

## Pretty Curious with Jonathan Van Ness & Dr. Sandra Lee

JVN: Hey, Curious People. Welcome to Pretty Curious, our podcast on all things beauty. I'm Jonathan Van Ness! This week we're talking to a beauty icon. I think I know that we say that a lot, but it's not my fault that we get consistently iconic guests. Sorry, not sorry.

But first, it's time to get ready with me. You guys, I literally bamboozled the Sephora sale out. Um I actually pulled like every string I know couldn't do it. Uh I, we literally just had to like go to all the Sephora to find the Charlotte Tilbury Beautyverse Palette. If you look on my Instagram from uh like last week I posted it. It's really pretty. That was one look that I did with it. I mixed it with um Danessa Myricks groundworks for my eyeliner. I did like the like the black like pomade eyeliner. And then I did the Charlotte beauty verse palette on my eyes, really pretty, loved it. Then I did another color combo of it that I didn't post because I was just like running out to get brunch and I just did like the other two colors that I hadn't used also really pretty, loving the texture. And I also feel like there are probably other palettes that are equally as gorgeous. So if you can't find it, it's like not the end of the world, but it is really beautiful and I'm happy I got it. So, yes.

We also have some listener questions, but before we get into these listener questions. Let me get some water. Our first listener question is, what product can I use for thinning and regrowth of hair? Ok. So it's a great question. Um One thing would be JVN Hair, Pre Wash Scalp Oil. It's going to help to promote hair growth. The rosemary and the turmeric come together to help make sure that, to make sure that your hair follicles are decongested and there's nothing that's like plugging the hair follicle preventing the hair from getting out. Then it uses neem oil and our hemi-squalene and bezabol all which is really, really good for the hair that you do have. It's going to give it strength and it's going to prevent it from breaking because if you have thinning hair, it's going to be a little more fragile and you want to make sure that the hair that you do have doesn't break. So something like a prewashed cop oil or a pre treatment uh is going to be really good like a scalp oiling treatment, it's going to be really good. But then there is like your topicals that are not pills, that's like your ro gains or like, you know, liquids that you would put on your scalp that are like stronger than, than like a JVN Hair, prewashed scalp oil. Um But you have to stay using them and then when you stop using them, you're gonna stop seeing the results. Then there's like pills like Propecia, which I've been on since I was like 19. It's been really effective in helping me to not lose hair. Then there's also like the red light like helmet things that are supposed to stimulate hair growth. But again, those are the type of things that you have to stay on it and keep on it. Um So thank you for that question.

And yes, our next question is how can I apply foundation that doesn't look patchy or cracked over peach fuzz. Most commonly, the makeup mistake is when the makeup isn't blending is that there's not enough skincare on or like moisturizer on before your makeup application. And that's why the application isn't seamless. So to me, it sounds like you might need to uh actually remove like shave your face so that it goes even.

So that's what I think. I hope that answered your question, Dr Pimple Popper, Sandra Lee, honey, Dr Sandra Lee, if you will. Uh actually you will because that's her name. We're talking with her about her practice skincare dermatology as a whole and how we can approach our skin more safely and more effectively. Dr Sandra. How are you?

DR. SANDRA LEE: I'm very well. Thank you. Thank you for inviting me. I'm so excited to meet you myself. This is amazing how come we've not met before? I can't believe it.

JVN: The world is full of injustices and why would it stop when it comes to us? Not having that yet? You know what I mean?

DR. SANDRA LEE: Yes.

JVN: So, well. So, Doctor Lee, what got you into dermatology? Are you pretty focused on removing shit from people's skin or are you like, I do some fillers. I do other stuff.

DR. SANDRA LEE: I'm mainly a surgical dermatologist. So, yes, that is probably why can be, I'm able to do a lot of these pimple popping in these surgeries. But I'm also a cosmetic dermatologist and I do cosmetic surgery too. Like I do liposuction. I train to do hair transplants and lower face face lifts and eye lifts and things like that and a lot of lasers and I do skin cancer surgery, but I do a lot of like the, we call them soft cosmetics, like the filler and Botox and things like that. But this is really taken over. So I think the direction naturally that my, my specialty or me within my specialty was going to go into sort of, kind of went little this way, you know, it didn't go in that straight line that I thought it was going to go in and be something else, you know. Um, just because of my, of the, all these, like, big cysts and lipoma surgeries. But it's all great. I mean, it's all part of the training or the things that I like to do because essentially I really like surgery. So, you know. Yeah. So you can see what's really cool about dermatology and I don't think people realize this is, they just think that we're all about acne and warts and, like Botox and filler and things and there's so much to it, there's so many, so there's people that just do pediatric cases that people that just do geriatric cases, there are people that just do like autoimmune conditions like lupus and you know, um there's people that just do inflammatory conditions like psoriasis and eczema, right?

