was a woman that had not lived yet, in any way, and that being in an emotionally-abusive relationship is something that, at the time, women would've never even thought of getting out of. Her doing that was so modern for her time, and that must've taken so much courage. So I think this is telling the story of a woman finding her voice and truly finding her self-respect and self-love.



Another project you have in the works is FX's *Trust*. Your character, Talitha, will be seen in the seventh episode this season. What can you tell us about her role in the story?

What is important with her is what she caused for [husband John Paul Getty Jr.], for his life. She introduced him to a whole different world, to the art scene and hanging out with rock stars. And just made him question the life that he was trying to pursue beforehand pleasing his father.

She's a liberal, free spirit and confident in her sexuality. That's why, at the time, they became such an 'it' couple. He kind of opened up to being a hippie with her and living that life to the fullest.



Michael Esper as John Paul Getty Jr.

Talitha was obviously a real person. What's it like taking on a non-fiction role, as opposed to other fictional characters you've played?

It definitely is different to play someone who is real because you feel the responsibility of being as accurate as possible. Obviously you do as much research as possible, and you try to, most of all, capture the essence of that person. At the same time, it's so fun—especially when you have makeup and costumes—to morph into the look of that person. So that's really magical.

Talitha is the stepmother of John Paul Getty III, whose kidnapping spurs the events of the show. How would you describe her relationship with him?

I think that Paul [John Paul Getty Jr.] maybe neglected sometimes the parenting part. I don't think, at the time, people thought about how that would affect a child—to be around people [who are] walking around naked and doing drugs. Even though she loved his son, I think the kind of responsibility that comes with being a mother and setting an example for the child didn't exactly come along with that lifestyle.

As of right now, Talitha is only set to appear in one episode. Can fans expect to see more about her in the future? Could you see the show continuing for a second season?

I mean it's possible. It depends on if they go back, if they have flashbacks, or dive into certain parts of the story more in detail.

***Troy: Fall of a City*, Premiere, Friday, April 6, Netflix**

***Trust*, Sundays, 10/9c, FX**

All the Best Photos From Marie Claire's 2018 Fresh Faces Party

Yara Shahidi, Katherine Langford, Lili Reinhart, and more came out to celebrate.

by MARIE CLAIRE APR 26, 2018



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Bella Dayne

Getty Images



DEADLINE

Netflix's Arthurian Legend Series 'Cursed' Adds 'Humans' & 'Troy: Fall Of A City' Star Bella Dayne

By [Andreas Wiseman](#) August 5, 2019 7:33am



EXCLUSIVE: Netflix's Arthurian legend series *Cursed* has added *Humans* and *Troy: Fall of a City* actress Bella Dayne.

Dayne joins previously announced cast including Katherine Langford, Devon Terrell, Gustaf Skarsgard, Peter Mullan and Lily Newmark. In a series-regular role, she will play Red Spear, described to us as “a regal and ruthless viking captain, with an eye for treasure. ... Loyal to no one, the Red Spear and her crew raid villages along the coast of Britain until a Fey stowaway boards her ship and entangles their fates.”

Netflix gave a 10-episode order to the project, which is based on comics supremo Frank Miller and Tom Wheeler's upcoming illustrated book. Zetna Fuentes (*Jessica Jones*) and Jon East (*Killing Eve*) are among directors on the drama epic, which is a re-imagining of the Arthurian legend, told through the eyes of the young woman (Langford) who would become the Lady of the Lake.

Miller and Wheeler are executive producers. Wheeler also is show-runner and writer. Alex Boden (*Sense8*) is producer and Silenn Thomas is co-executive producer. The streaming giant released a first look for the series earlier this summer. *Cursed* is due to be released in 2020.

Dayne played Helen in *Troy: Fall of a City* for BBC and Netflix. She also was a series regular on C4/AMC's *Humans* and had recurring roles on Showtime's *Guerrilla*, *Trust* for FX Network, Amazon's *The Man in the High Castle* and Hulu and ITV's comedy *Plebs*.

She is represented by Identity Agency Group (IAG) and Inspire Entertainment.

Interview: Bella Dayne on Survival Jobs, Auditioning and Playing Helen of Troy in 'Troy: Fall of a City'



“It’s out of my hands. There’s nothing I can do. I can just do my job as an actor.” – Bella Dayne on Auditions

German-born actress, Bella Dayne, who you may have recently seen in *Humans* and *The Man in the High Castle*, stars as Helen of Troy in Netflix’s new series, *Troy: Fall of a City*. Dayne said the thought of playing someone who has been described as ‘the most beautiful woman in the world’ added a bit of “pressure.” “Beautiful? I can’t play that,” she said. So, she began to think about what actually makes a person beautiful – their openness, their love – she found the hook she could use.

