

The Bachelor's Caila Reveals Why She Surprised Ben (and the Secret to Her Gorgeous Hair)



[Trainwreck](#) may have premiered last summer, but the TV version came to life on [The Bachelor](#) last night when Ben told Lauren and JoJo that he loved them, and then viewers had to suffer through the most heartbreaking ending as Caila—in an attempt to sweep Ben off his feet—got rejected. (Read Megan Angelo's hilarious *Bachelor* recap [here](#)). Beautiful, bouncy-haired Caila, with her effervescent spirit and smile, seemed to think that she was going to be the last woman standing, only to be blindsided when Ben admitted he couldn't return the feelings. If it wasn't hard enough to actually live through those events, then imagine having to watch it all over again—and see how forthcoming Ben was with saying "I love you" to Lauren and JoJo—as Caila did this past Saturday night prior to the "Women Tell All" taping.

After the taping, we sat down with the 24-year-old software sales rep from Hudson, Ohio to talk about last night's heart-wrenching episode, why she decided to break protocol and surprise Ben after the fantasy suite date, and, above all, discover the secret to her [Kate Middleton](#)-esque hair.

Glamour: Let's go to important matters first: Your hair is the most amazing thing in the world.

Caila: Oh my God, you're so sweet!

Glamour: The fact that it survived all sorts of climate conditions and still look liked a hair commercial, I need to know everything. What products do you use?

Caila: You are so funny! I blow dry my hair just with my fingers. I comb that through, and then I use a one-inch barrel curling iron. I just kind of curl it out for the most part. That's basically it. I do use [Not Your Mother's Dry Finish Spray](#), but that's before I curl my hair!

Glamour: But is it naturally straight, and you just use a curling iron to give your hair some bounce?

Caila: Yeah. *[Laughs]* You're the first person I've actually answered that question to, I have to tell you.

Glamour: OK, now let's get down to business. When you went to see Ben a few days after your fantasy date, did the producers prompt you to surprise him? Like, "I think he'd love a visit from you!" sort of thing.

Caila: No.

Glamour: It just doesn't really happen where the Bachelor will see a girl again after a fantasy date until the rose ceremony.

Caila: It does seem out of place, I agree.

Glamour: So that was all you to do that?

Caila: It was 100 percent me. Basically, it had been a long week, and I knew after my one-on-one date/my overnight that there were other ones happening, and I missed him. I was at this couples' resort where I was seeing other couples, and I kind of just wanted to surprise him and have a cute moment. I wanted to do something very romantic and sweep him off his feet in a way. Unfortunately, it was the opposite of sweeping and it was me crashing into the ocean. *[Laughs]*

Glamour: Our hearts were just breaking for you.

Caila: Yeah.

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Glamour: Once you got in the car, and then got back out to talk to Ben, it felt like you wanted to maybe ask him about your night together. I was just angry as a viewer because—and I don't know if you guys slept together or not—but if you did, and he knew he was going to say goodbye to you, that would upset me.

Caila: *[Laughs]* No, it's OK. I'm not going to tell [if we slept together], but we did stay up all night and got to know each other better, which meant a lot. It was very intimate. No part of me wanted to question him about our overnight, just because...

Glamour: I didn't know if that's what you wanted to know from him when you stepped out from the car or if you felt you got your questions answered once you talked to him.

Caila: The first time I went into the car, it was just so awkward how we ended it. It was so cold, and I wanted real Ben. I wanted closure from an intimate answer. And that's what I got.

Glamour: Ben also said something was missing. Did you feel that?

Caila: I know exactly what he was saying. Something was missing, but I just don't know what it is. Watching his relationships with Lauren and JoJo, I see how he talks about them, and I see that he's

more comfortable and fun. I was even questioning myself, like maybe I'm just too boring and don't make him comfortable enough to be himself. And you know what? That's OK because he can't marry 100 people. He's only meant to be with one person and maybe it wasn't me.

Glamour: In January, I sat down with Ben, and I brought you up only based on what we knew about you from the first episode. I could tell in that moment that something about hearing your name that registered with him, and I had a feeling that you were going to be someone that got close to the very end.

Caila: You are very sweet for telling me this, oh my gosh.

Glamour: I could tell when I sat down with him that he really did care about you. So, how are you doing now? These last few months could not have been easy.

Caila: You saying that means a lot because we had a very real relationship and had deep conversations, and we went there and it was wonderful. Now I am feeling a little closure, which is good. I'm just feeling happy that he's happy, and that's all I wanted to see. I really feel that, and that means a lot to me.

Glamour: I don't know if this part will air at the "Women Tell All," but you said to Chris Harrison that you want a guy to look at you the way you see Ben looking at Lauren or JoJo. I think every girl can relate to that at one time or another.

Caila: Yeah, and I appreciate it.

The "Women Tell All" will air next Monday night on ABC. Come back to Glamour.com tomorrow—we'll sit down with Ben to talk about those double "I love yous" and how he's dealing with the fallout. (And yes, Ben says he's [definitely engaged](#).)

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