

## Pretty Curious with Jonathan Van Ness & Tan France

JVN: Welcome to Pretty Curious. I'm Jonathan Van Ness. And today you tuned into a very special episode. We're still talking all things, skin care, hair, care, self care, beauty and beyond. But today we're turning the mic to you, our listeners for a supercharged Q and A plus, the very first annual pretty curious holiday gift guide, honey. I just got home from Finland and my, my mind said yes to the Arctic circle. My respiratory system said no, that's what my lungs are giving. So bear with me. I love you so much. Thank you for being here. You know, typically I'm giving you all of my latest beauty Rs on this point of the episode and we're still going to do that, but I want to switch things up. I want to be a little more conversational. I wanna like talk more general beauty ish about like what's going on in the world. So to help us like pop my proverbial cherry on this new format, we're bringing in one of my favorite people in the world. And also I realized that the line was to help me stuff this proverbial stocking. And I said, break my proverbial Cherry. I'm such a whore. But welcome to France. Hi. Oh, my God, Tanny! how you doing, Tanny?

TAN FRANCE: Hi, Jackie. I'm well, thank you.

JVN: Gorgeous. Well, Tan, you're such a perfect guest for pretty curious because you are such a beauty icon and you are so fashionable. You are a literal beauty and fashion. Well, you're a literal fashion and beauty expert. So you're perfect to have here. So, the first new little segment that we're introducing into pretty curious, which I know that you listen to every week. I know that if you, I know you do, I know, I know you don't think I do when I wake up. So this segment is called Superlatives darling. Uh who is the beauty influencer or icon? Maybe celeb who's most likely to get a follow from you

TAN FRANCE: this week, there's a brand that is owned by a girl called Deepika

JVN: We love live tinted in this house.

TAN FRANCE: But yeah, that's the one I was going to say. Yeah, she is doing something that most are especially from the brown community. Um and the darker skinned brown community. And uh and just she is just the most lo lovable person, affable, the kind of person whose success you will

JVN: champion if you guys don't follow her and know about her. She's amazing and her line is amazing. I think it's available Ulta in the US and Canada, Sephora, you are right. It's, it's Sephora in Canada. I think it's Ulta here. But she's, she's so good. I'm obsessed with her. That's a great answer. And I love that you came up with that on the top of your head for me this week, Mia Hawkin. I've, I've had it with her just like coming on my Fyp on tiktok and I don't press follow like I just rely on this algorithm to bring her to me no more. I am prioritizing her. She's so fucking cute. I really like how she does her make. She teaches me all this cool shit. But I've been taking her for granted, not smashing the follow button. So I'm smashing the follow button on Mia Hugin. You know, she's that cute girl with that cute like Long Island accent tan. She's like a tiktok makeup artist star.

TAN FRANCE: Oh I love a Long Island Accent.

JVN: She's major. People are obsessed with her. So our next person um this is most likely to make a comeback. I have a two fold answer for this. But I want, if you need inspiration because this is really, yeah, I need inspiration. I needed. OK. Well, first we were thinking Jinda medley from the original Real Housewives of New York. I don't want housewives. I don't know who that is. Nicola finally got me into them enough. So I go on these deep, deep tiktok rampages and I, because you can watch all these shows on tiktok because there's all these like, so I, I'd be doing that and but doin is over the top. She's major. Her glamour shots are a whole situation. But then when I started thinking about Jorinda and I don't know why this happened. I think it's because this morning when I was working out I was listening to my like apple music like mix and Leona Lewis because it was the two thousands mix and Leona Lewis happy came on.

TAN FRANCE: I just want to be happy. Oh. That's exactly how she sounds. I know it's so similar. I close mine in a different

JVN: people say that I have perfect pitch.

TAN FRANCE: You, they are right

JVN: to lie to you. But I think Leona Lewis is primed for a comeback. You guys it's been a minute. She's so

TAN FRANCE: you were saying I would say Leona, yeah, she is gorgeous. She's so talented. And have you ever seen me in real

JVN: life? No, I have not had that pleasure and I'm so upset.

