

Pretty Curious with Jonathan Van Ness & Nayamka Roberts-Smith

JVN Hey curious people. Welcome to Pretty Curious, our podcast on all things beauty. I'm Jonathan Van Ness. I hope your weekend was gorgeous and this is what we're doing this week. We're talking to an institution who I am obsessed with and skincare expert Naonka Roberts Smith. We're talking all about what treatments we should be getting to take our skincare to the next level. But first, it's time for our Get Ready With Me segment.

You guys. I know that tracking like Javon Universe has been busy, these last few months, but I have some important news that I don't think I shared with you. After our episode with Doctor Beech, I decided that I wanted to try Dysport. I hadn't tried it before, so I went to my local dermatologist. That helps him with my Psori-ri, who I love. When I went to see Doctor Shabaz for my, latest Psori-ri. Injection. I was like, oh, my God. I talked to Doctor Beech. I think I want to try dysport. So he did it on my like for had hairline and my 11. And I have to say it totally worked. I took before and afters. I think it just started to wear off. So I had it like I think I had it like on Leap Day, like on February 29th. But I did I did like it. It was my first injection ever. It did totally take like a week to, to kick in. But I don't know if you remember when we were talking to, Doctor Beach, she was saying, like, about the cohesive thing, and I was like, oh, I'm not sure if I want to do my my whole forehead. I did end up liking just my baby bit. I did like a baby butt on my hairline. I didn't do the whole forehead. I was really nervous about making my, like, eyebrows, like, lower than they already are. So I got to say, I did like it. And I did. I did like it. So I will say that, just so happens rolling into our next question.

This is interesting. This this listener asks, what's the tea on IV drip therapy slash IV bars. Last month, when I was finishing my fun and study tour, it was March, and I woke up the day after my Oakland show. So sick. Like vomiting, diarrhea. Just so sick. I thought for sure I had the flu, but I tested negative for the flu. Didn't have norovirus. Everyone who I was with didn't get sick. Everyone. We were getting tested. And I thought, oh my God, I need to cancel my show in LA. But people were coming to look at the special prep or looking for at the show for a potential special, which ultimately they wanted to do. So I'm glad I didn't cancel the show. So like, maybe we will be seeing a special after all. You hurry here first. But basically I was so sick I thought I was gonna have to cancel. And then my incredible assistant and who I love so much, she was like, let's try an IV. Let's try one of those IVs with. They can come to the dressing room and we'll see how you feel. So this nurse comes to that dressing room and she gave me an IV of like Zofran, which is like anti-nausea. Then she gave me this, like, antacid and then she gave me vitamin C. I had not been able to keep anything down. I was just I honestly was one of those times where like, I think it really was just straight up stress and anxiety that made me sick because no one else got sick around me. It was just so bizarre. But before that IV, I really didn't think I could do the show. I was so sick. I was like crying. Like just no energy. Truly so sick because I hadn't been able to keep anything down because it was like 3:00 in the afternoon by the time I got to LA, and I'd been sick since like six in the morning and about halfway through the vitamin C bag, I was like, ready to go into the boxing ring. I felt like Rocky. I did an incredible show that night. I just couldn't believe how it instantly helped. I know that there's some controversy around knives because like, you know, I think there's some controversy, but all I got to say was I was so fucking sick and then I wasn't, and it kind of cured me. So that was major. I know there's like a lot of different

reasons that you could do those, but I got to say, it really, really helped me. But let's get into skincare. There's so much talk about skincare. We're going into summer. Skincare is always important, but heading into summer it's especially important. And even if you're listening to this, from the southern hemisphere, you're going into fall and winter also going to lead to dehydrated skin. In the sun. Strong down there all the time. So, we love skincare. It's important to talk about it. I also am just obsessed with Niamh because she's so talented. Robert Smith is an award winning Esther Tissot, an acclaimed skincare educator and all around fountain of knowledge on beauty culture. She's an internationally known speaker on beauty and women's issues, and has amassed an audience of over 1 million followers across her social media platforms. Niamh has been recognized as the most influential statistic on Twitter by Sprinkler in 2020, and she's created ad campaigns for Sephora, target, Glossier, and the US Department of Health. Naonka. How are you?

NAYAMKA ROBERTS-SMITH Doing great. How are you?

JVN Good. I'm so excited. I get to see you again. We I feel like we did like like a virtual panel together in like, 2021. And I've been obsessed with you ever since.

NAYAMKA ROBERTS-SMITH Oh. Thank you. I really appreciate that. Same. Absolutely mutual. I'm like, oh my God, there's so much.

JVN Let's start with the very basics. I also feel the need to say that I do know the answer to this. I just so you know. But maybe they don't. So can you start with, like, what isn't a citizen?

