

## Pretty Curious with Jonathan Van Ness & Liz Jung

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 one of my favorite hair colorists; I've been following her forever. Uh she's based in Los Angeles, Liz Jung. She's got tons of celebrity clients. She has an incredible story of who she assisted for, how she started doing hair. I love her. I'm fascinated by her and I just, we're going deep on the tips and tricks for coloring hair and what it takes to nail a blonde transformation and also what you as a client should expect um how you can navigate the salon world and really all the things that are happening in salons in Los Angeles right now. But first, it's time to get ready with me.

I feel like I've done a lot of a bougier suggestions on this part of the pod. And also guys now that Pretty Curious is every Monday—when I think when we first started Pretty Curious as we were figuring out our cadence—I was doing like skin care, hair care. Like I was doing every single like um category of, of product. I'm gonna pick one or two because it's weekly and we want to give you some something, uh, and give me something to look forward to. But, so this week for our product review, we're going high/low: Aveeno shaving cream. You guys, I've been using Aveeno shaving cream exclusively for, I'm gonna say 13, no, like, since I was like 20. So I would say like 17 years; like a long time. I love it. I have really bad psoriasis. Things that are fragranced really with um like fragrant shaving cream just really does not agree with my face and Aveeno just does it for me. I love it. I love them. I've used them for 10 million years. I love the light blue cap one. I love the dark blue cap one. If you have sensitive skin, Aveeno shave cream is for you and also one other tip, I will just say really quickly for uh anyone who shaves: um let the shaving cream sit on your skin for like a minute, like 45 seconds to a minute, will actually work its way under your hair and like lift the hair up. So you get a closer shave and it lessens the chance that you're gonna get an ingrown hair. So whether you're shaving your face, your legs, whatever, it's a good tip. All right, let's get into some beauty news.

We knew that Beyoncé was launching her hair care line. She made it official. She told us the name: it is Cécred. Um hair is sacred. The journey begins February 20th. This is the depths to with which I know that I am like a healed person. I, and like the, I'm excited. I own a hair care company and I'm so excited for Beyoncé's. I, I am so excited like I am, I'm giving like rising tide lifts all ships. I feel like it is...I, I am so excited for Beyoncé. I'm so excited for these products. I just think there's enough room for everyone to succeed. And I'm so excited to see how she approaches her hair care business. I'm a huge fan of hers. I know it's gonna be amazing. I love Tina Knowles. Um She's actually been like on my top three Getting Curious list for like six years. Um If anyone knows Tina Knowles, we love you Tina Knowles. Um but I just, I am just really excited for Beyoncé and I'm excited that more people are creating innovative formulas to bring to consumers. I think consumers are more knowledgeable than ever. Um and I'm so grateful for the, the community of folks who, who support JVN Hair, who have shown up for JB and hair and who continue to show up for JVN Hair. And I just, I love the hair care community. We are a fun community. I love talking about hair care and I cannot wait to see what Beyoncé comes up with. Also in beauty news, an hot takes, it was a little bit. I think it, the Grammys was like last week now. So we had the Grammys. But can we talk about Miley's hair? I love that she went for a fully '80s silhouette and modernized it on 2024. I thought that that was such a risk. I thought she looked incredible. Um I just thought Miley's look was just one for the ages and just such a rock star. So cool. Um also Celine; so good to see Celine. She looked stunning. Also, Heather

McMahan, her red carpet live from E, her red carpet look: so hot. Like come on Heather...yes!

We have some listener questions on this episode which I think is really fun too. Skin care: this question asks where to start for a basic skin care routine. It's intimidating. I would say there's, there's three products that you've got to have: a great cleanser, to wash your face at night, at the end of the day and in the morning. Um I would say a great moisturizer uh to sleep in, because we need to have a great moisturizer to sleep in. And I would say a great light SPF. Um I think your SPF should be at least SPF like 30 to 50 for your daily, um quick absorbing. I don't want it to feel like you've got a lot of, you know, heaviness on your skin. I love the shade drops by Summer Fridays for um sunscreen. Um, but there's a lot of other ones that I really like too. Um, but I think morning time it's about washing your face, putting on your sunscreen; then at night time, washing your face, putting on your moisturizer. Um, if it's like a day when you're just, like, absolutely not leaving the house and you're like, I'm not even sitting by a window, like, I'm not going outside or it's like pouring down rain outside all day, like I don't need to wear sunscreen. Um and it's just like full cloud cover, then you could cleanse moisturizer in the morning and then wash at night, moisturize. So it's like the most basic that you could do.