TAN FRANCE: No, she, well, she was, she was at the ultimate jumping that we were at. You probably just didn't.

JVN: Me and Leona were in the same room and I didn't even know.

TAN FRANCE: Yeah, she was at the corner of I went, I went to go find it because I heard she was there but I know you knew who she was. Her skin was gorgeous and I would love for her to have a come back because that um that first song, what was it called? Um Keep Bleeding, bleeding,

JVN: love, love, honey. The first time I heard that song, I had to pull the car over. I had to pull the car over. I was crying so hard. I

TAN FRANCE: listened to it literally a few days ago. I love that song.

JVN: So um I also love better in time which was like,

TAN FRANCE: wait Jojo, sorry, I know it's your show. But I want to say Jojo also needs to come back. She

JVN: had that. She had a good little like, I think she called it like a triangle. It was like three singles uh like in 2018 or 19. It was like we love hurts Jojo because of what happened to her label. I feel like she like never really arrived or left. Ok. Then

TAN FRANCE: I, I can be done what I need who I want more than I think just because, well, I know she probably won't like me because um she's quite particular about who she likes. But um Lauryn

JVN: Hill, well, honey, her tour reviews did not, I was, I

TAN FRANCE: won 1997 Lauren Hill

JVN: back. She, that's literally what she said to you. And she was like, I, I'm not her. And she said all the people that are saying that can go fist themselves. I'm paraphrasing but oh, I do love

TAN FRANCE: to fist myself.

JVN: So it's so hard. But you with enough effort. Now, all things said we've got to give it up to one in particular. We're giving the inaugural title of Beauty Maven. Of the year now. It doesn't have to be one of the three people who we are four people who were just previously nominated, meeting MLA Hawk and joined the middle year, Leona Lewis. Uh and also to be one, not two, not three, not five, not six, Juan 2023 Beauty Maven of the year from Tan France with no prior research on the spot.

TAN FRANCE: Actually, I know it. I saw them at the out 100 award to p days ago and I just thought God, you look great. Dylan Mulvaney,

JVN: Dylan Mulvaney Dilly Willie. She gets away and I love that for Dylan. Yeah, I love her. She's so good. Dylan's

TAN FRANCE: makeup was so good. Actually, her hair was incredible. She just looked incredible.

JVN: Miss Lady Gaga's artist, makeup artist did her makeup. I think her name is Sarah something. But yeah.

TAN FRANCE: No, I think she typically goes for like the fifties vibe like old Hollywood glam. But this was just young and sexy. I, I wicked. I

JVN: know that I said before in a really country way that it couldn't be one or two. I just realized I do have a two way tie for beauty movement of the year for 2023. Um Mostly because, you know, I didn't think about this that much before, but it just, it's so natural. It's, it's got to be Beyonce and Taylor. I mean, ok.

TAN FRANCE: No, wait, then if you're going to add a bunch more then I want to add one more, you know, whose makeup I think is wicked and somebody who's had does seem to encourage a bunch of young and quiz Billie Eilish. She's like, yeah. Yeah.

JVN: Yeah. Yeah. Yeah. Yeah. Her red root is everything right now. That red hot root,

TAN FRANCE: like a little wing tip. She's, she's

JVN: gorgeous. I was this dumb millennial who was just like, oh, Billy, like, I, you know, I don't have a space and like in my heart for like I was like, she's great but I was like, it's a tough guy and I was like, I got it. I

TAN FRANCE: don't OK. No, no, wait, sorry, I'm going to tell you the real, I'm sorry. No, you're not going to the audience like that. So this is what your point of view. So we I listened to her, you

JVN: always, you always did

TAN FRANCE: like she, she, it was that is still possibly my number one right now. And

JVN: I

TAN FRANCE: know. Yeah. However you used to say, yeah, I know. But I really want to like, I want a pop like I want a pop up. Not a deep song of like you don't understand her voice. Incredible. I never

JVN: said that about. No,

TAN FRANCE: no, you, you, you were like, no, I just want something poppy like I want something

JVN: so just stress me out.

