

Who

35+
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SPECIAL



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Stephanie Rice
tells *WHO*

Why I had PLASTIC SURGERY

After two operations, the Olympic star
reveals her new look: 'I'm so glad I did it!'

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Kate Ritchie
tells
**MY
BABY
JOY!**



Pistorius tries
**SHOCKING
NEW DETAIL**

Face
to
face



2008
On the red carpet
at the Nickelodeon
Kids' Choice
Awards in Sydney.



NOW



2008
"The bridge was
flattened right
out," says Rice.



NOW



2008
"I do think people
go too far to look
perfect," says Rice.



NOW

Were you worried about being recognised in the surgeon's office?
Yep, 100 per cent! I didn't want it to look like I was having a nose job just for cosmetic reasons. It's not that I have a problem with people who choose to do that, but I'm just not that person. I've never had Botox, I haven't had my boobs done, I'm quite authentic in what I look like.

What would you say to people who might think you are using medical reasons as an excuse to have a nose job?
Everyone will say that. But at the end of the day, it's what makes you happy as an individual. Everyone will have an opinion, and what I've learnt over the years is that you can't do things to please certain people.

Do you feel that being attractive is paramount to being a celebrity?
I've never thought of myself as being a sexy, attractive person. I'm just not. Growing up as an athlete, it was never something that was important. Moving to Sydney was a real eye-opener; I felt a real pressure to try to look amazing all the time. But now I walk around in my athletic gear and no makeup and I feel happier. I love dressing up every now and then, but I don't feel like I have to.

Has the rhinoplasty improved your confidence?
I've always been pretty confident, but I feel happier now. It's not like I'm looking in the mirror every day saying, "Oh, I love my nose," but seeing the better version of my nose made me realise how much it had been affecting me.

Would you have more cosmetic procedures?
Sure, if they presented themselves and I felt like they might be a good idea. If it makes me happy, fine. I'm not anti-cosmetic surgery, but I'm not pro either—there's definitely a point where you can go too far.

What about Botox?
I actually love my angry face! I've never had Botox. I'm 25, I'm not worried about lines. But I think Botox can make you look amazing, I don't think there's a right or wrong answer to it. It's a personal decision. I've always been really passionate about health and fitness, and what you put in your body—that's why I have good skin and energy. So that's always the path I'd choose to go down as opposed to cosmetic surgery, but if that helps as well, then great.

What are your plans for your swimming career?
I don't really know at the moment. It's the hardest decision I've ever had to make. I'm not retired. I took last year off to have my shoulder done, which was six months out of the water. But I was like, "OK,

great, that will give me a year to think about what I'm passionate about outside of the water." I've never had to think about it before, because swimming has always been my life. So last year was a really tough year.

In what way?
I moved to Sydney, I was trying to meet new people—it was challenging. I did a lot of soul-searching and figuring out what I stand for outside of swimming. It was an emotional year.

How do you feel now?
I finally feel really good about where I'm going. I've started a kids' swimwear line. I'm training at the moment: the trials for the Commonwealth Games are in a month, so we'll see.

Are you single at the moment?
Yep, happily single. I have been for a while. It would be nice to have a Saturday night snuggle partner but, you know ... I went through a phase of feeling like I needed someone else. I love being in a relationship, but I think I was searching to find something within me. Since I've been focusing on what I'm passionate about, I feel more satisfied. So if someone comes up, amazing, but I'm not really looking.

