

# Amal Hijazi:

Modern Art is a blend between a charming voice and a beautiful look!!!



- I care for my beauty because I am a woman before being a singer

**Amal Hijazi, vigorous as a butterfly, blended the soft voice- that charms the Lebanese and Arab audience- and the beautiful form with her known robustness and modern look which made her look more radiant and illustrated her personality as a woman-of-today. The secret behind her fitness is the choice of healthy foods and refraining from fat & cholesterol-rich foods. She tops these up with an active lifestyle and exercise.**

**Following up on fashion and caring for her beauty is also important for Amal so that she can meet her audience in top shape and present the best ... modern art is a blend between a voice and an image.**

"Health and Nutrition" magazine met Amal and had this artistic and healthy nutritional talk!!!

## **Is being an artist motivated you to stay fit and keep your body weight?**

Humans in general seek perfection and beauty... they try their best to preserve beauty & hide faults. This is a historic phenomenon and not a modern tide as people think due to the upsurge of fitness, slimness, and beauty news and modes to an extent that it controlled the minds of teenage girls who do the impossible to loss weight ... sometimes the results are detrimental where some face the risk of death.

Beauty is the window through which humans overlook the outer world. It is normal for a woman to look her

best and especially if she is an artist... she is considered a public figure and people tend to set artists as role models. I try my best to look beautiful first because I am a woman and second because I am a public figure.

### **What are the modes you follow for this sake?**

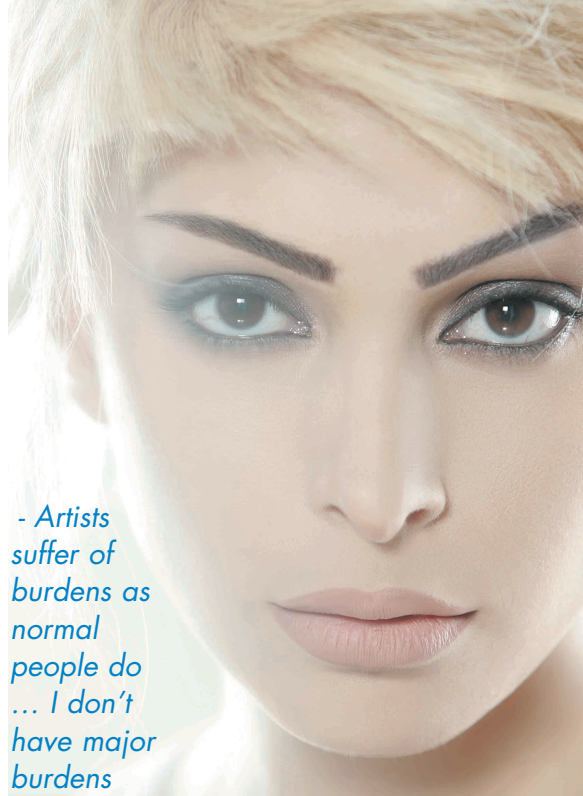
The sole mode to stay fit and beautiful would be to eat healthy foods, stay active and practice sports as much as possible.

As for food, I choose healthy foods and refrain from eating high fat, & cholesterol rich foods such as fried items and excess fat intake as too much of it –in addition to other factors– would lead to diseases such as heart disease and obesity.

As for being active, I follow an active lifestyle as my work entails constant activity in picturing video clips, rehearsing and recording albums, travels, and concerts in a lot of European and Arab countries. Adding to these would be exercising at least three times a week and more if I have time.

### **Does beauty or fitness affect an artist's success?**

Certainly, notions changed in our epoch... we are in the voice and image era, the satellites' era as if we living in small village where



*- Artists suffer of burdens as normal people do ... I don't have major burdens*

everybody knows what is happening with their neighbors, and the new technology era which invaded our lives and became a necessity. We have to keep up with technological advancements or else we are left behind. Art is highly influenced with technological advancements in terms of music distribution, voice recording, image and performance. That is why an artist must be at her best in all shows whether local or international. It is so good to hear a beautiful voice and see a enchanting image as well.