TAN FRANCE: Listen, you were always about No, it's lovely. I get her voice is lovely but it's just I want something more like pop, pop and she wasn't it for you.

JVN: So what happened was, is when I went to Australia last year, I was in Melbourne and she was there and even though I was just like, ungrateful, some kind, someone from her team invited because I think my tour manager knows someone from her team. And they were like, oh my gosh, come to the concert. And I was like, oh my God, that sounds fun. And so then I went to her concert just being kind of like I was giving Lukewarm. I just was like, I didn't, I wasn't a hater. I just wasn't like, but when I left that concert, I have, I like literally every third sentence for a year was like, I'm a bad girl like I love, but I actually, I really like happier than ever. I love her second album. Even more

TAN FRANCE: incredible. She's not had one song that I've

JVN: disliked. So beauty of the year. It's Billy, it's Dylan. It's uh Beyonce and Taylor. What a great, what a great V for. Um uh Now, uh it's time we're wrapping up, we're rounding third base. Uh we were sliding into home. We've been scouring the socials for the trends y'all have been turning out and we're always going to give you a quick hot take here. I'm pretty curious. So rapid fire style me or Major and then you're out of here, Tanny. Are you ready? Two tone lips? Oh, yeah. I think so too. Um, asymmetrical eye makeup. I am. I disagree. I think it could be fun mostly just because I struggle with symmetry and I do accidentally, you know, frosted pink lipstick. Yeah, that's meant for me. It reminds me of Aussie Scrunch and spray 2003, I guess

TAN FRANCE: it's 2000 to me. And

JVN: I do think that you are one of the most, like, attractive people of all time. You're so pretty, like your jaw. Your like, do you, are you stressed by how pretty you are? Sometimes?

TAN FRANCE: That's very nice. No, typically I uh navigate the world thinking that people don't find me remotely attractive, which is why I try and be smiley

JVN: and happy all the time. Don't people, people like they must send you torso dick pics. They must because you're so cute. They might

TAN FRANCE: swear to God. I've never once actually. But other than that one time nobody's ever sent me an inappropriate message. And I will say I get really jealous. Gosh, I'm that un attracted to people. No one's ever to.

JVN: That makes me feel better because I never got very many either. So that makes me but

TAN FRANCE: you may have not got many. I got one. I only remember one. I,

JVN: I think I can count on like one hand like not that many. Um Wow, we did so good. Were we too harsh? Were we just enough? 10? Do you? What do you think we perfectly

TAN FRANCE: you know, like perfect in

JVN: every way. That's all we've been in our lives. Um, tan. Thank you so much for joining us. I'm pretty curious. We love you so much happy holidays. I love you more than anything and I love your kids and I love your husband. I love you too. I'll talk to you soon.

TAN FRANCE: I, I love you. Bye.

JVN: That was so fun. And now as promised, it's time for that supercharged listener Q and A. We source these questions on Instagram and from AskJVN.com. Let's get into our first question. How do I politely tell my friend that her face foundation doesn't match her neck? That is a really good question. I think what you could say is in private when there's no one else around. I care about you deeply and are you open for some makeup talk? Could we talk about makeup a little bit? Love you to pieces but the makeup, the face and the neck, it's not blending. Sometimes the makeup blend is really about skincare underneath. It's sometimes it's that uh and it could be the wrong color. Um But what a great first question and what a brave and good friend.

It's time for our next question. Do I need shampoo for my hair at all? The answer for that is absa fucking-lutely. We set our heads on a lot of things uh whether that's like the floor at the gym or like the floor of your house, you're just I mean, your head just, it touches a lot of stuff when you're wearing hats, when you're sweating. Um, a lot of debris and just excess oil and debris can build up on our scalp and it's really important for us to wash that. Now, I will say that what you don't need to uh shampoo that much is your actual hair on your scalp needs like the pad, I like to use like the pads on my fingertips. So like, so less fingernails, more pads of your fingers um to massage that shampoo throughout the scalp. Um And to make sure that you're clearing any excess oil, dirt and debris away and really cleansing the scalp. But your hair really doesn't need that much shampoo.

