

Helma Nascimento is Brazilian and has been involved with performing arts since She was 7 years old, when started to learn classical ballet, which lead her to start a career as an actress when She was 11 eleven years old.

She pursued her studies in dance, passing through Jazz, Contemporary, Theatre/Dance and Latin, abilities used later as dance teacher, choreographer and really useful as an actress, allowing her to work in many productions in Brazil, Japan and France, dancincg, acting and singing sometimes.

She speaks Portuguese, can communicate in Spanish, speaks English and some French.