JVN: So basically you went to school. So you went to med school, then you, then you after med school, you did a dermatology residency?

DR. SANDRA LEE: Right, right. So you go to medical school and then you, yeah, you decide what you want to do and you hopefully get up dermatology spot.

JVN: But then you were like, I want to do even another one and you're like, I want to do like, I want to do like dermatological, like surgery, like plastics and facelifts. So is that like a whole separate-?

DR. SANDRA LEE: Yea, it's like a fellowship. You do another, you do another year of training and, and you, you learn from, you know, you already have the basics, you already understand or it also depends on your residency and like the kind of training that you get. And I just think I was, I had really good surgery training in my residency, but I also really loved it. And so I think that was where I really absorbed everything. And then when I went, I did a, I did a fellowship in San Diego with a very famous laser surgeon. Uh and uh he, and so we also did, um that's where I learned how to do lipo and um uh all those other things there. Really? So, so it was, it was pretty cool. So that, that was really the experience that you get and you get to, you know, actually do this on patients yourself, you know, so that's where you get the hands on training.

JVN: Now, let's go, let's go home. Let's go to the what you like what you know, and then like our listeners. So, OK, if you're very satisfied by uh popping your own pimples, like how do

you do it without making it worse? Like how do you know when it's ready? Should we never do it at home? But what if we really wash our hands really good? And we watch so many videos and we feel like we feel like we know, you know?

DR. SANDRA LEE: I think that is the, that is like the tough thing about what I do. I mean, you know, I'm gonna follow the rules, all these other dermatologists are gonna say and say like you shouldn't pop your own pimples because I do think there are, there are people who are gonna do it who are gonna do it and they're gonna take it too far, you know? And then that's gonna have caused problems with bleeding infection, scarring things like that, terrible things can happen. Just like anything, you gotta do things in moderation, you know. And I feel like, uh I'm concerned about that because I just don't wanna, I don't wanna advise people to have free rein over their pimples. But if you have a simple pimple, like I have like right now in my nose that I can't wait for it to come to a head so I can get at it because I can't stand it right now, you know. You know, like I get it like you should be able to do those things at home, but you, you should be able to do them responsibly and know sort of when to, when is the right moment. It's not like if you just have a pit bull, you should just try to squeeze away because a lot of times that can make it worse. Right.

JVN: Yeah. And like, definitely, like never break out a scalpel or like start like cutting your own shit at home, but like a little head on like very clean ass hands like you'll probably be.

DR. SANDRA LEE I mean that's the thing I think people have to realize like the pimples like a life cycle of a pimple. You know, the best time to get at it and extract it and get all that puss out is really when it has come to a head, you know what's on the surface of the skin. Because, you know, when a pimple first starts, you feel it more than you see it. You know, it's coming and then it gets red and it gets painful. Um, it hurts much more at that point because there's a lot of pressure, there's a lot of swelling in it. So that pressure causes that pain and that discomfort. But when it starts to become a pustule or what people call whitehead, but it's a pustule because it's the, it's like your body is, is actually trying to get rid of this, this stuff. It's like trying to push it out. So it pushes out close to the surface of the skin. And at that point, it's almost like it's not even that painful to like nick, it really delicately and cleanly and then squeeze out that pus just help it out. And that's like the best, that's the best time to do it. And the reason is, is because it's really superficial and it's going to come out anyways. If you kind of push at it when it's still red, you're just going to make it bigger and more inflamed. And also you, you're not going to get all that puss out and that's what you're trying to do at the very end. Does that? You know what I mean?

JVN: What about, um, what about those bio strips or just like when people extract those little snakes out of the nose? What are those little things?

DR. SANDRA LEE: Well, there's two, well, you can get blackheads and whiteheads in the nose, but you can also get those sebaceous filaments that kind of look like little fibers or hairs. And that's really part of our, it's like a part of our pore because our pores have hair follicles in them. And it's kind of like the hair follicle helps oil to kind of come to the surface of the skin. It's a very fine hair follicle, it's like a vellus hair. And so what you'll see are these little kind of like these little, almost like shoots of grass, right? When you pull off those borri strips and a lot of that, some of them are blackheads and some of them are those sebaceous filaments. It just depends on what you have there. But these are all natural. I mean, pores are normal. We can't get rid of pores and it's really a, it's like a bold faced lie that, that people will say, oh, this laser or this procedure is gonna shrink your pores. Nothing

can really shrink your pores permanently. It can maybe make them look less apparent but your pores are your pores, you're gonna have them.