And because when you rinse the shampoo out, it's gonna hit your hair every way or it's gonna hit your hair anyway. You don't need to spend a lot of time really like scrubbing at your ends. Um Also because of the nature of hair growth, your hair only grows like a quarter to a half an inch a month. So then, I mean, half an inch would be like a lot of hair a month. Uh So, you know, if you have really long hair like mine or longer, that's like three plus year old hair. So you really don't want to be like wash it, like making like circles, like really like

creating like that friction and like scrubbing your ends. It's better to like, more give your ends like a hand job if you have to wash them at all. Like, if you've been having a lot of gel or mousse or like, um, tons of product or you really haven't washed your hair in a long time, then you can wash your hair. But instead of like a, like something would go up, down, up, down, just only go down on the hair, like, with your hands, like don't rub up the cuticle and also don't hang out with your hair under like scolding, hot water for a long time that just like hot, hot opens the cuticle and cold kind of closes the cuticle. So you don't wanna like just it makes it harder for the outside of your hair to get smooth and lay back down if you're like exposing it to so much heat and steam all the time and friction. So yes, you need shampoo, but you need to use shampoo in the right way. I suggest shampooing like 2 to 4 times a week depending on how much you're working out and like how dirty your kind of hair and scalp is getting. So really good question though.

Our third question is about body care how much exfoliating is too much exfoliating. The answer for this is really like as diverse as there are people listening. Now everyone's skin is going to react a little differently and also like all exfoliants are not created equal. So and also, like, if people have sensitive skin or skin conditions, like, for me, I have psoriasis. So when I'm having a psoriasis flare up, I really can't be exfoliating my skin like that. It kind of makes it worse and more irritated. I mean, like redder and it doesn't really like, it just, it, it only like inflamed my psoriasis. It doesn't calm it down at all. When I get over a flare up, I'm so excited to be able to exfoliate because I'm like, oh my God, I miss exfoliating. So I'm always excited when I don't have a flare up. So I actually can, like, get in on my elbows and my knees and like my heels and just, I love that like silky feeling like after you've exfoliated, like your legs and your back and like your butt, like in the shower, it feels so nice in your arms. So I think like, once a week, maybe once every other week is enough. I'm not someone who exfoliates daily. Um, I know some people do it. I think that for some people, maybe that's nice. I just, and also I'm not a dermatologist. So, uh, but I think for me, for me, I like once a week. Um, and one other thing that I really want to get into that I haven't ever done is that dry brushing of the skin, like, where you basically exfoliate before you get in the shower with like a dry brush. I've had clients just rave to me about that in the past and I really want to try it. So I think I will and I'll get back to you guys on how that goes. Um, it is time for our next question. Shower, oil versus body lotion. Well, I think using either one is better than using nothing for sure because when you're getting out of the shower, especially if it was a warm shower, your skin is like open, you just like sloughed off that skin, you just like wash your body so your skin is like primed for moisturizer. Um So you definitely want to take advantage of that time and put something on your body while it's like really ready to like take it on. Uh, but I do really like a body lotion because it's a little bit heavier. Um But then what I'll do is I'll put a body lotion on and then I'll put an oil on over that to like seal it all in and then just like put on underwear and like walk around the house for a while while it's absorbing or maybe I'm like feeding the animals or whatever. Um I typically won't put on clothes right after that because I don't wanna get like oil stains on them, but I really like to use both. Uh But if I don't have time for all that, I will just do like a straight oil in the shower after my shower, rub it into my skin and then I'll just like kind of towel, pat it off and like pat the um excess like into my skin until I'm dry. And again either is better than the other guys.

Does my like wheezy ass breath sound really bad on the microphone. You guys, I'm sorry, I'm a wheezy kitten. I'm trying not to be a wheezy kitten.

