

Pretty Curious with Jonathan Van Ness & Dr. Jonathan Leary

JVN: Hey, curious people, welcome to Pretty Curious, our podcast on all things beauty. I'm Jonathan Van Ness. Y'all, I don't know about you but my TikTok FYP—mostly TikTok FYP, a little bit on my explore page—has been giving me ice bath, plunge central. If it's not an ice bath, it's a sauna. It's just really trying to give me like, I don't know if that's because I went to Finland last year or what, but like it just is really giving me all of the hot and cold treatments. Which made me curious about like, how much does that like holistic beauty treatments, like hot and cold temperature stuff; how much does that really impact our external beauty, our internal health. So to talk about hot treatments, cold treatments, ice plunges and all thing like whole and all things holistic beauty, we have Doctor Jonathan Leary coming on the show. He's a chiropractor. He's a Wellness expert. Um he's really got the health thing down, hunty. So he's gonna be our guest today on Pretty Curious. Um It's gonna be giving you like Mythbusters of like wellness uh basically. But before we get to that conversation, let's get into our getting ready with me segment.

Y'all, I don't know if you've had a chance to try this, but it's the Ilia Super Serum Skin Tint. This is an incredible tinted serum, um It has SPF 40 in it. It has beautiful skincare ingredients in it. Um I am obsessed with this y'all. I will just say though, I've been through three and I'm kind of surprised that I haven't talked about it yet on Pretty Curious. Um Actually, I think I watched the founder of this company win um a Women's Wear Daily Award for can't remember what the category was, but I saw I met her and she was really sweet. Um but I'd already been using this product for a while. I think I've gone through like at least five or six of these over the years and this is what I'll say: I love it for real life. I actually, I love it for winter. I love it for summer because the sun's not sleeping, honey. Um it's just beautiful. I will say that if you wear it on camera, it can photograph very super duper shiny. So you may wanna like have a, a little translucent coating powder on hand or if you're like doing anything like on camera camera. Um but it's got a beautiful glow. I think it looks so stunning in real life and I've been through literally five or six of them and it lasts a really long time. So I love the Ilia Super Serum. That would be my product to recommend if you've been looking for that product that's like doesn't fully cover your skin so it lets your skin still shine through. Um but it has SPF it really, this can be like a one stop shop like you could really get out of the shower and only use this product on your face. And it's nice because because there's all that skin care in there, it doesn't go on chalky or heavy. Um It really like blends into the skin beautifully. So I think this is a really good um product for someone who like likes a natural finish and just wants to look a little bit more balanced and put together. So I love it, try it out if you haven't tried it already. Go Ilia.

All right. Beauty news and hot takes. You guys, I almost um freaked out and edited our last week's episode of Pretty Curious to add this. Um It was all about the uh Margiela show at the Paris Couture week. Pat McGrath went ahead and destroyed the beauty internet. Like everyone is freaking out. It's just that look, if you didn't see, everyone looked incredible at that show. The models faces were reshaped to look like dolls. There have been so many TikTok videos of people trying to recreate this look. Um the internet was trying to, just trying to figure out how she achieved this look, she said that all will be revealed on Instagram. Um and as of right now, we still don't exactly know how she did it, but I do think what I saw is that it was this like Garnier Fructis mask like, a like a peel off mask. Um I think that's what it was

you guys. Um That's what some of my friends that I was looking at on Instagram thought but it just, it looks so cool. Um And I think also it's also cool for like mystery and not everyone has to tell you how they achieved every single look. But I just Pat McGrath just come on queen the queen that keeps on giving, absolutely love her. Um and I just love how she's created this moment for her. Um and I think it's also what, what that has shown us is that Fashion Week is still and always will be relevant. It, I think in the eras of Fashion Weeks, I think there was a time where like New York Fashion Week meant something a little bit different um than maybe it does now. But like Fashion Week, honey, that is still where the community, where the fashion and beauty industry comes together, and just tells you what time it is and it is still the trendsetter, it is still the taste maker. Um so I, I do wanna keep in touch with this though because I think we've talked so much about how like cloud skin is all about 2024 and I just feel like Pat McGrath single-handedly was like, no, y'all are still going to be into dewy-ness this and but. And this is not Pat McGrath's first viral moment. I think when Pat revealed that Taylor had used the Elson 4 Liquidless matte lipstick for her iconic red lip that Elson 4 sold out instantly. And to this day, it's still very difficult to find. So um I mean, Pat McGrath, keep doing the Lord's work. Thank you. Uh speaking of a red lip, Zendaya rocked red eyeshadow and cherry cola ombre lips and a short fringe; that look was everything we loved it. I would be remiss if I didn't mention that last week, Senoj was literally just saying that a red lip never goes out of style. It's true. Uh this may be a little bit darker and edgier but it still is a red lip.