Our next question is: does anything make your hair grow faster or thicker? So much of hair growing faster or thicker is about taking care of the hair that you have, so as to say that you're not breaking it off. A lot of people who are asking that question about wanting to grow their hair faster and thicker have naturally finer hair. If your hair is naturally finer, it's going to be more prone to breakage. Um it's gonna be more prone to split ends and ends that just kind of give up on you. So one important thing is is to sleep with your hair gently tied up, not in a snatched slick pony, like not with a lot of tension on the hairline, but you want to gather your hair in a loose, loose top bun, um or top knot. If your hair is really curly, it's, we call it the pineapple. Um but you want to do a silk scrunchy, what's best is to do silk scrunchy and then a silk bonnet with silk pillowcase. That is going to create the least potential for rubbing friction, um or breakage or uh any sort of like tension or like heat kind of friction breakage that happens from sleeping with your hair down. So that's a huge thing. Also, a pre-poo treatment is going to help the hair grow uh or encourages good hair growth. So like the Pre-Wash Scalp Oil by JVN, for instance. We use neem oil in there. We have um rosemary extract in there. Rosemary has been shown to increase blood flow which supports good hair growth. It also has turmeric in it which supports um better circulation, more robust hair growth. Um and there's also things that are topical like, you know, like your Hims or like your Propecia. Um I've been on Propecia for a really long time—not to give medical advice, you should always talk to your doctor about it—but there are some medicines and like your Rogaines. Again, it's important with doctors because like women like have a different thing that they're supposed to like not touch like finasteride, which is Propecia, just ask your doctor. But there are some medicines and some topical things and then there's more of like, you know, like a pre-wash scalp oil like what JVN Hair makes um or like some scalp essences that other company makes, which will help support robust hair growth. Um also, there's like the red light therapy things like those little like things you can put on your head. Um but all of those you have to use consistently and you got to use them for at least three months to see the difference. But I think sleeping with your hair up, silk pillowcase, silk scrunchy is a really good place to start. And also heat protectant is another really good place to start because if you're not using heat protectant and you're heat styling your hair, and also even just sleeping with your hair down and not using heat protectant, just a lot of like

disintegration of your ends, just kind of makes it just fuzzes up your end. So you wanna like buffer your ends.

Um okay, last question. But seriously, where does the bronzer go? In cheek hollows, apples, hairline, brow, lid...where? It's a really good question and it come and it brings up for me our episode with Trace Lysette and even uh our Pretty Curious episode with Trace and even our pretty curious episode with Senoj or Gigi Goode; bronzer can go in every single place where this person asked. It could go on your apples, it could go on your hairline, it could go on your brow bone, it could go on your eyelid, it could go on your below your cheeks, it could go on your neck. It, it really depends, it can go on your nose. It really depends on your facial shape and what you're trying to accomplish. So with contouring, dark colors are going to make the thing, the thing that you're putting a darker color on is going to make it more kind of go away or recede and an open and a light color is going to open it or make it seem bigger. So dark, makes it seem a little smaller, light makes it seem bigger. So that's why if you ever see people contouring their nose and they want to contour their nose to be smaller, they're gonna put the, the darker color on like the sides of their nose to make the side seem smaller and they put the light color along the bridge of the nose and on like the tip of the nose to try to make that part seem like skinnier and like more like a button nose. Or that's like why people will try to like they'll put darker color like on their neck or, or like underneath their jaw to try to like make the underneath, like your kind of like double chin area or like your neck area, like seems smaller or like more pushed back, pushed up. Um so that's the theory around contour. So it really depends on your facial shape and what you're trying to do. I would say typically you wouldn't put bronzer on the apples of your cheeks unless that's like all you had. And you were just doing like a quick bronze look and you just threw some on your cheeks and like just to give yourself a little like sun tan vibe and you were just doing like, not very much product then you could. But you typically you would put like a little blush on the apples of your cheek and then bronzer lives like below that. But again, it depends on your facial shape and what you're trying to accomplish. Um and I think if you are someone who's curious about contouring and you want to get into it more then practice before you have like a big event. Like don't or don't practice right before you have a big event. Like do it a couple days before that because you're, you know, we're always learning. So that was fun. Are we loving listener questions on Pretty Curious? Let us know. Uh but now it's time to get to our conversation with Liz Jung. Liz Jung is L.A.'s go-to colorist for blonde transformations. She was mentored by the one and only one of the most sought after hair colorists in the industry: Tracey Cunningham. Liz works at Mare Salon in West Hollywood which serves celebrity clients like Emma Stone, Natalie Portman. She has a celebrity clientele of her own, uh Liz's major. She's worked with so many people. I'm so excited that she took the time to come on Pretty Curious with us today. So let's get to our convo! Liz, thank you so much for coming on. I love your work so much.