Uh OK. Now without further ado let's get into our first annual Pretty Curious Holiday Gift Guide. Now I'm going hard on Sephora, but then there will be some like non Sephora gift kits as well for a skincare pick. We are going to Summer Fridays skincare set from Sephora. It costs \$65 but it's valued at \$99. Now, I love all their stuff. I've literally bought everything. I use it all but their jet lag mask is so good the way that it like plumps up fine lines, wrinkles just dry dehydrated skin. It like it, it creates an instant difference in my skin. I'm obsessed with it. Their mini CC me serum is gorgeous. Their eye cream, the mini light aura eye cream, you're gonna want the normal sized immediately. It's gorgeous. I mean the mini lit Butter bomb vanilla is gorgeous. Uh but it's valued at almost 100 bucks. You get it for \$65. This is a great gift for someone because you get four minis so people can kind of test it and see if they like it. But the jet lag mask I believe is regular size and that is just like the, it is my fucking favorite thing ever. Now it says that you can put it on and let it sit or you can like take it off with a warm towel after 10 minutes, I just put it on and I let it sit. It's my overnight mask. I it's, I really have seen a huge change in my skin since I started using it. So if you haven't heard of summer varieties yet, get into it. Um For our next pick, this is our makeup pick. We are going with the Sephora Favorites holiday lip kit set. This is \$45 but it's valued at \$127. And the thing that I'm loving about this kit is is that you're getting like to pick from between 123456, 78, I think eight different brands. Uh It could even be more if I counted wrong, but you get to try the patrick to lip gloss, the Charlotte Tilbury pillow talk lip liner, the rare beauty glossy lip balm, the mini Huda Beauty lip pencil, the mini Pat mcgrath lipstick, which is so good. Um and the mini glossier lip gloss and the mini tart lip plumper. You're getting like so many different products to test here and see if you like it. This is the type of thing that I would buy for myself or I would buy it for someone else, but then I would actually use it all. Um So this is a great gift for you or for someone else. Um I love this curation by Seor. I think it's a really good idea and it just gives you so many different tip or so many different tools in your toolbox to get into. So whether you're a beauty beginner or you were like full makeup expert, this is a great one. Now, this one near and dear to my heart hair care pick JVN hair, bring the heat set. This is like what you need if you've ever loved my hair blown out. This is what I have in there. It is literally our instant recovery serum on my mid links and ends and then it's blowout milk on my mid links and ends and I put the leftover on my roots. It is so gorgeous. Um It has a travel size, instant recovery serum of full size blowout milk and a full size nourishing shine drops, which is the most beautiful shine enhancing hair oil. You can use it on wet or dry hair, but I love it on dry hair. It gives instant beautiful shine. It has strengthening properties in it so much shine, it reflects so much light. It's great for blondes because blondes and gray hair typically absorbs more light. It's not as reflective. So it's really gonna give So, I mean, it gives shine on all hair, but I really love it for blondes and gray hair and really for anyone. Um, also has heat protectant qualities in there. So if you have nothing else, you can put that in your hair wet, blow your hair out. It's fabulous. Um, or just let it air dry if you have nothing else. Um, I just love nourishing shine drops. What a great set \$47 value or it's, it costs 47 bucks. But really all those products together are 67. So you're saving 20 bucks. We love a deal. Body care pick Sephora gift set. Totally moisturizing. Hand trio. Coal Le is giving luxury. It's giving Gorges. We love coal le,

this costs \$16 but it's valued at 27. So you better give me that \$9 savings. Now, it's not as much savings as our previous ones, but I really like their products. You have three hand and nail repairing creams in different scents so you can find out which ones you like. Also, you can keep one for. You give the other two to a friend. It's a great stocking stuffer. Um, or even for a secret Santa. I love the totally hand cream. Um, but fragrance is just like such a person thing. So if you're just not sure what someone loves, I love a little set like this and again, it's, it's so nice. I love it for the nails I love it for the hands. It works fabulous. So totally good work on that.