In the interview, Dayne chats about the audition that got her the role, making the character her own, moving to New York as a young actress and the survival jobs that she did along the way.

I’d love to find out about your audition. Especially, when you first found out about it. Because, first of all, when your agent calls and says you’re about to audition for the most beautiful woman in the world, that’s gotta be a little bit daunting.

Bella Dayne: Yeah, it definitely felt like that. At the time I was filming something else when I got the original call actually about auditioning for it. I actually had to put the first round on tape, but I remember thinking like, “Oh God, that’s such high pressure and I don’t even know if I should even read for this and this is ridiculous.” I was at the time playing like a French Canadian Radical, very feminist and like very just ... wearing very minimalist clothing. Doesn’t care about things. Kind of masculine in a way. So, I was like, “I don’t know. I don’t even know if I have time for this. Why am I doing this?” But then when I put it on tape, that day afterward when I looked at it, I was like, I don’t know.

But there was something all of a sudden that, I think, before I sent it out I taped it, again, the next day and actually sent out that version. Because there was something that really moved me about the character. And I guess, that’s what you always try to get to identify and get into character and connecting with it. Luckily, that happened. But yeah, I didn’t think much of it, though. When I sent out the tape I thought, like, “Okay, well that was that.”

And the next round, which was a few weeks later, was the director producer session, and then chemistry. The night before, I just had the wrap party for the project I was working on at the time. I stopped by just to show my face for half an hour and then go back to studying and preparing for the audition. I can’t tell you, I was anxiety ridden as having the pressure of thinking, “Oh, this has to be the most beautiful woman in the world.” I think one of my co-stars actually saw that when I walked into the wrap party. He was like, “Bella, okay. So, let’s take a breath and take a Tequila shot.” And, you know, reminded me what does it mean to be beautiful and what beauty is really about.

I did think, “What do I find beautiful? What’s the most beautiful thing to me about a person?” What has been described about her is her warm, open heart and being so open. That is what I think is the most beautiful thing about a human, any human, really. Any shape or form, you know? If there’s love in the person’s heart and they’re very open-hearted, warm.

The other thing that she had about herself was confidence. Self-confidence in being comfortable with herself, being comfortable with her body and her sexuality. That at the time was just something that was very, very modern and I think frightening to men in a way or felt like a seduction, because at the time women weren't sexually confident in that way. That was the other thing that was, I think at the time, so fascinating to men, was the combination of the two.

The moment I realized that, when I went into that audition, I didn't think about the looks thing for one second anymore. Also, beautiful? I can't play that. I was like, "Okay, it's up to them. It's out of my hands. There's nothing I can do. I can just do my job as an actor."

I imagine getting the call that you booked the role was a pretty good day.

Bella Dayne: Yeah, yeah. It was like three weeks later or something. I think they actually were looking for awhile after that too, because they were a bit concerned that I might be too young. After, I think like three or four weeks, they called me and asked me to tape... I was in LA by that time and they asked me to tape a few additional scenes. Then, the director gave me notes, like, "In this scene, could you do this one thing? I just need to see this one thing happening to her." Okay, cool. They gave me two days and so I taped and didn't sleep.

I think the age thing, once they had an historian advise them, she said that Helen got married, was married off at 14 and had a child. At a very early, young age, so actually the age in the end, they thought actually worked out perfectly. So, that was great.

So then once I got the call, it was a bit... I think if I get the part or something I will jump around in my room and literally will be a bouncy ball. But for this part, I think it took me a moment. Because I love Greek mythology so much and it was a dream of mine to play someone in that time area and that time period. I couldn't even process it. It took me a few days, actually, to process it.

When I set foot on the set that we had in South Africa... which was absolutely incredible. I felt like we time traveled. There were a lot of days where I couldn't believe that I was doing this job and was so grateful.

A lot of people have played her over the years. How did you try and make her your own?

Bella Dayne: I mean, I obviously watched the film as a teenager and thinking, "Oh, God, I would love to play something like this one day." So, that inspired me a lot.