If you are listening to this state-side in the US, it is, we've really been getting all over the place with our weather. It's cold, it's hot, we're hot, cold, we're hot fronts, we're cold fronts. There's a great time of year to use a mask in your hair. Our new nurture mask, such a gorgeous formula gives your hair so much shine, so much slip. Also our conditioning mist: best detangler ever. Um And so hydrating to the hair, it's gonna protect it from heat helps to revive curls um; helps on day two, day three style. So if you're needing a new detangler or a reviving mist in your life, get our conditioning mist. It's really good for this weather out here.

But now it's time to get to gorgeous Doctor Jonathan Leary. Um Doctor Jonathan Leary is a chiropractor and the founder and CEO of Remedy Place, a social wellness club dedicated to holistically bringing their guests back into balance. Throughout his career, Dr. Leary has brought his professional expertise to a wide range of celebrities, professional and Olympic athletes and patients from all walks of life. His doctorate and research makes him uniquely positioned to tell us a lot about the cold therapies, hot therapies and really just a lot of like these trending therapies that we're seeing a lot on our TikTok, in terms of like wellness. So I'm really excited to get in this conversation with him. He's incredible. Let's get it to the convo.

Dr. Leary, thank you so much for coming on Pretty Curious today. We, we just wanna be gorgeous uh and healthy, you know, here, I think everyone was just wants to be healthy on the inside, fuckable, on the outside. No news here, you know, obviously that's, that's true. Um but cold plunging really took over my TikTok and I just wanna know if it works. Now before we get into that, let me just say this: I did do a cold plunge in my apartment. Um I like filled up my bathtub with cold water and then I put all this ice in the bathtub. And when I laid my naked gay ass in there, my body made this convulsing noise that I've never made before. Like my like I was going like who, who, who, so much so that my assistant almost came barging in and I was like, I'm naked, get out. Um but it, it was so cold and I don't know, I don't

know that I looked that much more fuckable afterwards. I only did it the once I just, it was, I don't know. Um so how does it work? What's it supposed to do? What, what's the deal?

DR. JONATHAN LEARY: I mean, listen, for your first time, you should have a coach, you should have breathwork before; you should know what is normal, what's not normal. It is a jolting experience. You don't know what to expect. So that is the body's natural response, is this shortening of breath; just trying to figure out what the hell did you just do to me? But it's a training, right? Like you're teaching your body how to adapt to that extreme and that's part of the process. And also, you know, ice baths, you're gonna see a substantial benefits from one. But it's like also saying, hey, if I go to the gym and work out for my first time or if I ate a salad today, like, does that change my whole nutrition or change my whole fitness performance? You know, it's, these are regular practices that you want to add to your life just like you would normally work out or eat a certain way or sleep a certain way.

JVN: What are these fucking benefits then? Is it gonna, is it gonna, is it gonna reduce my cortisol? And when you don't have cortisol, you don't have belly fat and when you have belly fat, you need Relacore from that commercial in the '90s, remember? Do you, do you remember that commercial or you, you don't know, remember it? It was a good commercial.

DR. JONATHAN LEARY: I don't, I don't think I know that one. But listen, here are the benefits. Honestly, there's, there's so many and this is where I think it's really important to understand, right? Like right now people feel like they don't control their mind or their body, right? Like people from a mental health standpoint feel like they've lost control. This is an amazing practice to teach you that you actually do control your mind and your body. So the mental benefit is one overcoming something challenging, but you're actually getting a dopamine spike that continues to grow after. So it does drastically shift your mood and make you happier. So like there is a huge mental component from accomplishing something hard, teaching your body you're in control and then from a chemical standpoint, actually altering the chemicals in your body to make you happier.

