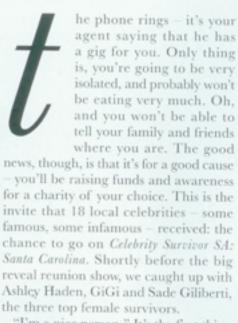
lifestyle makeover

'Survivor changed my life'

Reality television as therapy? The top female Survivors tell us what the show taught them about themselves. by KIM BELL



"I'm a nice person." It's the first thing Ashley says, as she reaches out her hand in greeting. "Truly, I am." GiGi and Sade just laugh. Loudly. There is an easy camaraderie among the women, but, I can't help but wonder what exactly happened on that deserted island just off the coast of Mozambique. There are a few sideway glances, and an apologetic tip of the head.

It is a few weeks before the live announcement of the winner of Survivor (which took place 21 April) and the women are tight-lipped. They look healthy, tanned and relaxed as they sit in a garden in Johannesburg's northern suburbs, although GiGi surreptitiously scratches at her arms. "It's what I brought back with me," she mutters lightly. "Anything and everything that could possibly bite, used me as a buffet. I'm still itching."

The three are celebrities in their own right – Ashley a presenter, actress, businesswoman and shortly, an author; GiGi an actress, exotic dancer and owner of a strip club; and Sade, model, presenter and actress. They are also all so different, yet they have one thing in common – they entered into a reality television show, and it wasn't anything like they expected.

As they explain, it is one thing to have a script, put on make-up and follow direction – but living in front of cameras 24/7 is something completely different.

Sade describes how they were isolated from the Survivor crew for three days at one point, as storms swept over the

