

Crystal Renn

Quotes

Thinking, Beautiful, Girl, People, Focus, Interesting, Believe, Bad Day, Eye, Body, Moments, Important, Appreciate, Art, Nice, Models, Passion, Giving, Yoga, Powerful

Photoshop is an art, and you can do a lot with it. Change the atmosphere through different lighting and make the pictures look more interesting.

~Crystal Renn

I absolutely believe that when one goes on vacation, it should be pure decadence.

~Crystal Renn

All women bring something different to the table and we have to appreciate them all.

~Crystal Renn

No matter what size you are, you must be healthy. I focus on health as a model, whether it's doing yoga, hiking, kickboxing - those things bring me joy.

~Crystal Renn

We women are a lot more powerful if we see ourselves as fighters on the same side. But it's easier to judge others - their choices and their bodies - than to think about the struggles we share.

~Crystal Renn

Too many of us feel that we have to be perfect, in order to be loved.

~Crystal Renn

You can never go wrong with a nice red lip. I'm not afraid to wear it during the day or basically any time because I wear a lot of black and it's a great backdrop for it.

~Crystal Renn

I am a good model because I have mastered my craft. I have accepted my body, I know it well and I know how to move in front of the camera.

~Crystal Renn

I like to think of myself as a child of the world. I really am based in New York but I find that even though I'm based there, I'm gone more often than not.

~Crystal Renn

Pascal Wager invented the calculator and he also said you can apply mathematics to faith in God so I thought that was pretty interesting.

~Crystal Renn

I want to be an actress when I'm on set, not just a model. Those are the moments I live for.

~Crystal Renn

That's what I stand for, telling people you can be just who you are. It's actually more beautiful.

~Crystal Renn

We all have demons. I am a human being and I have bad days and I have bad things going on in my head that I have to deal with, but I'm very confident in my recovery.

~Crystal Renn

Do I have bad days? Absolutely. But there are ways to overcome these things and that's perhaps what I do differently: I don't allow myself to dwell day after day on my imperfections.

~Crystal Renn

Focus and having energy is the most important goal when choosing my activities and how I treat myself.

~Crystal Renn

There's been a lot of focus on my body, but it's taught me to appreciate myself no matter where I am.

~Crystal Renn

I was anorexic. I was in hell. Now I eat what I want, and I'm still a model. So you see, it works.

~Crystal Renn

Anorexia is a disease that happens to people, mostly women and girls, who have obsessive, perfectionist personalities.

~Crystal Renn

The girls everyone considers the "prettiest" are not always the most interesting or ambitious people.

~Crystal Renn

We can always find each other, we girls with secrets.

~Crystal Renn

I think there's a lot you can learn from everybody; everybody has a story and a strength within them.

~Crystal Renn

I believe in trying foods from all over the world, going to markets and finding jewelry and furniture and just treating myself well. It's important for me creatively to travel.

~Crystal Renn

I've been collecting crystals for many, many years for healing purposes and decoration. I guess since my name is Crystal, I have no choice.

~Crystal Renn

Besides being a model, I'm a human and a woman.

~Crystal Renn

There are moments in your life where you're like I have arrived. I'm here and I'm living and I'm present. And working with Jean Paul Gaultier was one of them.

~Crystal Renn

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