JVN: So you got your pimples, you got your whiteheads, your blackheads your sebaceous filaments. What other, like, what are the other, like, if it were an Olympic podium? Actually? No, let's say top five because, you know, 4th and 5th place worked really hard to make the Olympics too. Like, what are like the top five most, like, like they're not like, what are like the top five, like things that you see that are like, we, like, like, I had my little ball in my back like that little white nasty thing that they kind of weird things like the top five most, like common things that you see that are like, kind of like that. The person's probably like, I'm really scared but then you're like, oh, I see this like, kind of commonly.

DR. SANDRA LEE: Yes. Yes, I see them a ton now because because of me being Dr p papa, I mean, in the past that I see a lot of them. Not so much, um, Seattle Systema are really cool. We call them Seattle Tacoma just for sure because, but they're like, they're actually oil in your, they're the true oil cyst or sebaceous cysts. What people call and, and it's like butter under your skin when it comes out, it's like beautiful, like, like, it's like just, uh, it's just like melted butter.

JVN: Seattle Tacoma or Seattle Cysto

DR. SANDRA LEE: aWhat is really cool? Are these V I should send you a video of it. These vellus hair cysts where you actually take out these cysts that look like little baby bird seed on a person's back or their chest. And if you look at them under the microscope, they're like little pieces of bird seed that have all these hairs wrapped in them, like the vellus hairs which are like the fine hairs that you might derm plane off your face, you know, or, you know, what, what is that? It's called the shaving. And then, um, it's like they're all wound in there. That is also really cool. Um Of course, a dilated pour winer which is like a giant blackhead. You know, the ones that look like that. Yes, those are amazing blur.

JVN: What's the, what's another one?

DR. SANDRA LEE: Um The, well, those pillar cysts that you see on the head that grow out like that, those are fun to pop out because they're like the consistency of olive. So they have like a thick wall. So if you just kind of make an opening just right and you squeeze it, it'll usually like kind of loop out like whole, like, like almost like an olive or garbanzo bean that's been stuck under the skin. So those are particularly satisfying. Um And uh I mean, the number one thing are like blackheads really because like blackheads are like snowflakes, there's never one the same. You don't really know what to expect. Sometimes they can come out really long, sometimes they can come out like, um, like balay, I want to say like, like different colors you know, and things like that. So they're, they're pretty cool.

JVN: So, black heads. I know.

DR. SANDRA LEE: I'm sick. No. Yes.

JVN: When it comes to like skin care preservation. What's like something? What's one thing that people could add or change in their routine to make a, like to make the biggest difference? Do you

DR. SANDRA LEE: feel? I will tell you for me. Uh I'm, I, I, you know, obviously I know I know a lot about skin care. I, I this is my world dermatology. We're like, know about skin. We, we

love, we know everything, we learn everything about the skin, the hair and the nails, but I'm not super into trying new products and things like that. I do pretty minimal on my face, you know, mainly sunscreen and things like that. But what I actually, I kind of made a commitment. I would go to sleep all the time with my, my, with my makeup on and stuff like that and not fully wash my face. And it's really only in the last few years that I've really been good about washing my face at night and making sure my face is clean and it's made a huge difference in my life. I feel like I just feel like my skin has looked so much better. I think the makeup kind of scratches your face or really makes you look a lot tired, more tired and just, just dirtier and things like that. And I know that sounds like a lame thing to hear from a dermatologist actually. But I didn't, I wasn't that committed to doing that. I think I was like, I was like, you know, I'm Asian and I'm ok, I'm going to be ok for a while and then I turned 50 I was like, oh, shit, you know, like, I got to start really taking, doing something to take care of my skin and I think, um, just things like that just trying to like be nice to your skin. Don't be so rough to it as we get older, like don't rub your face. I I really am conscious about rubbing my skin or rubbing my eyes because I know that that kind of thing causes trauma to your skin and actually makes you look older. You have increased skin lines from that. You know, if you have like a little rash, especially around your eyes. If you rub your eyes, you look so tired and older the next day. So there's a lot of little things that I try to do now just keep my hands off my face and things like that because yeah, I realize it's time now like I got, I got to take better care of

JVN: myself hands off face. That's such a fucking big one. So what about like makeup brushes? Do we do? You need to make sure that our makeup brushes are super fucking clean? Like what about like disinfecting our shit that we put on our

DR. SANDRA LEE: face. I think we definitely need to disinfect them. We need to clean these things just like you would your pillowcase. Really? Right. Or your skin because these are the things that are touching your

JVN: face. How often do you do your pillowcase?