LIZ JUNG: First of all, I want to say I am such a fan and I just binge watched Queer Eye eight season, you know, Nola. Like every time you inspire me and I like crying, crying.

JVN: Did you like the hair?

LIZ JUNG: Yes, I loved it. Especially the nun. The nun, with the curls.

JVN: Oh my God girl, can I tell you: they cut it out of there so you can't see. But I balayaged her hair and then I um and the whole time I was balayaging it, I was like, I hope because like I wanted her hair to like, I wanted to give it more fullness. Um and I really was fighting with

myself because I was like, is this the time or should I just do like a semi, like like a semi like light brown all over to thicken it up. But then I was like, you know what, I do want to do some dimension, but I don't want to create an obviously highlighted look. So I just did like some like a really minimal partial. Um and then I toned it all over with like, I think I did seven on her root and then like an eight GB and eight N mix together on like everything else.

LIZ JUNG: Love that! It looked so natural.

JVN: So just kind of similar. But yeah, I wanted it to be like tone on tone, like not too obvious, but I wanted that like texture.

LIZ JUNG: I loved her hair!

JVN: Oh my god, thank you! Well, you can leave now and then I um so OK, so yeah, so Liz, will you just tell us like before we jump in I mean, we, I did, I, I talked a little bit about you uh before you came in here just to tell everyone but you've been working in L.A.; just tell us about like your career, how you got started. Um who you like who you have gotten to work on and witness and see like because you're just, you have, you have such an incredible story to your, the beginning of your career. I just want people to know.

LIZ JUNG: I've—you know—ever since I was little, my mom would have me come into her bathroom and she was like, "OK, you're gonna do my gray touch up and you're gonna do my perm twice a year." You know, like the Korean mom perm? So like I was her hair stylist because you know, she couldn't afford it back then. So yea.

JVN: And you guys, were you like in L.A.?

LIZ JUNG: Yeah, we were in L.A.. I grew up in L.A., you know, immigrated here when I was eight, you know so.

JVN: So you're just like in L.A. baby Liz, your mom's like get in here you're doing my roots, you doing my perms. And then you were just like, kind of like, oh, I kind of like doing this. I kind of like hair.

LIZ JUNG: Yeah. I became obsessed with hair and all hair products. And my mom was like, "Ok, you could stop now." But, you know, it just kept growing and my love for it just just didn't end. And I became like, everybody's hairstylist; like all my friends, my sister, you know, and people were like, you need to go to school. And then my parents were like, no, you're gonna go get a Bachelor's, you know, degree first. So I did get a late start and worked at a law firm and then I went to UCSD and majored in, econ and like, um my dad, he got cancer and my mom got sick at the same time and I was like, you know what, I'm gonna quit and go help them and then work and you know what, I'm gonna go to beauty school just to try it out; doesn't hurt. And once I started and started working on, you know, those volunteers that come and pay \$2 for haircuts. Once I like started doing hair, um I fell in love. I was like, this is it.

JVN: So, so then you started doing hair and you've basically, when you finished hair school, you've worked in L.A. like that whole time?

LIZ JUNG: Yeah. And um I, my first job was Michael John and I wasn't feeling the clientele there because they were all like older Beverly Hills ladies. And I was like, I really want to learn hair color and nobody was like, really inspiring me there. And um I answered an ad um before there was Instagram, um and it was Tracey's best friend putting out an ad tile um

saying Neil George colorist looking for an assistant and it was a group interview at Le Pain on Larchmont.

JVN: Oh shit.

LIZ JUNG: Yeah! And I was like, "Oh my God, Tracey!" And she was like, "Who did your blowout?" I'm like, "I did it," and she was like, "Oh," and then she was like impressed and she said, "Can you work for me tomorrow?" And I was like, "Oh yes," and the rest is history.

JVN: That's incredible. So like, basically, if you guys don't understand Tracey Cunningham is like that fucking girl. She is that girl. Like in L.A.,

LIZ JUNG: She's the queen.

JVN: She is the queen. And I think too it's like, really there was like this trinity of color. So it was like Laurie Goddard, Megan and Tracey Cunningham, like those were the three that were like doing every mother fucking body like the like all the most...don't you think?

