

# Princess of Bollywood

By KATE PATTERSON



AUDIENCES around the world have watched her transform from television dare devil to Bollywood's next big thing.

Tania Zaetta's got the Indian film industry in the palm of her hand, with her fourth Bollywood movie Mr White, Mr Black set to hit the big screen later this year.

Bollywood boasts a staggering 3.6 billion viewers worldwide – one billion more viewers than Hollywood.

"From a young age I knew I wanted to give everything a go in life. And this included living in as many countries as possible," Tania told Formal Australia.

This adventurous spirit has seen her living in Bombay in India for the past two years, with stints in Australia and London during that time.

"Bollywood is all about glitz and glamour," she said.

"On a film set you can spend up to two hours every morning in the hair and makeup chair. If your scenes are starting at 6am then you're in the 'chair' from 4am!"

Zaetta, now based on Queensland's Gold Coast, burst on to TV screens 14 years ago with Who Dares Wins and Baywatch series under her belt before making her Bollywood debut opposite Indian actor Amitabh Bachchan in Bunty aur Babli.

"I've always loved the fact that my career and the jobs I choose are so diverse," said Tania.

"One day I'm riding a motorbike off a cliff in the country side of London looking all casual and grotty in my protective clothing for my TV show there, 'Mission Implausible', then that night I'll be dressed in a beautiful satin and sequenced sari attending a

Bollywood event and feeling like a princess," she explained.

"I get bored very easily so I guess going from one extreme to the other with TV and acting roles as well as all other areas in my life is my way of keeping myself interested and exhilarated every day."

It's been a big year for the TV host come movie star – most recently spending time with Australian troops serving in the Middle East.

"The Australian Defence Force invited me to be part of the 'Tour De Force' group as 'Celebrity MC' to entertain our troops in the Middle East," said Tania.

"This was a once in a lifetime opportunity to say hi to as many of the troops as possible and let them know they're services are appreciated.

"It's something I've wanted to do for a long time. Being the type of person I am I didn't hesitate for a moment in saying yes. Little did I realize how much that phone call would change my life."

"We travelled through various areas of Afghanistan, Iraq and Kuwait. It was the roughest toughest trip I've ever been on and it certainly changed my life and perspective in many ways.

"I spent three weeks living, eating and sleeping like the troops do," said Tania.

It was a far cry from the lifestyle Ms Zaetta is used to.

"I attend loads of events and awards nights which require me to dress very formally and I also MC a lot of other special events where I'm required to be in a sexy evening dress," she said.

"It's almost a weekly occurrence and just like every other girl I'm always searching, and can never have enough of, those perfect little dresses."

"I work alongside stylists and designers in different countries to make sure that for special events like movie premieres and big awards nights that I have a special dress to knock them dead. - It's part of the job these days."

Ms Zaetta has a long black slinky backless dress that doesn't crease permanently packed in her suitcase.

"With a bit of accessorizing it's perfect for any evening event that's sprung on me at the last minute," she said.

She recently hosted the Australian Defence Force Charity Ball wearing Hills in Hollywood number.



"I loved the colour and fit of this dress and I had a lot of compliments throughout the night.

This was the first time I'd worn a Hills in Hollywood dress, although I had heard a lot about them. Since that night I've worn a few of their dresses and now have many hanging in my closet."

"I'm pretty easy to categorize when it comes to my style of evening dress - long, sexy and slinky and nothing frilly or busy.

Her secret to looking good is regular kick boxing and Pilates classes- she's even released her own range of exercise DVDs.

"I've been hooked on Matt Pilates for quite a while now and have noticed amazing changes in my body shape," she said.

**"I'm also a big advocate of the 'Lemon Detox Diet'. It's more of a way of life than a diet, with a yummy lemon and natural tree gum syrup to wake you up in the mornings. My skin glows from it."**

For now, it's back to breakfast radio for Tania, with celebrity columns in magazines and public speaking engagements keeping her busy.

"I'm about to start my biography soon since I'm forever being asked about Who Dares Wins and my achievements in Bollywood.

"I enjoy helping to motivate others and give them the courage to get out there and conquer a few fears and chase a few dreams."