DR. SANDRA LEE: How often do I do my pillowcase? I switch it out like every few days but, and I really like a silk pillowcase.

JVN: We do, we do, we do in our house. That's what we do too. It's like better for our hair. It's at our birth skin. I think it wrinkles me less

DR. SANDRA LEE: and it's so cool to helps you. It just feels really nice.

JVN: So it does feel nice. It was like an adjustment and also like I slobber sometimes and so that's weird but um but it's still fine but I do prefer it. Um What about uh acne wounds scars? How do we address? I mean, obviously those are two very different things. Um But I I think specifically with acne scarring, like if you have like just long term like scars to your face,

DR. SANDRA LEE: the point I wanna make here is to really if you have acne um and your acne is moderate to severe, really look into getting that treated because you don't wanna have acne scars. I see people every day that come in. Um and they bring their kids in because their kid has maybe a couple pimples and it's not even a big deal but you see the reason that they brought him in is because they have acne scars because, you know, like you can see that they, that it has affected them so greatly in their life that like, you know, it's sort of like when somebody loses a lot of weight and they say, like I look in the mirror

sometimes and I, I can't stop seeing that person that I was like, they still see themselves as, as overweight. It's like that with acne acne scars, people look in the mirror and they, it's just reminds them of their acne and the way they felt during that time and it's like you can't get away from that image. It reminds you that all the time and it could be really devastating for people to have acne scars and it's very, it's just very frustrating and it's very expensive and can take a long process to really improve your skin. Um

JVN: Have you seen like, what do you think is the most successful? Um or like, have you seen anything that you think works better than other things?

DR. SANDRA LEE: Yeah, I think laser for like certain types of scars. I think laser resurfacing works well. Like Co2 Laser, I think there's a phenol peel which is like a really deep peel that can work well. But a lot of the things that you're seeing too and they look great after you'll see somebody that had some really aggressive treatment and they look so great after. But a lot of that is going to s uh, some of, at least some of it is gonna go away over time because a lot of that has to do with the swelling right afterwards too because you're a little swollen. So everything looks better. You know, everything's kind of a little bit more plump, like you've like, you have an allergic reaction or something, you know, all of a sudden your lips look great or your cheeks look great because you have no wrinkles, but a lot of that is going to subside over time. So, you know, it's, it's, it's more than just a single process for a lot of things. There's filler that can work, you know. So, you know, there's chemical peels, there's, um, there's lasers that treat them, but like I said, I think the Co2 laser is the best one for that sort of thing.

JVN: Tattoo removal. Like, is there any, like good lasers for like, really good tattoo removal? That only takes one?

DR. SANDRA LEE: No. Oh, no. Oh, well, it depends on the tattoo that you have really like, I mean, we've done like, people who have like, what we call traumatic tattoos where they fall on the asphalt and they get like, tattoo, like they get like lead or whatever, it's not really lead but, you know, like asphalt until there's, and you can zap it like once or twice and they're gone. But it, it, it, it depends on the type of tattoo, like if you have sort of an amateur tattoo, you know, where you were in prison and someone tattooed you, like, that's probably going to come out a lot easier than somebody than, than a full professional tattoo with multiple

JVN: colors. How many consults would you say if someone has like acne scarring or like if they're ready to like, take the plunge on fillers or uh, or they want to start to think about something like that. How many consultations are, like, different dermatologists would you recommend? Like, do you think just go to the first one you go to or like, if you go, you have a, you like, I don't know, that person's like, telling me, like, like, like how much do you shop around before you come in?

DR. SANDRA LEE: I know for me, I think a lot of the patients that see me, they, they like me or they say that they, they come to me because I tend to be more conservative with things. I don't try to get too aggressive. I'm certainly, I don't like Upsell people. In fact, I'd rather them not do anything at all than to do something and hate what they do. You know, like, I'm not the person that's trying to, like, get the money out of them and I think that they, they appreciate that and they understand that I'm not, I, I'd rather less is always more, you can always add more later.

JVN: I'm curious about a PHS.

DR. SANDRA LEE: Yes. Bluff. Platies aren't bad. They're pretty straightforward. I'm

JVN: curious about, I want one, I think on my upper eye.