LIZ JUNG: Every celebrity! The first week that I started with Tracey, uh she had 35 clients and she was doing Matt Damon for the Liberace movie and I was like, oh my God, like that was iconic.

JVN: I mean, honey! I used to watch Jane Fonda and Raquel Welch, like, get their blow dries on because like, they just had their stylists were on the same row and they would get blow dries on like Thursdays and Fridays. So sometimes they would overlap and I would just be standing there like watching fucking Jane Fonda read a newspaper, getting her hair blown out next to Raquel Welch getting her and like, they'd be like, "Hey Jane," like it was like, and I remember thinking to myself, like, you will never see something like this again. Like it was just so cool and I got to see like, I more assisted for stylists, but I got to learn a lot with my eyes with color just from like seeing it. But so anyway, so you get to go to Mèche, you worked with Tracey and, and then, and then you were there for like years and then you, like, branched out. Because most apprenticeships, like they last like 2,3 years.

LIZ JUNG: I did 3.5 years with her and then I went on the floor for five...

JVN: That's a really long time.

LIZ JUNG: Oh yeah. She did not want to let me go.

JVN: And then you went on the floor for five at Mèche?

LIZ JUNG: Yeah. Yeah. I...

JVN: That's kind of rare to make it, like, all the way on the floor and then, like, hold down like, I mean, it really is hard to get on the floor at one of those types of salons because it's just like, it's hard!

LIZ JUNG: Yeah. Yeah. It was a lot

JVN: For you, what do you look for in a new client or what do you think that people who are looking for a new colorist, um, need to know before walking into a salon?

LIZ JUNG: So I think it like time because I don't think people realize, like, how much time they have to spend at a hair salon on the first visit. You know, like my usual clients, they already know their timing and they'll, you know, book themselves back to back, but you might

not want to do that if you don't know how long it's gonna take the first time. And also people need to bring photos. I can't emphasize this enough. Like they're gonna sit in my chair and be like, "I don't know, I don't know what my inspo is," and then you kind of waste time looking for Pinterest photos, you know?

JVN: When it comes to like a consultation, like, are you pro-consultation? Are you into a consultation?

LIZ JUNG: I'm 100% pro consultation. The more you know...

JVN: I want to make it clear, Liz, are you pro consultation like not getting a service? Like just coming in for a consultation?

LIZ JUNG: Yes. Yes. And it's, it's 100% free. I don't charge for them because I rather know the situation beforehand than getting like, you know, deer caught in the headlights, you know?

JVN: So before a new client goes to a salon, they need to know what their inspiration is. Um, know that it's going to take more time than what you probably think. Um and then I don't...prices like, I think it's important to talk about prices. What's like the price range in L.A. these days for like a base color?

LIZ JUNG: Uh I think anywhere from like, you know, 150 to 200 to 250 is standard now and, you know, everything is like heavily inflated. So they did, um hike up the prices of it.

JVN: Damn!! When I was in L.A., my base colors were only 80 to 120.

LIZ JUNG: Oh my God!

JVN: Damn. So base colors went up that much? Shit, I got to get back in the salon! 250 for a base color honey, that's pretty like honey, that's a bad girl. Honey, that mansion tax ain't looking so bad no more. Do I need to come back to L.A.? Like oh my God. Okay, so let's talk about like um like now: like what do people like, what are people kind of wanting now? What are you seeing in the salon more in like you know, January 2024 maybe now more than what we were like two years ago, five years, 10 years ago, like what's the vibe?

LIZ JUNG: You know what I think? Um I'm seeing a lot of red and people being more adventurous maybe because of like TikTok or you know, social media. But I'm seeing a lot of like trending words like cowboy copper or cinnamon cookie butter.

JVN: Everyone's wanting this fucking... And can I just tell you I've been doing Cowboy Copper since 2009

LIZ JUNG: Exactly!

JVN: Like that...but we all have.

LIZ JUNG: Yeah, but I think it's just people are like a little more open to being uh you know, redhead, you know. Like I just took a Korean client like burgundy red and she might have never thought of doing that.

JVN: I love. Ok, so we're a little more adventurous with color. Um Is there are people still talking about ombre? Are people still talking about balayage? What are people still talking about?

LIZ JUNG: You know, Hailey Bieber, was like a big trend and they still kind of want to look like her, you know, make it subtle like little baby balayages.

JVN: Just like a little brown bob?