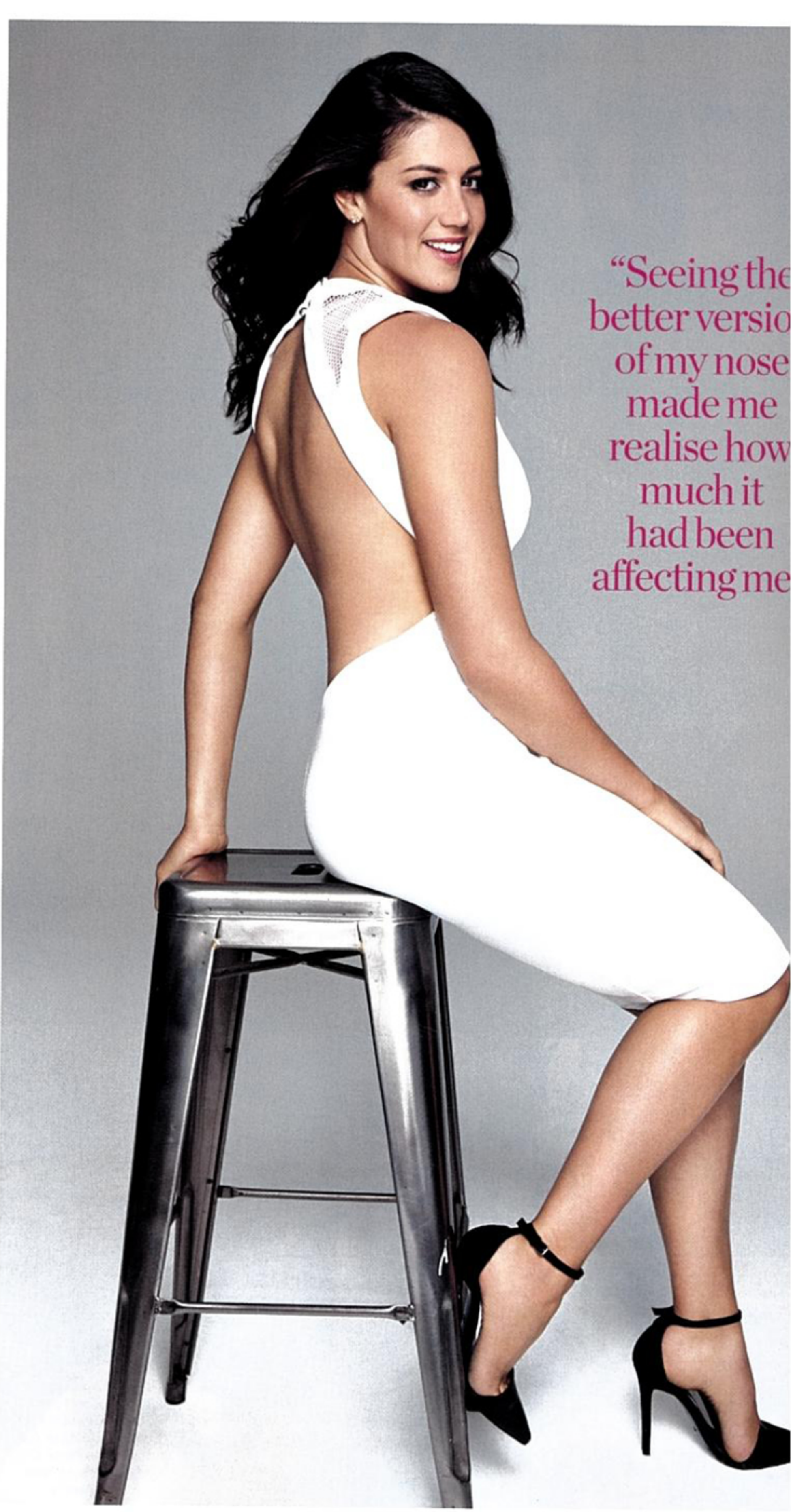
Do you find it hard to meet guys?
Sydney is ridiculous! I'm sorry, but it is. I'm a bit of a home girl as well. My ideal Saturday night would be making a healthy meal and watching a movie on my beanbag.

Do you think there is too much pressure on celebrities to look good all the time?
I think so. I still feel it here and there. It's hard not to get caught up in being better than the next person or having to have the most amazing outfit. It's nice to be in that world, but it's not the most important thing.

What do you do in your life to find balance?
I haven't really figured it out yet. I felt like after I won *Celebrity Apprentice* [in 2013] I was out all the time. After a while I didn't feel like me. I can't be this person who is not authentic; it's draining.

Did you enjoy *Celebrity Apprentice*?
There were mixed emotions some days. But I went on the show to learn about business and to challenge myself in a different way and I did that. I felt my character came out pretty genuinely on the show—I'm hard-working and dedicated and I think that's why I won. I made some great friends and [host] Mark Bouris has been an amazing mentor since the show ended.

Would you say you're in a good space at the moment?
I'd say I'm in the best place I've ever been in. I finally feel balanced. I feel like I know what I want to do and what I stand for. I feel like I'm not trying to do things to please other people, I'm just doing what makes me happy. ■



"Seeing the better version of my nose made me realise how much it had been affecting me"