DR. SANDRA LEE: Well, ok, I'll tell you one thing that's interesting that you might be interesting too. There's two reasons that people come in for their eyes that they feel like they're heavier. Of course, it's gravity that's causing it. But a lot of times people, some, there's sometimes that people think they need an eye lift, but they actually need a brow lift because there's two reasons, right? Some people have heavy brows and you'll, and that and so if they just remove this little extra skin on their eye, which is the buffer plasty, it's not going to help the heavy brows. So they need to do a brow lift

JVN: too. I have like, I just have like, I feel like I've really hooded ass eyes.

DR. SANDRA LEE: Well, so if you pinch your eyelid skin and you move up, you'll notice that when you pinch after a while it won't pinch so thin, start to pinch thicker. Like you can't grab the same thin amount of skin and that's your brow skin. So if you feel like that's part of the skin that you move, you don't want to remove that in an eye lift because then you're just really essentially sewing your brow to your eyelid like it's just going to pull your brow down more. So, so I don't mean to get too does that make sense to you. So there's two things sometimes I'm not saying that you don't need a, you, you couldn't do well with just an, with an eyelid because I can't see you. You're too far away from me. I can't, I gotta look more

JVN: like girl Sandra. Look how pretty this is. I, you guys hold on. I have to get in the, I gotta get up. This came well on.

DR. SANDRA LEE: Yes. Now by doing that. Yes. Yes. But you're doing this extra. Yes. You, you should take a Q tip and sort of roll it back like you're rolling that skin out of the way because if you're doing that sometimes like people will go like look how much better it looks like this and you're lifting your brows,

JVN: you're just doing it a little bit.

DR. SANDRA LEE: I think you look beautiful. You have beautiful eyes too. So,

JVN: you know, so you started your Instagram in 2015 and then your show started airing on TLC in

DR. SANDRA LEE: 20. I want to say 2017 or 18 or something like that.

JVN: What has been your favorite part about the show and, and what social media has brought to you? Like, what about your platform? Like, what's your favorite part about your platform and its intersection with Dermatology

DR. SANDRA LEE: when I first started the show and on social media being known as Dr Pimp Popper, I was actually pretty concerned and scared that I would get like ostracized by all dermatologists like, oh my God, what is she doing? She's making us look like an idiots, you know, that we just pipped up pop pimples and things like that. And, um, it, and they've really been so nice to embrace me and they're really proud of the show and how it's brought Dermato. It has shown dermatology in a, in a new light and so that has been wonderful about it. Uh, I also love, there's a lot of little kids who like to watch Dr Pimple Popper and they want to be future dermatologists or surgeons or physicians. And that is super special to me. I always take the time when because they come to my office like it's ridiculous. They're

going to a doctor's office on their birthday or something just to see me like that's amazing, you know, so I love that part of it.

JVN: Tell us about your skin care line because we've got to use a few things. We love it. Like what was like founding your skin care line? Like what, like what are your goals with it? What is like, who is it made for? What's your vibe? Well,

DR. SANDRA LEE: it's all about, it's all about democratizing dermatology, really trying to make dermatology products available to everybody. Because I think when I first started on social media and, and, you know, before TV, even I noticed that, you know, a lot of people were asking me about their own acne and a lot of people ask me about how to treat eczema or psoriasis or things like that or hydradenitis, you know, which is like, I don't know if you've heard of that? The HHS, which is a really common, which is a pretty common condition, but it's not talked about very much and, and, um, I feel like they're looking for answers but, and they've never seen a dermatologist. They may not have the time or the money or the ability to see a dermatologist. And so they feel like they feel out of control, right? They feel like they can't find an answer. So I was already providing the education with my, my videos. And so I was thinking, why don't I try to give people uh products or recommend products that I myself would recommend to my own patients in my office.

JVN: So it's like it is cosmetic, but it's also like more active ingredient like active salute. Like that makes a lot of sense.

DR. SANDRA LEE: Well, things that you can give without a prescription right up, up until you can get a prescription, which is when you need to see a dermatologist. But yeah, it's not. So it is all cosmetic based because really none of this threatens your life. But you want to make sure you look better and feel better and feel more confident so that you would say is sort of more the cosmetic side of it.

JVN: How do you feel about exfoliate?