JVN: And how do we know that? Do we like take people's blood right after they do an ice bath and they're like, "Oh yeah, there's a lot more dopamine in this blood."

DR. JONATHAN LEARY: Yeah. So there's actually this is where science has proven this, this dopamine spike, which is a really powerful finding. Obviously in the club, and for you like people aren't going and doing their dopamine like testing their blood at right after all the time. But you know, through clinical trials, we know that. Um so that's a big one. Second, because your body is put in this extreme cold after, in order to warm up, there's a lot of things that happen that are amazing; metabolism spikes, so you're burning a lot of calories. You're actually leaning out, so it will change your body composition. It's activating your brown fat, which actually creates a thermodynamic effect to start breaking down fat in the body. So then people, you know, if you have aesthetic goals, if you wanna change your body, ice baths are the fastest way to actually change the way you look from an aesthetic stand point.

JVN: Really? Really, Jonathan? Really?

DR. JONATHAN LEARY: Yeah, it's you, you try to burn as many calories in an ice bath in six minutes as you're how long you'd have to work out to hit the same amount, substantially different.

JVN: So my lower, my lower back is gonna get more snatched from just doing what I if you, so if you just work out like normal and just add ice baths like twice a week, you're gonna be like more snatched, really?

DR. JONATHAN LEARY: A million percent. This isn't just like a maybe like I think my like, obviously I'm so regimented and my health program is insane, but ice baths have substantially changed my body composition and how I look, without a doubt. There's nothing else that can affect me more in six minutes than an ice bath. Not only mentally, physically, emotionally, how I sleep like it fixes everything.

JVN: Is there any like risks for like ice baths?

DR. JONATHAN LEARY: Yeah, I mean like you were saying the initial shock, right, like your body goes into the state, this sympathetic state where you're getting the shortening of breath and your heart rate does elevate. So just like just know like if you have a heart condition, let's just check. But know that by working with a professional, there is always a safe recommendation that we can get you to because the benefits are so good and it doesn't have to cost you money. You know, like if you can't afford an ice bath or putting ice in your tub, doing a cold shower like this is an amazing free practice. Anyone, anywhere in the world can make a drastic impact on their health for free. And that for me, especially because Remedy's like this luxury club and you know, it is expensive; teaching people these simple practices that cost nothing is very important for me and like the foundational pillars of health are so simple and they don't have to be expensive and those are far more important.

JVN: What do you think about hot and cold therapies is like, becoming so popular? Why are they having such a moment? Like why is that mom who like, crushes the ice in her outdoor bathtub on my TikTok all the fucking time now? Like, why are we so into these therapies?

DR. JONATHAN LEARY: You've never seen a commercial or a billboard on an ice bath or a sauna because no one's had the marketing dollars to tell people that it works. Now with social media and it being everywhere people are like, "Oh my God that made, that helped them. Oh my God. I wanna feel that way." So it's, it's really just the awareness has shifted because social media has given a platform that's free to allow people to learn what's out there. And that's what I love about it because it's like no matter who it is or like whoever is posting about their ice bath, their sauna, they're actually having such a big impact on all these people that feel hopeless and don't feel good. And if you make someone feel good, like that's my, that's the whole point of why like my mission and my career is like, just helping people feel better. You start making people feel good, their whole life starts to change, the people around them, their life starts to change. And it's, it's just finally getting the attention that it deserved and, and now it's a snowball effect. Like you're just gonna, it's just gonna take over everything like all these simple practices and people learning how to take care of themselves: this is the future and just putting the control back in your hands to take, like, learn how to take care of you. Let's teach people how their body works. Let's teach people how to take care of it. Learn that the body doesn't just like miraculously stay healthy, it's whole forever, and the people that are struggling with, with more health problems, it's like they have to make it even more of a priority to really do everything they can to help their body and put it in a better state.

