

Honestly jamie

07.19.2016 THREE QUESTIONS WITH BETHANY HAMILTON



A few weeks ago I was invited by [Damon Braces](#) (Bethany is a spokesperson!) to a [SurfSet Fitness](#) class to “surf” with arguably the world’s best female surfer, [Bethany Hamilton](#). You probably know Bethany as the pretty blonde surfer girl who survived a 2003 shark attack that took her arm, but that didn’t stop her from winning *several* world champion surf competitions (you probably also know about the movie based on her life, [Soul Surfer](#) – a.k.a my guilty pleasure movie- but that’s a different story).

What intrigued me most about meeting Bethany is how she hasn’t let the attack make really any kind of change to her life/the life she was supposed to lead. That’s impressive, in my book...aside from also have THE most perfect shade of *natural* blonde hair I’ve ever seen.

Here’s what the soul surfer had to say...



How did you get connected with Damon Braces back when you were 14?

It was actually through an orthodontist and, at the time, I couldn't afford braces so he gifted them to me. I'm still friends with him and his wife and go to his wife for dentistry work! They're really lovely people and he does a lot of seminars for orthodontic work.

What are your top three beauty products and why do you love them?

I love very simple [virgin coconut oil](#); I like to do hair masks since I'm always in the elements (sun, salt, wind) with surfing and it really helps. I also really love [It's a 10 Miracle Leave-In Product](#). I'm always putting that in before I go in the ocean or if I have a lot of styling to do. I also really love [Epicuren Face Wash](#) and [Moisturizer](#).

What advice would you give yourself before your shark attack? (That you wish you knew before it happened)

Honestly, I feel like I have such great people in my life that inspire me in such beautiful ways. My advice to myself beforehand would be to *embrace* all the travel.



We just worked out so excuse the lack of makeup and frizzy hair.

<http://honestlyjamie.com/three-questions-with-bethany-hamilton/>