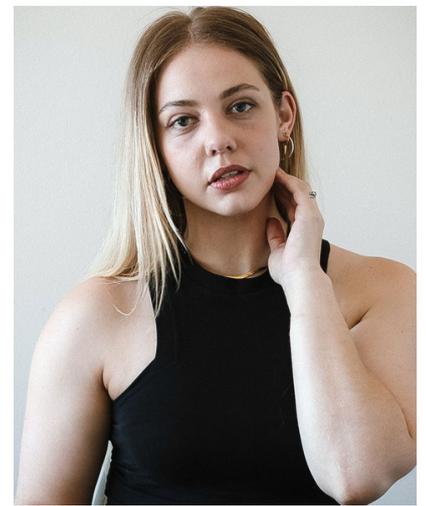


MANAGEMENT

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Elzet Nel

Location	Cape Town, South Africa	Eye colour	Blue
Height	170 cm	Hair colour	Blond(e)
Weight	70.00 kg	Hair length	Mid Length
Playing age	23 - 31	Voice	Amused, Assured, Whimsical
Appearance	White		

Elzet Nel is an Award Winning South African actress known for emotionally rich, bold performances. She earned a Silwerskerm nomination for Vaselinetjie and stars in Blood & Water (Netflix), Magda Louw, and Showmax's Trompoppie as Mindy, a fierce drum majorette captain. Fluent in Afrikaans and English, Elzet excels in drama, dark comedy, and youth-led stories. Her dance background adds physical precision, and she's praised for portraying complex women with grit and charm. Casting directors value her depth, presence, and collaborative energy—she brings unforgettable characters to life.

Feature Film

2023, Hooker #1 (Featured), GIRL YOU KNOW IT'S TRUE, Weidemann & Berg Film, Simon Verhoeven
2024, Kat, JUST NOW JEFFERY, BRETT MORRIS
2024, Bestie 2, DIE BLOEDHONDE, Nagvlug Films, Stiaan Smith
2022, CLARICE-MARIE MANS, DIE KLAS VAN JUFFROU NELLIE WELGEMOED (THE CLASS O, Showmax, Johannes Pieter Nel
2017, Killer, VASELINTJIE (LITTLE VASELINE), Red Letter Day, CORNE VAN ROOYEN

Short Film

2018, Brenda, MR. THE FASTEST, Independent, Anton Du Preez
2022, Emma, HAPPY BIRTHDAY EMMA, SAE

Television

2024, Goth Girl, KOEK (CAKE), Showmax, Johannes Pieter Nel
2024, Nastasha, WYFIE, Homebrew, Johan Cronjé, Eva du Preez, Emilie Badenhorst
2023, Mindy, TROMPOPIE (DRUMMIES), Homebrew, Etienne Fourie
2021, SWANGERVROU, ONDER DIE SUIDERKRUIS (UNDER THE SOUTHERN CROSS), KykNet, Elizabeth Archer
2020, Nate, BLOOD AND WATER S1 & S2, Netflix, Nosipho Dumisa, Thati Phele
2020, Stephanie, PROJEK DINA (PROJECT DINA), Penguin Films, Liesl Spies
2019, Bessie, LUI MAAR OP BELINDA (LAZY BUT ON BELINDA), Homebrew, Ben Heyns

Music Video

2023, Lead, KREATURE (CREATURE) JUAN BOUCHER, Independent, Juan Boucher
2022, Lead, HANDGRANAAT (HAND GRENADE) - CHRISTIA VISSER, Homebrew, Johannes Pieter Nel

Commercial

2025, Bridesmaid (OCP), SCOTIABANK, Big Picture Company, Nick Ball
2022, Clerk, CITIZEN'S BANK, The Network Productions International, John S Park
2021, Tattoo Girlfriend, CHICKEN LICKEN "SOUL BITES: NUGGETS OF WISDOM", Romance Films, Greg Gray

Web Series

2025, Juliette, ROMEO AND JULIETTE (BLITSSEPIE), Netwerk24, Jarrid Geduld

Accents	French, Australian, South African*, English-Standard*
Languages	Afrikaans*, French, English*
Music & dance	Ballet*, Ballroom Dancing*
Sports	Running*, Yoga, Swimming*, Pilates*, Skateboarding*, Kick Boxing*, Surfing*, Horse-riding*
Other skills	Cooking/Baking
Voiceover	Voice Over + Home Studio

(* = highly skilled)

Training 2017 ACTING FOR FILM – ACT CAPE TOWN