DR. SANDRA LEE: I think exfoliant is great. I mean, I think it's particularly great in people who have some dry skin and also people who have brown spots and issues like that. Like I do. So I, I actually really like beta hydroxy acids like salicylic acid. If you have my, I think you might have my acne system. You should try the salicylic acid cleanser. I, I think that's great on all skin types, whether you have acne or not. And it's really because salicylic acid is really gentle on all skin types, whether you're oily or dry or you're dark, darker skinned or lighter skinned and it can help clear out your pores, but also help to lighten brown spots and things like that over time. So it's really the most easygoing kind of acid, you know. So I, I think it's

JVN: Doctor Lee, darling. Are you ready for our final segment or rapid fire round? Ok. Ok. Um What's your, what is your go to budget beauty recommendation? It's under 10 bucks.

DR. SANDRA LEE: Oh, like Vaseline Aquaphor, that kind of thing. Just great. Like you could use that anywhere.

JVN: What is, what is a product that you never leave home without?

DR. SANDRA LEE: My phone?

JVN: That's, that's good answer this one. It's a look. What is your most inspiring vintage or just like beauty muse? Like someone somewhere that you still think about?

DR. SANDRA LEE: Yeah, I mean, I love that. I don't even know what the name is of those times, but when you have that beautiful smooth the Greta Garbo or like the, what is, you know, that Old Hollywood? Yes. Like that kind of thing. I love, I love that time. I wish I could. I mean, has anyone ever said like Renaissance Times or something?

JVN: But, but, but Greta Garbo, that's the first time that someone I love that, like 19 th, like forties reference. That's great. I love that. So beautiful. Do you have like a Roman Empire movie that you think about like a lot? But you don't know why.

DR. SANDRA LEE: Um a Roman Empire movie that I think about. I know you gave me these and I thought, I thought, I thought, I thought of them but now when you get down to the spot, holy crap.

JVN: What's a movie you end up telling people about?

DR. SANDRA LEE: I like Almost Famous, Almost Famous people don't watch. Yeah, that people don't, don't really watch that much. I feel like um or these newer generations don't watch that much. Princess Bride, of course, is always a good one. I don't know. I Crazy Rich Asians makes me cry.

JVN: Those are three. You did so good. That's really good. That's really good. OK. This or that popping a pimple or extracting a cyst, extracting a cyst, extracting an ingrown hair or extracting a black head?

DR. SANDRA LEE: Ingrown hairs. I don't see very often. So they're always fun.

JVN: Pimple patches are benzoyl peroxide, cream?

DR. SANDRA LEE: Pimple patches. But both. Depends.

JVN: I like that. It's a non binary answer. I love it. Salicylic acid or benzoyl peroxide.

DR. SANDRA LEE Salicylic acid.

JVN Chemical or physical exfoliation

DR. SANDRA LEE: chemical

JVN: BH A or Bhabh A micro needling or chemical peels, chemical peel laser treatments or steam treatments,

DR. SANDRA LEE: Laser treatments. But again, it depends on what you're talking about.

JVN: Yes. Sheet mask or clay mask, sheet mask. Dr Sander Lee. Thank you so much for coming. I'm pretty curious. We're so grateful for your time. I had so much fun talking to you a meeting. I just love you so much. Thank you all. You're most active on Instagram and Tik Tok. Are those your top two that I choose the most?

DR. SANDRA LEE: Yes, but I, I want you to promise next time. I'm in Austin. Please let me know it's good dinner and I want you to teach me how to put on a wig like I would, I love to do like the real thing.

JVN: I've learned, I've learned how to get a really good wig application for Adira. I'm pretty curious, but also I can just show you how to blow out your hair and we can play with the, we'll play with all of that and I need to send you some JB N hair. Thank you so much for

coming. I appreciate you so much and actually give us your address and we'll, I'll send you some JB N hair. I'd love to send you stuff. I think you

DR. SANDRA LEE: thank you. And so I'm going to follow you so we can DM there.

JVN: Right. Yeah. Yeah, totally. And I think you'd love our prewashed scalp oil. I think you love our body shampoo. And I make, I make two really great heat protectants that I love. Like you just put on your hair wet before you blow dry. One's a little lighter. One's got a little bit more style memory to it. So, like it, like when you, like, curl your hair to, like, help the curl like last longer but not in a gel way. It's like a soft way.

DR. SANDRA LEE: I need all that too. I don't pay attention to that much stuff too. So you got to do that and you got to do the whole Greta Garbo.

JVN: I'll show you old Hollywood waves. Thank you so much for coming on. We appreciate you so much.

DR. SANDRA LEE: Thank you. Thank you so much.

JVN: 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 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 Alison Weiss with production support from Julie Carrillo, Anne Currie and Chad Hall.