LIZ JUNG: Yeah. Yeah. But then like, you know, maybe not her haircut because you know the talk on TikTok they talked about how everybody has a Lord Farquaad.

JVN: It's true because like, it's like not everyone's Hailey Bieber honey. And you gotta have that really swingy. You gotta have like really swingy straight hair like for that hair to look cute and like if you have curl in the hair, I mean, it's cute. You can have a cute curly bob but it's not that; it's not that type of carefree like Hailey Bieber vibe that you're going for. It just gives more like Brooklyn. Is there any like um trending techniques that people are really into right now?

LIZ JUNG: Honestly, I, you know, clients don't know, these like trending words, like what it really means, like balayage. So I'll be like, yeah, I mean, I will totally balayage you like on the ends, on the hairline, but I'm gonna keep your hair safe and you know, like from prevent it from breaking. So I would use the foils and give you exactly what you want with the placement. So I try to like, you know, talk them out of like doing something they probably regret later.

JVN: Balayage just means like hand painted just like means you're painting it on like you're not really using a foil to isolate it. But then I would always say like foliage like you can kind of place it like balayage but you just use foil like sandwich it around there if you wanted to.

LIZ JUNG: Yeah, it's the same thing.

JVN: Exactly. So it's just like kind of like depends on like how you feel like comfortable, like what you feel is like best. Um so you are that go to girl in L.A. for blonde transformations. Um so if someone's listening to this and they're just like thinking about going blonde. Uh do you like it when people, are you more of a fan of like gradual lightning? Are you like no girl, we got eight hours. You're like as dark as you are, JVN, but you wanna be like Reneé Rapp, let's fucking do it. Or do you like to do it like over time?

LIZ JUNG: You know what? Uh in the past when I was first starting out. I was so excited. I'm like, let's do it, let's stay here for 12 hours, like 14 hours. And I've like, gone home at 1 a.m, JVN, and I was just like, I can't live like this anymore. Like, and I'm 40 now, so I'm like, ok, I'm tired. I gotta go home. And also I think, you know, Tracey always said, like bleach is not a conditioning treatment and you want to really, really be blonde today and they want to have zero damage. So those are like pretty unrealistic.

JVN: They don't go together.

LIZ JUNG: Yeah, they're, yeah, you can't have best of both worlds. So I say even I saw like clients in her chair, the celebrities, you know, you'll stop at a certain moment and say, okay, we're going to put your hair in a treatment and then come back the next day. Or you could tell your client like come back two days later after your hair recovered a little bit.

JVN: Do you have anything for like going blonde; like don't wash your hair so much the week of the appointment or like make sure you're, you're switching to like a more strengthening conditioner or something like that?

LIZ JUNG: Yeah, I always have them like, for example, I had a client, she was like, my hair is broken. You know, I went to Japan, they put black all over my hair. So I had to like do a color correction. Um but prior to that, I was like, OK, we should wait like three months because it was in really bad shape. So I would tell her like use Nutrafol or hair vitamins of your choice, you know, use Epres. I'm obsessed with Epres treatments right now and it's like a new bonding treatment. Uh the chemist, the second chemist of Olaplex uh created it. And then um and also like use Milbon which are like these Japanese shampoo

JVN: I love Milbon!

LIZ JUNG: Oh my God the best. So I have them take all that home and they do notice a difference and they do see their hair growing and it's better. So after three months, I took her closest to what she was looking for and it was so much better than her rushing me and having me do it three months ago, you know.

JVN: This is a stylist and client question if you are um if, if a client wants something that you just know like their hair can't take like it's either just like and just so y'all know like a test strand is when you like isolate a little piece of hair in the back of the head and you put bleach on it and you put it in a foil and you just like see how it lifts so that you can get an idea of like, can this whole head of hair tolerate a lightening service? And and or if like does it lighten in like really banded, crazy ways like, are you gonna have to like put like one level of developer on like the ends but then a different one on like this little middle band and then like a lighter one on the top? Like, how intense of a process is this gonna be like, is it possible? That's like what a test strand is. So it's like if you're a stylist who needs to say to or if you're a colorist who needs say the client, like we either need to test strand this or it's just not possible or if you're a client getting that news, how, how do you approach both of those?

LIZ JUNG: Um yeah, so I will always tell them like, "Hey, listen, um I'm kind of worried about how your hair is gonna turn out and you did tell me the history, but let's just, you know, test strand the back of your hair." And um you know, and if it goes well, then we could do it right away or, and if it doesn't, we have to either do a color correction and remove all those um permanent colors in her hair. Um or um we just have to wait, we just have to wait it out.