JVN: That makes a lot of sense. Doctor Leary, darling, I saw this article like four years ago about this lady who worked at a cryotherapy place, but she like slipped and fell and then she

died in the cryotherapy thing. And so that I've never done cryotherapy. Should we be doing cryotherapy? Is it different than ice baths? Is it like, is it like, is it hogs wash as my grandma would have said? What like difference between cryotherapy and like ice baths?

DR. JONATHAN LEARY: No, this is exactly what you need to know. One: anything that you've ever heard about bad about cryo, it's because those are ones that they use nitrogen gas, nitrogen gas to cool those units, you always see the head out. But if those fume fumes, if you breathe in the fumes, you pass out. If you're too close to the fumes, you get burned. There are fully electric cryo chambers which are 100% safe.

JVN: So there's an electric cryo chamber?

DR. JONATHAN LEARY: Yes. It's a way more expensive for whatever the establishment that has it. But it's usually the same cost for the consumer.

JVN: You're not going to pass out and die from like nitrogen exposure. So...

DR. JONATHAN LEARY: And you get to and you get to put your whole body in there. So like you can, you're in a whole chamber with like your head's in as well, which is also amazing, especially for your skin, you know, especially, especially for all the benefits of decreasing inflammation in the face. But when we're comparing ice baths to cryo, two different things, they both have similar benefits because they're both cold modalities. But water conduction and air conduction are two different things. Air conduction with cryo, penetrate surface level of the skin. So think of it as like your skin temperature will change more in cryo and like maybe inflammation, surface level would be better in cryo. But water conduction will penetrate deeper into the body. So your core temperature will change more in an ice bath, which has a lot more heightened benefits. Like whatever cold modality you're using, if it's in water, it's gonna spike a lot more like your dopamine your endorphins, your sleep, the thermodynamic effect of your metabolism; all of these things will be better when submerged in water versus air but both are incredible.

JVN: So...Ok. Ok. So infrared, so like hot therapy like hot therapy darling, like is it cute? Is it cool? Is it good for us? I actually do have a steam thing in my shower here. So I could like just do a private steam which is great.

DR. JONATHAN LEARY: Yeah, I mean there's different forms, right? There's steam, there's dry saunas, there's infrared saunas; all make a substantial impact on your health. For your steam better for like respiratory health, you know. So I think, but I from like the science and literature side, saunas are a lot more impactful for like the amount of health benefits compared to a steam. And yeah, I mean, the more you do it, the better it is. I mean there's like so so much evidence right now just for cardiovascular health and longevity; the more saunas we do, the longer we'll. live and the more healthy we will be.

JVN: Why?

DR. JONATHAN LEARY: It's all blood flow. Think of like heat adds more blood flow, more blood flow means more distribute, like distribution of oxygen and nutrients to the body. Just like we were saying like in a gym movement, cures like; longevity for moving the body is like to keep you pain free and keep you going. That's how we live longer. Think of it as like movement of the blood through your body does the same. So the more that we have proper blood flow, think of it with any of your beauty regimens: the more you can stimulate blood flow to the face, the better it's gonna look and the better it's gonna heal because blood flow

helps recover. But it also helps bring all the good things to that area. You know, when you say I was doing a bicep curl, the blood will go to my bicep. That's why it looks bigger. Or if I'm like eating food, blood will go to my intestines to break down the food. If we are looking for like facials or whatever they're doing, like they're sending blood to the face. So I think movement of blood; more longevity, like very simple.

JVN: One other major thing about like saunas and like hot rooms and even hot yoga because I used to, like I said, like multi-faceted reasons for using it. But then I got psoriasis when I was in my mid twenties and heat like really flares my psoriasis. Like I will not have a flare up and I'll go into a hot yoga room and I will like, look down halfway through and I'm pizza; like I am hives, pizza full, like just like heat, like really like and even to this day, like, I don't take as like hot of showers as I used to, not as long as I used to like. Just my skin is like more sensitive to heat. So like, and that question was like, risks of heat. But if you do, if you, if someone is like has like sensitive skin or is it kind of the same with the ice bath just like start smaller if you want those like benefits? Like just do like a... Yeah, tell me.

