

# Beyoncé blooms

The gorgeous singer, actress and mother-to-be knows all about the sweet smell of success. Here, she shares her beauty secrets and opens up to *Hello! Canada's* Julia Seidl about her pregnancy

**T**urning 30 is a milestone for every woman, but for hip-hop goddess Beyoncé, her 30th year looks set to be overflowing with joy. Not only will the 16-time Grammy Award winner and her husband, rap mogul Jay-Z, welcome their first child, but her bestselling line of fragrances is about to get a new addition with the launch of her third signature scent, Pulse. Here, the mom-to-be dishes on cravings, beauty icons and what really sets her pulse racing.

**Beyoncé, congratulations on your pregnancy! Are you looking forward to motherhood?** I am so looking forward to it! I had to make sure that I had a strong foundation before I became pregnant and I think that's the most important thing.

**Do you have any cravings yet?** I don't really have any different cravings than the ones that I had before because I have always liked food that isn't good for me. [Laughs] I think I've been really good at eating healthy, but I think probably the biggest thing is french fries!

**What advice would you give to other expectant mothers?** I would want them to know how amazing and powerful they are, how lucky they are to be women. And to love every day of it because it's the biggest miracle.

**Have you always felt a connection to scent?** The first time I fell in love with fragrance was when my mother would walk past and leave her perfume behind. And with her being a woman

I admire – a business owner, a hard worker and beautiful – I always remember her smell. Even after she would leave, it would linger and I thought, "Wow, that is just so beautiful," and so I've always wanted my own scent.

**Who or what inspires you when creating a new perfume?** I think about Elizabeth Taylor, who was one of the most beautiful icons. I think about her fragrance, White Diamonds, and how she lives forever through that fragrance. She is an icon for a lot of reasons, but one of the things that people still know her for is her fragrance. For me to have the opportunity to have my statement fragrance and to leave my legacy is really a huge accomplishment for me.

**Do you wear the same scent every day or do you switch your fragrance depending on your mood?** I wear the same fragrance. I'm really loyal and really busy so I keep my fragrance in my bag. I like the idea of walking past and my husband saying [sniffs the air], "My wife was here."

**What's the best beauty advice you've ever received?** My mother always taught me that beauty comes from within and you have to have more to you than just outer beauty because it's going to fade. You have to really focus on personal growth and who you are and what you want to leave – what is your legacy.

**You celebrated your 30th birthday last month. What must-have beauty product would you give your best friend on her birthday?** All of

my friends already have Pulse! [Laughs] I would give her a really good moisturizer called Diamond Cream by Natura Bissé.

**You exude confidence both on and off the stage. Have you always been so fierce?** Before I was nine, I was a little chubby and my mom put me in dance classes. I fell in love and it gave me so much confidence.

**Does anything make you nervous?** Whenever I do a movie, I'm very nervous. The first day when we have to do table readings, I'm like "Oh, my God, what am I doing here?" But I think the nervousness is just necessary for anything important. There's something about that fear or that anxiety that makes you have to go, jump and trust yourself.

**What's next for you – besides motherhood, of course?** I've just started my production company and I've begun to manage myself. I also want to develop new artists and I want to do a maternity line.

**In Clint Eastwood's remake of *A Star Is Born*, you've been cast in a role played by Barbra Streisand. Are you nervous?** Are you comparing me with Barbra? Because that's the biggest compliment! [Laughs] I think she is incredible and I have learned a lot from her. She isn't afraid of taking risks and taking control. She can sell out a tour, has one of the most beautiful voices and is an incredible mother. It's a lot of pressure, but hey, it makes my pulse race!

## Beyoncé's favourite things

**Smith's Rosebud Salve**, \$9, Sephora, [sephora.com](http://sephora.com)

**Beyoncé Pulse**, \$75 (100 ml), Sears, [sears.ca](http://sears.ca). "I'm all about empowerment, and hopefully, this will let you feel a bit more confident when you walk into the room!" she says of the light scent with notes of pear and bluebird orchid.

**L'Oréal Paris Sublime Bronze One Day**, \$17, drugstores, [lorealparis.ca](http://lorealparis.ca). "Bronzers keep the glowing year-round."

**Johnson's Baby Lotion**, \$7, Shoppers Drug Mart, [johnsonsbaby.com](http://johnsonsbaby.com). "It smells so good and I can't wait to have an excuse to smell that as an adult."

**Natura Bissé Diamond Cream**, \$265, Murale, [naturabisse.es](http://naturabisse.es). "It's really light and I always turn my friends on to it!"

**M.A.C Fix+**, \$12, M.A.C stores and counters, [maccosmetics.com](http://maccosmetics.com). "Spritzed on after makeup, this spray always makes me look more natural."

**L'Oréal Paris Elnett Satin Hairspray**, \$15, drugstores