JVN: Liz do you do those like color removers and then can you bleach that day?

LIZ JUNG: Yeah. Um I did have a client who had like a maroon hair color and she was like a lighter like level 6,7 Armenian chick and you know, I've done her before and she does her own hair sometimes and I'm like, oh my God. And, um, and I did a color remover and, um, applied Rusk Elim8, which is like the safest one. Like, that's what Tracey uses for like Emma Stone's, you know, red to blonde and brown transformations. And it's like the safest. So I really love it. It just smells kind of like sulfur eggy, but I like to like apply it outside to be considerate of my, you know, coworkers. Um and but you do have to put them under the heat so it is gonna still stink up the salon. But um yeah, so I'll do that twice and then rinse it out, put clarifying shampoo and then I'll do um Malibu Crystals to get the minerals out. Because just because you're putting the hair color removal doesn't mean I'll take the minerals out. So you have to do both and it's just kind of like time consuming and arduous, but this is what they're asking for and there are no shortcuts to hair color.

JVN: Um Liz I've had like the most fun time in my life. Are you ready for our final segment? It's a rapid fire round and it really brings up the caboose in a fun way. Are you ready?



LIZ JUNG: Yes!

JVN: Ok, rapid fire. What's your go to budget beauty recommendation?

LIZ JUNG: Um I think Batiste dry shampoo, I love it. It's like \$3.99. Yeah, but it like really soaks up the oil. I love it.

JVN: That's a really fucking good one. What's your biggest splurge recommendation beauty or otherwise?

LIZ JUNG: Um gosh, like a good eye cream? Ummm yeah.

JVN: What's your favorite eye cream?

LIZ JUNG: Um okay, right now I am using this Korean brand called Rejuran and it's salmon...

JVN: Oh my God. Write it down. Send it to me. You guys write it down.

LIZ JUNG: Salmon, salmon sperm inside. It's their new technology and I got um injected into my skin in Korea. I'm obsessed. It like gives you a glow.

JVN: I hope it's not the salmon that the whales need to eat that we learn about with Professor Giles. But if it like looks, but if your eyes are looking this good girl, like we'll deal with it. Ok. Um OK. Ok. Uh a product that you never leave home without?

LIZ JUNG: Um I think chapstick and my Korean lip tint.

JVN: What's your favorite '90s beauty memory?

LIZ JUNG: Um Cindy Crawford with her big blowout.

JVN: Fuck yes. What are your top three or one or two or three Roman Empire movies? Like what are three movies that you just think about on a weekly basis and you don't know why?

LIZ JUNG: Um okay, so Parasite is one. Shortcomings; my client Ally Maki is in it and it's coming out on Netflix tomorrow and Poor Things with Emma!

JVN: Meh or major: milk chocolate color.

LIZ JUNG: Uh major

JVN: Baby balayage

LIZ JUNG: Major for me.

JVN: Uh Midnight black.

LIZ JUNG: Meh

JVN: Yeah, I never want to see it again. Chunky highlights,

LIZ JUNG: Meh. But Gen Z's might want chunky highlights.

JVN: Copper color.

LIZ JUNG: Major

JVN: Kylie's pink color.

LIZ JUNG: You know what I was so into it, so major.

JVN: Scandinavian hairline.

LIZ JUNG: Major

JVN: Liz, what's on the horizon for you? And where can people follow you? Where are you the most active on social? They're just like, oh my God. I love Liz. Where can I follow her?

LIZ JUNG: Um um You could follow me on Instagram. I'm not that active on TikTok but I have it. It's Lizzie Jung um I'm working on something that I can't reveal just yet. But yeah, stay tuned.

JVN: So follow because your Instagram handle we'll include on the episode of description, whatever anyone's listening on. Um and you might have to wait like 6 to 18 months to get on her list. But if you want to get on her client list, girl, she's taking them up in L.A. girl, but you just might have to wait really long. But that's ok because she's very sought after I can't even believe that we got on your schedule for this podcast.

LIZ JUNG: Thank you for having me.

JVN: Oh my God, Liz. Did I have the most fun I've ever had? Yes. Oh my God,

LIZ JUNG: I had the best time with you. Thank you so much for having me.

JVN: Thank you for coming on Pretty Curious, Liz.

LIZ JUNG: Thank you.

JVN: Oh my God, that was really fun. 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.