DR. JONATHAN LEARY: Yeah, I mean, listen, putting your body in extreme heat or extreme cold is gonna cause a reaction to the body. That body is also fighting internally. Like think of an external stimulus might bring out an external response more. For your psoriasis, if we changed your diet and cut away all these pro-inflammatory foods, your body wouldn't have as many flare ups or maybe you would never have flare ups.

JVN: I've been living with psoriasis for like, 13 years. So I've done like, a lot of, I've done a lot of diet, like cut outs and pull backs. Like, I, I kind of just like, eat a little bit of everything now, but I think that's only from just like, so long. Like, I like trying to, like, curtail it. I was like, I, I just can't anymore.

DR. JONATHAN LEARY: Yeah, I know, it's, it's frustrating. Right. It's like, unless you if, if you knew exactly what worked and what fixed it, you probably wouldn't do it as much. I think that there's so many blood tests to look at: what foods actually cause inflammation? What deficiencies do you have? What imbalances do you have? A full analysis of your gut health; like, now there's no more guessing. Like functional medicine, we can actually understand a full blueprint of everything going on in your body, right? And then you might just have all these imbalances of all these deficiencies. And then we can tell you exactly what foods are causing a more overreaction.

JVN: Girl, where do you work? Let me come over and you do that!

DR. JONATHAN LEARY: When you just give the body what it needs and you take away what it doesn't, for you, it all heals. It knows, your body knows how to heal. Like you have a, if you get a cut, it heals. If you break a bone, it heals. It's the same thing with all the other systems, you just need to give it what it needs.

JVN: I need to get your info, I gotta get to my blood stuff. So what is Remedy Place? How did you start it? Like who are you? What's your tea?

DR. JONATHAN LEARY: Yeah, so um I started working on Remedy Place in 2012. It was my original practice idea. Remedy Place is the world's first social wellness club. So the whole point of Remedy is to make you feel better and to give you a new way to socialize. So it's not like a spa where you go and isolate yourself in every room. Everything there, you can either you know, do by yourself if you want or it's where you'd have a date night or you meet your

friends after instead of doing a drink or you'd have an event or you'd have your birthday or, or where you have a corporate outing. But it's all about self care experiences that make you feel good and give you a new way to socialize.

JVN: Hm. Ok. So, because now you've had Remedy Place for what, like over, it's like been over 10 or how long?

DR. JONATHAN LEARY: No. So I've been working on it since 2012, but the first club opened in L.A. at the end of 2019. So where it's like four, four and half years.

JVN: That's so cool. What are some of the like positive outcomes that you've seen? Like someone who is just like, really skeptical, really, like not into it and then also having like negative health consequences but then like through x,y,z like dealt with, can you tell us like a cute story?

DR. JONATHAN LEARY: Yeah, I mean, there's, there's so many. Like every single day, like we're being told of like from like simple things like huge breakthroughs where they just like something finally clicked in their brain like, and that it changed their whole entire life. Like we hear maybe once a week that this place changed my life or like just finally gave them the solution. Or they're sober and they're like, I've had no social life, nothing to do, you know, and like, it just kept making me more and more isolated and not feel like I was a part of anything and now I finally have a community and place where I can socialize and have fun. I think the other thing is like, thinking, people can't have fun because they're healthy and it's like, no, there's a lot that you can do to be healthy. And then we've had severe cases where people have cancer and they're like, struggling and they're like, no, like no one knows how to take care of me. I feel hopeless and like Remedy gave me that like one piece of joy. Like I feel like people know me, they take care of me, they know my struggles, they know how to make me feel good. And like, although we're not like a main medical facility that is like saying, hey, we treat all of these things. Your, you know, autoimmune problems, gastrointestinal problems, like when you start making all these changes in your life and you're adding these things in, your body just starts to feel better, you know. So it doesn't matter if it's like, hey, you're young and sober and you just want a fun social activity to, hey, like I'm really unhealthy. I really don't feel good. No one can help me. Everyone tells me I'm fine to like, we're here to help you no matter what it is. And I promise you like all of these things work and like, I would never put my name or Remedy's name next to it if I didn't know without a doubt in my mind, had a significant impact on people that are coming in. Because people lost hope with our health care system and trust and like, I wanna rebuild that and I wanna show people like, you know, there's so many things that will, you'll connect with and that you can feel a part of and uh and it's really just restore hope, right? And make them feel better.