Now, this is another gift set pick. This is uh giving us a budget option. Honey. Trader Joe's 12 Days of Beauty. It's 1999. There is just I have to say I like Trader Joe's Beauty aisle. Liked it in my twenties and I like it. Now you can get some good stuff in there. They have their lavender bath salts, their SPF 40 facial sunscreen, which is a really great dupe of super goops unseen sunscreen. I've used it before. I like it a lot. Um Their gingerbread cookie lip balm. I try not to eat it. I fail. I try again. Uh I'm just kidding. I don't really eat it but it does taste nice. Uh If you get a little on your lips um or, or in your lips a little bit more. So we love that and, and get it to Trader Joe's Beauty is if you've never been there, she's a good one. We really like it. Ok. So, but if you want to break the bank, the Iss Laurent Advent calendar. This is \$270. This is a taste of things included. Uh You got your full size lipsticks, your mini perfumes, your mascara, they got YSL Beauty in there. Um and also for a fragrance pick the Henry Rose sampler by Michelle Pfeiffer. I am so into Henry Rose. It's so good I have not met a I don't like um and they also last a really long time. So if you buy her sampler online, it's like a really good deal. I'm sure they're doing some good Christmas or holiday specials. Get over there to Henry Rose. It's really good stocking stuffer. You guys, those massage balls, like those spiky footballs. You can get one for \$5 on Amazon and it could be used for your hand and your back as well. But I love just like stomping my fucking foot on it as hard as I can. Like it just rolling my feet, my heels and getting all those crunchy little foot stuff in there out. It really feels nice. You can put it on the wall behind your back and get your like shoulder tension and for five bucks you just can't go wrong. II I love those like little self massage balls, white elephant or like for your parents.

If you were wanting to like, be hilarious to your parents or like a friend, give them the gift of a J C Penney Glamour shot of yourself. It's only a \$15 session fee. I think you should take the photos of yourself and give the gift of the photo to your friend. Uh do as gaudy of hair and makeup as possible, make it as cheesy and hilarious as possible. You know, JC Penney needs the business.

Uh get in there and it's gorgeous and OK, secret Santa Lush bath bomb. Honey. I love all the lush bath bombs. They also typically have some fun little advent calendars uh for like a little sampling, but I love a little, a little bath and I love lush. They're great for your mom or for like the sustainably conscious queen. Do skin reusable eye patches. They're \$25. Um I've been using mine for over a year. They are so good. I hope I wasn't supposed to renew them faster than that. But they're incredible. The thing I really like about reusable eye patches is that if you have sensitive skin. Um I don't know if you stretch your spouse out as much as I think I stress out my husband but get them a little gift card to a gorgeous, like little upscale, you know, massage, not like a eyebrow ray's massage place, but like a really like take them to a nice ass five star spa. Maybe you guys could get couples massages, maybe like, you



know, couples mani pedi together. I just, I love a day spa experience with my husband. It's so sweet and bonding and fun and relaxing and so nice to do that together. So I hope that helped uh with your holiday beauty gift guide. Um I hope you're having a gorgeous holiday. Remember to take extra care of yourself. People get so stressed out in the holiday and when we get stressed, we don't sleep as much. We make silly choices. So take some deep breaths. You're gonna do great this season. I love you so much and thanks for listening to. Pretty Curious. We'll see you next time

You've been listening to. Pretty curious with me, Jonathan Van Ness. You can learn more about this week's guest in the episode, description of whatever you're listening to the show on and you can follow us on Instagram @CuriousWithJVN. Pretty Curious drops every other Monday wherever you get your podcasts, make sure to tune in next Monday for an episode of Curious Now, and every Wednesday for getting curious, but you still can't get a F queen. I feel you, you can subscribe to Extra Curious on Apple podcasts for commercial free listening and our subscription only show, AskJVN. We're talking sex, relationships and so much more. Our engineer is Nathanael McClure. Our theme music is also composed by Nathanael McClure. Pretty Curious is produced by me, Chris McClure and Allison Weiss with production support from Julie Carrillo, Anne Currie and Chad Hall.