But, I first thought, "Okay, maybe I shouldn't look at other versions." And then I thought, "No, maybe I should to understand kind of how they played her." I didn't look, actually, at all versions though. But, that was just in the very beginning and then I let that go, because you can't, if you see, look at, "Oh, this is I want to play someone." That's superficial. I don't think that's how you should go about playing a character. Where it should come from is your understanding of that person.

That was just in the beginning and then I actually dove into her back story and all the research. And the historian, the way she described Helen and how has been perceived, that this was a very, very modern woman breaking out of the classic role at that time of what a woman was for, just being there for reproduction. Not having any sort of rights or freedoms.

I just went into the depths of researching all kinds of different materials. The more and more you understand how this woman grew up, I just really felt so passionate about telling her story. And the most important for me was understanding why she would break away from the marriage leaving a child behind. To me justifying that and really looking at what was this woman's life like growing up and up until then what were her circumstances and how did she feel and what was her life like? That was the most important part to me. That's something I really connected with and felt passionate about telling in a certain way. It's always hard to justify ever leaving a kid behind, but why someone would consider that, how painful or how constricted their life must have been up until then.

You've got some great costumes and the set looks fantastic. I'd imagine it makes it tons easier to get in that frame of mind when you start shooting.

Bella Dayne: Oh, yeah, definitely. All the costumes were so incredible. They helped tremendously and I, in general, find that wardrobe is such a tool for an actor. The moment you get into wardrobe and makeup and hair, it makes you feel like the character and transforms you.

For Helen, there's a gracefulness. In Ancient Greece they weren't ashamed of their bodies. They celebrated human anatomy and bodies. That was really beautiful.

At the same time, what I loved is I worked very closely with the costume designer that we had and would really discuss small details from like a necklace with feathers in it. Recurring themes of the character of Helen and the theme of birds and wanting to break out of the golden jail that she was in. So we would have all kinds of little recurring things.

You moved to New York very early on. What was that like as a young actor there? Did you have any contacts when you moved or did you just go just say, "Hey! I'm going to New York."

Bella Dayne: Yeah, I basically just said, "Hey! I'm going to New York!" Yeah. I did not know anyone there. A lot of people in my hometown, in Berlin, all of my friends did say, "Hey, do you want to think about this? I think you're a bit crazy. Why don't you stay in Germany and do some work here or something?" Which I understand their point, but there was just something I couldn't really explain. I just wanted to jump into an absolute unknown adventure.

And I did have a romantic idea of the classic acting schools in New York. I had a romantic idea of how the path of an actor should be. So I auditioned for two acting schools in New York and applied for them and then I started a program at Stella Adler.

I didn't know anyone in New York at all, but obviously, because I started at Stella Adler, those people became my friends. And so, it was a fantastic time. Absolutely lovely.

But I did have an incredibly thick German accent at the time and the language wasn't the easiest. There are a lot of things I think back and can't believe how certain things probably turned out at school.

But, yeah, it was an incredible experience. It was very much I think like in the movies. You know, you ride your bike acting school in the morning and cars honking. It is very much the new York experience. And being broke too.

What was your survival job while you were there?

Bella Dayne: Well, I was very lucky. A year beforehand, in Berlin and in Germany... I don't particularly like modeling at all, but I'm very thankful that it helped me save up the money. I wanted to go to acting school and I saved money for a year in Germany for that particular reason. So, once I went to LA, I worked about three jobs at the same time for awhile. You know, a server, a personal assistant. I was even an Uber driver for awhile.

I think it was an important experience and I think it definitely makes you so grateful once you see, you know, the earnings of your hard work. And also, it makes you appreciate what hard work is. You understand the value of money and how hard people have to work to make it. And I think it's a very, very important lesson you should never forget.

Troy: *Fall of a City* is now on Netflix

Bella Dayne was born and raised in Berlin, Germany. Fluent in several languages, she began acting at a young age and quickly landed diverse roles both internationally and domestically, playing characters with a variety of accents (French-Canadian, American, French, British, German, Russian, Mid-Atlantic to name a few) and backgrounds. She studied at the The Stella Adler Studio Of Acting conservatory in New York City.

Dayne can be seen in *Humans* which airs on AMC in the U.S. and Channel 4 in the UK. *Humans* is based on the Swedish sci-fi drama *Real Humans* from Matador Films and is written by Sam Vincent and Jonathan Brackley. Season 1 of the series was nominated for a BAFTA award and was the highest rated drama for Channel 4. Dayne plays the beloved character "Astrid", a free-spirited young Berliner that becomes the long-term love interest and partner of the conscious Synth Niska (played by Emily Berrington). Season 3 returned in 2018.