JVN: Jonathan—and then before our rapid-fire, we're almost done—is there now, like, you could totally say like, alcohol or like meth; like what's the one thing you should not do if you wanna stay cute? Um but it could also be something like, interesting, like, stop not getting at least seven hours. Like, is there like, is there like one thing that, like, you just do not do as like a health fucking doctor expert?

DR. JONATHAN LEARY: Yeah, don't compromise sleep and then don't do anything that compromises sleep. And I think the biggest disruptor of sleep is usually alcohol.

JVN: And meth and cocaine and Adderall.

DR. JONATHAN LEARY: Yeah.

JVN: Really any uppers.

DR. JONATHAN LEARY: Yeah. Let's, let's just not do it, you know?

JVN: Do you drink coffee?

DR. JONATHAN LEARY: Coffee is fine, you know, I think...

JVN: But only in the morning.

DR. JONATHAN LEARY: And early in the day.

JVN: When's your cut off?

DR. JONATHAN LEARY: I don't, I'm not a big coffee drinker but I, I occasionally have a couple times a week but like, if I have coffee after like, one or two, I won't sleep as good. So, like, I just try to have if I'm gonna have it or have a coffee meeting, it's, it's earlier in the day.

JVN: Ok.

DR. JONATHAN LEARY: And then hydration. That's the other one. Like alcohol also depletes, like it's a diuretic, right. If people were...most of people's health problems: headaches, gastrointestinal, sleep problems; they're just running on fumes because they're so dehydrated. So it's just like, drink enough water.

JVN: Hm. Ok. You ready for our rapid fire.

DR. JONATHAN LEARY: Yeah, ready.

JVN: Ok. Um, Doctor Leary, what's your budget beauty recommendation

DR. JONATHAN LEARY: Cold showers?

JVN: Is there a product you never leave home without?

DR. JONATHAN LEARY: No.

JVN: What about your little Fitbit thing on your little, your little wearable, your little bracelet for your fucking steps?

DR. JONATHAN LEARY: That's fair. That's fair. My my Whoop, I actually am obsessed with it and it's just a nice way to understand my body at all times.

JVN: Um this or that: cold plunge or hot sauna? Forever.

DR. JONATHAN LEARY: Cold plunge.

JVN: Massage or facial?

DR. JONATHAN LEARY: Massage

JVN: New York or L.A.?

DR. JONATHAN LEARY: New York

JVN: London or Paris? There's only one right answer here.

DR. JONATHAN LEARY: London

JVN: Yeah, thank you. Sound bath or salt bath?

DR. JONATHAN LEARY: Salt bath

JVN: Staycation or vacation?

DR. JONATHAN LEARY: Vacation

JVN: Wow. Ok. Um ok. Ok. Um Jonathan, Doctor Leary, what's on the horizon for you? Where can we follow along? Where are you the most active? Where can we stay all up with your uh up with Remedy Place and all of your things?

DR. JONATHAN LEARY: Yeah, I would say Instagram, you know, @remedy place or @Doctor Jonathan Leary. We're both, using both now really to launch this free media platform. So like we're here to add value, not just like show us like the things in life. It's really about like leaning on us to help make you feel better. And that's really the focus moving forward and you'll start seeing us pop up new clubs everywhere and get into new like business verticals. But I'm most excited about this educational platform.

JVN: Um well, we can't wait to follow along. Jonathan Leary, thank you so much for coming and teaching us about health things.

DR. JONATHAN LEARY: Thank you for having me.

JVN: Ah! You've been listening to Pretty Curious with me, Jonathan Van Ness. You can learn more about this week's guest and the episode description of whatever you're listening to the show on and follow us on Instagram @curiouswithjvn. Come on, Curious Universe! Still can't get enough? Subscribe to Extra Curious on Apple podcasts for commercial free listening and our subscription only show, Ask JVN, where 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, Julia Melfi and Allison Weiss with production support from Julie Carrillo, Anne Curry and Chad Hall.