### **Are you for plastic surgery to enhance appearance?**

As I mentioned before, it is good for the artist to meet his/her audience looking at his/her best. Beauty is a gift from God; we as humans should take care of this gift. Nobody is perfect and if the person has the means to improve his/her appearance and to look better then why not plastic surgery. Plastic surgery nowadays is a necessity rather than a luxury for most people. It is more like a positive contagious virus infecting others and this is due to the marvelous results attained in plastic surgery these days. I vote for plastic surgery if the artist sees the need to...

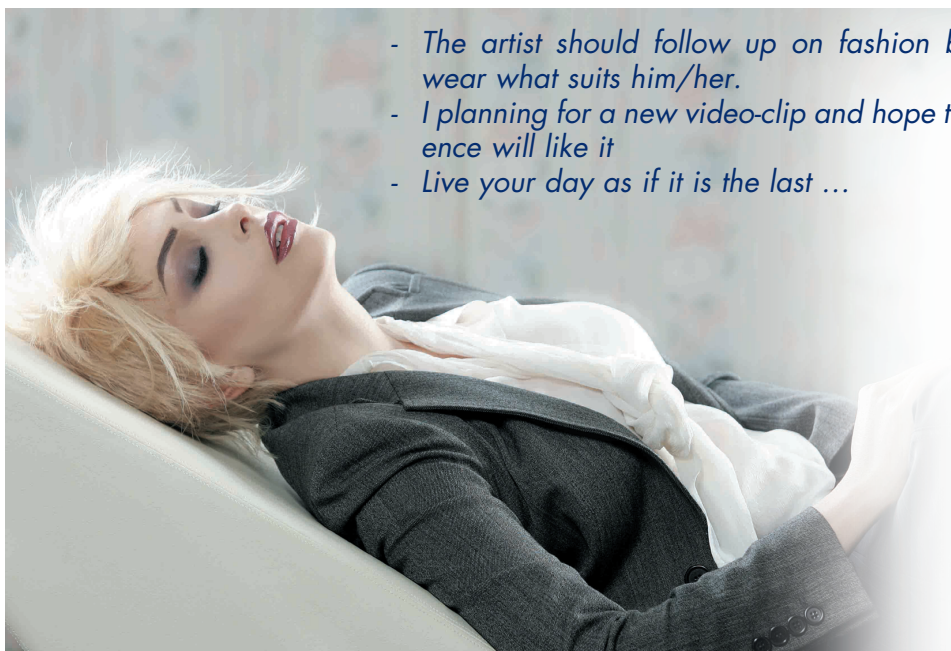
### **Do artists carry the same burdens as regular people?**

An artist is a member of the community



*- Changing out our looks is important for revitalization so that we won't become a routine image*





- *The artist should follow up on fashion but only wear what suits him/her.*
- *I planning for a new video-clip and hope the audience will like it*
- *Live your day as if it is the last ...*

he/she is living in and would carry burdens as other society members do-personally, emotionally and occupationally.

I thank my God for his blessings, as I have no major burdens. Every person passes through rough times during his/her life but there are happy times as well. One can generate a sensation of safe haven that makes him/her forget about their burdens and boost up optimism and look at life positively.

### **What are your projects?**

There are a lot of projects:

- preparing to picture a new video clip
- concerts all summer in Lebanon and Arab countries

I will always try my best, with God's will, to present new songs that will enchant the audience.

### **What would you tell your broad audience?**

The audience is the observing eye for all artists' works I love my audience and respect their opinion and hope to always present songs that they will like.

### **Are you with changing one's look? What does the change mean to you?**

Changing the look is important; humans in general like to change and renew their looks so that they don't fall in the trap of routine.

Artists should always go for changing their looks ...

I like to change my look always; the new look you see me in gives me a great relieve as it pronounces my personality and gives the image of a modern woman.

### **What does fashion mean to you? How do deal with it?**

Artists should always be updated in the area of new fashion; they should choose what best suits their body, skin tone, hair cut, and personality and always care for their hair, skin, nails and face. I choose what best suits me as a figure and personality.

### **How do you care for your hair? Who is your hair stylist?**

Hair is the woman's crown; that is why I take strict measures to care for its glitter and vitality by choosing the proper shampoo, conditioner, and nourishing masks. I try as much as possible to void it of excessive sunlight, dust and other external factors.

As for hair stylists, I deal with a group of Lebanese stylists whom I cherish and respect and highly value their artistic work to my hair.

### **What is your favorite adage?**

Live your day as if it is the last...