In 2017, Dayne played Eliette, a French-Canadian idealist and member of a radical group in *Guerrilla*. The mini-series from Oscar winner John Ridley is set in the 1970s in the UK capital during the birth of the Black Power movement. The series also starred Idris Elba and Freida Pinto and aired on Showtime in the U.S. and Sky Atlantic in the UK.

Dayne currently stars as Helen in the BBC One and Netflix period drama series *Troy: Fall of A City*. Produced by BLACK MIRROR'S Barney Reisz, directed by Emmy winning director Owen Harris and written by *The Night Manager's* David Farr, the series also stars Louis T. Hunter, David Threlfall, Frances O'Connor, Jonas Armstrong, David Gyasi and Josph Mawle amongst others.

Dayne's other television credits include a series regular role in the UK Roman-set comedy *Plebs* and roles in *TRUST (FX)*, *American Horror Story (FX)*, *Man in the High Castle (Amazon)*, *Person of Interest (CBS)* and *The Goldbergs (ABC)*.

BELLA DAYNE

by Micah Haley

Bella Dayne's name you may not yet know. She's a German import, something her soft accent just barely betrays. And yet there's something All American about her, perhaps suggestive of a time when all Americans were immigrants. She has an openness and warmth that instantly evokes the delicate presence of Audrey Hepburn, a woman who made Hollywood her own.

Dayne also has the support of Avy Kaufman, the near-legendary casting director of *The Basketball Diaries*, *The Sixth Sense*, *Capote* and *Lincoln*. It was Kaufman who recommended her, along with her co-star Grey Damon, to Brad and Todd Barnes, brothers and directors of the new film *Sex, Guaranteed*.

In the new comedy, Damon plays her potential

love interest, Kevin, a roofer in New Orleans who believes he's cursed and that even thinking about sex will lead to catastrophe. He distracts himself with his work, focusing fully on building his dream business, while also hoping to win back his ex-fiance. And then he meets Hank (Stephen Dorff), an optimist on the edge with a pathological need to give. Hank wants to give Kevin a gift to remember.

Bella Dayne plays the female lead, Zade, a young writer masquerading as a high-end escort. And Hank wants to give Kevin an hour-long date with her.

On a rainy evening, we spoke on the set of *Sex, Guaranteed*, which was filming at a historic mansion on Esplanade Avenue, one of the streets that borders the historic French Quarter.



ABOVE THE LINE

MH: So, you're in this movie, *Sex, Guaranteed*. How does that title apply to your character?

BD: Haha! That's a good question! And you're just cracking up over there!

MH: Ha! I'm a direct guy. I don't like to beat around the bush.

BD: My character is Zade. Basically, sex is her entire life. She's very open with sex. She enjoys it. She's a very strong modern woman who loves sex and is not ashamed of it. I think "sex, guaranteed" is about not holding me back. I don't have to have a filter, or have to restrict myself because females have to be a certain way. Of course, throughout the entire movie, I also want to, ya know, have sex with the character Kevin! That's my whole objective. That's the entire thing, although it comes up in different ways.

MH: Your character sounds alluring in that superficial way, but there's also a depth to her. Give me a better sense of who she actually is.

BD: Sex for her is just a cover up. That's the interesting part: you think that she's so bold. But she has this other problem. She's not able to be vulnerable again, to let go and open up to someone. After past experiences, she just closed off. But she's considering opening up to that world again, being romantic again. She has all of that inside of her, but she just hasn't let it out for a long time. She has a huge heart underneath and is very vulnerable.

MH: The film's title makes it sound like a sexploitation comedy, but there's really this sort of sweetness about the film.

BD: Yes! Absolutely! That's what I love about it so much. And when I first read the script, I was of course laughing my ass off, but at the end of the script, you're like, "Wow, these are three people that are really lost in their lives and didn't really know how to move forward." And they can all help each other and find happiness within themselves. They have self-love again and forgiveness. And I think that's why we do movies! To inspire people! It's a wonderful and beautiful message.

MH: This movie is shooting in New Orleans. Have you been to New Orleans before? Have you enjoyed the city?

BD: No, and I'm so excited to be here. I've always wanted to go. Just a few months ago, I remember thinking, "New Orleans. That's where everything is shooting right now!" People told me it's European and you can walk around everywhere. I love that! The first day I arrived, I basically had not slept in two days because everything was last minute. I was working on the script, on the plane, and then trying to get my life organized. I was like, "I need to go outside and feel the vibes of the city." And it's a pulsating and a raw city with real people. I know this sounds weird, but the first thing I did was walk around by myself. I went to bars by myself. I went to see Frenchman Street and there I saw younger people and then like ninety-year-olds dancing to live music! Where did this city come from? New Orleans has been incredible for me I would love to shoot here all the time.

MH: It's the city where people do whatever they want.

BD: I love that! I think mostly people here are joyous. I think they really enjoy life. And it does kinda have the vibe of "Sin City." Hahaha! It's just so alive.

MH: I can imagine you just walking into these bars saying, "I'm Bella from *Sex, Guaranteed*."

BD: Oh my God, no! You do this the European way. First of all, I pass bars and look inside. Walk slowly. Smoke a cigarette so you don't awkwardly stand there. And I also didn't realize that you can have plastic cups [with alcoholic drinks] when you're walking around here, which was a huge revelation to me. So I got a white wine and loved it. There was a band playing in the middle of Frenchman Street. There was a huge crowd. Then, I walked into a bar and watched people. People see that you are watching people and they think, "That's kinda weird: a young girl by herself." But people didn't bother me. I feel like I'm a strong human being. I don't get into trouble or danger or anything. Grey [Damon] says this city is dangerous, and I always think, this is like Europe and it's not always dangerous.

MH: I think Grey is right.

BD: I know, I know. I'm so naïve.

MH: You're at a great location, too, at the International Hotel. Lots to explore in walking distance.

BD: It's been really nice. It's a beautiful hotel. The bar is really nice. We hung out with the hotel owner, who's incredible and such an inspiring human being. Walked around Canal Street. We went down by the water. It's all in walking distance, which is beautiful. I biked Uptown a few times from there.

MH: The cast is mostly comprised of young actors. What have you learned from the elder statesmen from the cast about comedy?

BD: A lot, actually. First of all, you never stop learning on set. Dan Fogler, the way he just lets go of everything. It doesn't matter what's going on around him. He's in the scene as it happens. Any instinct he has just comes to him. It's very inspiring as an actor to be like, "Yeah, I'll take that freedom and go for it." That's beautiful. And from Stephen [Dorff], I've seen such professionalism on set. Both actors are very different and I've learned a lot from both.

MH: You've been doing great work in this film. What's next for you?

BD: Thank you. I don't know if it's settled yet, but there's one movie that I might be shooting in London for a couple of months starting in May. There's some good stuff. They make some great films there, for sure. This is a completely different film than this one, so I'm excited about the possibilities.

You can follow Bella Dayne on Twitter at @BellaDayne and on Instagram at @BellaDayne.

ABOVE THE LINE



THE DIRECTORS: Brad & Todd Barnes

With major media outlets including CBS declaring Louisiana the "Movie Capital of the World," most of the coverage focuses on studio-backed movies. And while those are undoubtedly leading the way towards creating a sustainable film industry, it's the independent films in their wake that are creating a culture of cinema in the South. Films like *Beasts of the Southern Wild* and *Dallas Buyers Club* are leading the way, and there are a slew of independent films produced by local film professionals, who are making their own films and convincing other young filmmakers to come down South.

Directing duo Brad and Todd Barnes, who made a splash at the Sundance Film Festival with their film *The Locksmith*, brought their new film *Sex, Guaranteed* to New Orleans on the advice of friends, including New Orleans publicist Skipper Bond. Brad Barnes moved to the Crescent City to develop the project.

After a long day of shooting, we spoke on the set of *Sex, Guaranteed* near the end of the film's eighteen day shoot.

MH: The title is pretty eargrabbing. Where did the title come from?

Brad: I got invited to a party and they said, "Come over. Sex Guaranteed." Haha! It's a real story, but a lot of it is combining characters that we know. No one is playing a full person. They're all based on people we know, their traits and attitudes. We try to use as much real stuff as we can.

MH: Was there a movie that inspired you, either aesthetically or structurally?

Todd: A lot of 50s Italian movies, that only Brad finds. He does most of the aesthetic types of choices on all these cool movies that people dig that have this antic tone to them. We think things are funny the more serious they are. The movie is kinda comedy through seriousness. We incorporate visuals from bigger movies and we're hoping to punch above our weight class, too. We have bigger movie ideas that we are putting into comedy and see if people like movies like we do. Brad, name some of the Italian movies.

Brad: There's one called *Passing Lane*, from a director called Dino Risi that no one ever watches anymore. His comedies have a lot of pace but they are also very real. They seem like real people and they're all playing real people, just in absurd situations. That's been an inspiration. Another director is Bertrand Blier. Do you know his French films from the 60s-70s? One of his first ones was *Going Places*, which I saw on TV once and I was like "You could make a movie like that? A movie that out there?" And this was in the middle of the night. It was completely out of control, that film, and yet the characters seemed totally real. When we started to talk about our friends and stories circulate, you realize your friends are just as crazy as any movie you've ever seen. Those have been the kind of touch points for us. →

ABOVE THE LINE



MH: Your lead is *Friday Night Lights* alum Grey Damon. What stuck out in the casting process with Grey?

Todd: We have *Avy* as a casting director and she's killer, man. She's the best. Brad got in touch with her a long time ago about a project and she really got into it. And she casts movies like *Lincoln*. She just came on and she loved it. And she did everything that she would do on *Lincoln*. We were like, "Well, let's just call *Avy*," and she basically showed us Grey and Bella. She really advocated for them, too. She knew they could do it and gave a lot of insightful comments to make us feel comfortable. Her recommendation is iron clad.

MH: What about Dan Fogler? He's amazing in everything he does.

Brad: He's just fantastic in the movie. And he's such a cool guy. We didn't know him but he was friends with our producers so he was an early name that got tossed around. We knew him as a hilarious actor but not as a person. He's as much fun to be around as he is to shoot. I was excited. He was on in the early days. He got on and threw a lot of energy behind the project. We got momentum off of that and we're thankful for that.

Todd: He's home team! The movie wouldn't have been made without him. He was one of the first cast.

Brad: He really responded to the script. He seemed to get what we were trying to do. He makes his own films and directs his own stuff and has been in all kinds of things. So the fact that he was responding to our material meant a lot to us. Somebody was really getting it the way we got it.

Todd: He's got a Tony award and he's playing Carl. Which is hilarious. He did a dive over a couch in super slow mo. He was like, "Just let me do it one more time!"

Brad: Yeah, 120 frames per second. He does all his own stunts. He was our stunt man on set.

MH: Stephen Dorff told me Dan got him involved with the project. Can you unpack that for me?

Todd: The producers knew Dan, so they called him up and he loved the project. They started batting names back and forth and he said, "Stephen Dorff." And everyone knows who Stephen Dorff is. We were psyched. Wanted to figure out if we could talk to him and Fogler just started putting that together. He got it in front of him and then Stephen

got interested in the script and then we started Skyping, which went well. He was like, "You guys did a very good Skype." And that's why he wanted to get into it. Fogler was the entre. Those guys are very good friends and you can see it on the screen, too. Carl and Hank are friends and Fogler and Dorff are friends. We have an eighteen-day shoot and they have chemistry really fast. They have it in spades.

MH: How did the script come together and when did you decide to set the story in New Orleans?

Brad: It was originally set in Montauk, New York. I was talking to Skipper [Bond] about films in New Orleans and how I love New Orleans. He was like, "Hey, why don't you write something about New Orleans?" And I didn't have anything then. I thought, *Well what about this script?* And then, everything in this script made more sense. New Orleans added things and created a new vibe and new layers. Skipper organized a reading at his place, and we cast it with all New Orleans actors. We read it, recorded it, went back to New York and rewrote some of it so it was supposed to be here. We did that reading in April [of 2013] and I moved down here nine months ago.

Todd: I never thought that was gonna happen. But he moved here and said, "I'm gonna make this movie. I don't want to get stuck in all that development hell. I wanna make this movie and I'm not gonna let it *not* happen." So I told him to move down there, but it's impossible, it's a crazy thing to do. We let it run for a while. Then me, my mom and my wife tried to get him back home. He came back for Christmas only. The only reason this movie got made is because he's stubborn and he just wouldn't leave.

Brad: It's a good town to wait in.

MH: While putting the film together, what did you do in New Orleans?

Brad: I'm just a huge restaurant fan. I like to go to restaurants. I like to go to movies. I like to listen to music. So, there's no town that's gonna compete anywhere in the world. I don't really go out a lot, but when I do, I usually just stack it up pretty high and go eat at a great restaurant, go hear a band and this city affords that. 🍷

Sex, Guaranteed is now in post-production. You can follow the Brothers Barnes on their official website at barnesbrothersunlimited.com.

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