NAYAMKA ROBERTS-SMITH Okay, so an institution is someone who is, trained and licensed by your state. Because it's like a state level education thing. And they are, licensed to perform, services on the epidermis. So the epidermis is like the very upper third layer of the skin. That's the one that you can touch. It's about five layers deep, and associations are allowed to practice on the epidermis. What that means is, like we're allowed to do superficial chemical peels. Body treatments, like back treatments. We are allowed to do, for some states, you have to be an esthetician in order to do, lash extensions or, be makeup artists. Estheticians do waxing because, again, like, the hair, exists in the upper, you know, in the epidermis. So we're allowed to tackle anything regarding epidermis. So that kind of like differentiates us from dermis, who is a, who are allowed to work on the lower like the dermis which is like the middle layer of the skin. And then the dermis is where blood vessels are. And a lot more serious collagen and a lot more serious things.

JVN So, I'd be like, your puppy is upset about your puppy wants a basal. No, your puppy wants your puppy is like, where does my institution appointment?

NAYAMKA ROBERTS-SMITH Yeah, he does need a facial, actually.

JVN And he's that I want. Well, he looks gorgeous. I mean, he's literally perfect, but he's just like, I want my steam and I want my massage. Mom, you would love it. Where is.

NAYAMKA ROBERTS-SMITH It? Is. I give him massages and he just sits there.

JVN With his face. Just so happy.

NAYAMKA ROBERTS-SMITH I deserve, with his eyes closed, he's like.

JVN And you just, like, lays like a little client. You're just like, let me give you some exploration to Pokemon.

NAYAMKA ROBERTS-SMITH And if I stop, he's like, hello, ma'am. What happened to my service?

JVN So what would someone go see an institution for? Like, what's the benefits? What are some of the other things? Like what are some of the problems that someone would go see an institution for.

NAYAMKA ROBERTS-SMITH I think a really great one is if you have congestion or skin and breakouts. Going to an esthetician to like get extractions, get your pores cleared. And to really like get like a really great deep clean kind of can help, like supercharge your skincare routine. Speaking of skincare routine, that would be another great reason to go to institutions if you don't know what products to use at home, and esthetician can help curate a routine for you. Give you information about your skin like skin type, what areas you get congested, where you're more oily, if you're dehydrated, or if you're dry, like if you are struggling with like, rosacea or just like persistent redness, irritation, like that kind of thing is what an institution, knows the best. That's their bath.

JVN Okay. Sidebar. Now I'm. I feel like I just remembered this thing from, like, TikTok, but not with you. Just, like, generally. Or maybe that was, you know, I can't remember, but what's it isn't there like, a difference between, like, dehydrated skin and dry skin?

NAYAMKA ROBERTS-SMITH Yes, there is a difference. And that was.

JVN That why she wasn't there?

NAYAMKA ROBERTS-SMITH Probably. Truthfully, probably because I have on this a lot. Because it makes a difference.

JVN Yeah. So what's the difference? Again?

NAYAMKA ROBERTS-SMITH Dehydrated skin again may make your skin look, slightly more aged. The fine lines might be more noticeable. The the your makeup may settle into your lines. It may be irritated, itchy. Because, again, your skin has, like, a moisture barrier that is supposed to be on your skin, which is just like a film. Film is such a gross word, but that's just how it's described. A film of like lipids, of water, oils, that kind of protect your skin from the outside world. So when that has reduced, like, things can reduce it, out living out in the world, winter time, being too aggressive with your skin, those kind of things will reduce the moisture in your skin and make your skin dehydrated.

JVN Is also like not. Drinking enough water. A reason why that can happen, like just drinking more water. Help.

NAYAMKA ROBERTS-SMITH Yep, drinking water and alcohol also like takes the moisture out of your skin, your muscles too. So like a lot of the times, the day after people have gone drinking, they see it like especially in their eyes because that's some of the most delicate skin on our body. They definitely notice. Like that's why, like, our eyes will sometimes feel puffy or, like dry irritated after a night of drinking. So. Yeah.

JVN So if someone's in their let's say 20s and they've never been to an institution before, what is a treatment that they could start with. And, or is it even a matter like doesn't even matter what age someone is like, where could someone start or where should someone start with an institution?

NAYAMKA ROBERTS-SMITH Yeah. I, I can't I don't necessarily think age matters because I think it is good to have like a skincare routine, to speak to an expert, even if only ones, you know, like just to get a good baseline for your skin, like, you don't know, you know what, irritations you have and a situation. I notice something, that is concerning. So I think it's good to just go as a baseline, even if you don't necessarily have any skincare issues. I'm not going to say go frequently and go regularly, but maybe like once or twice a year, you know, just to learn about your skin and know how to take care of it better because everyone washes their face, you know, everyone should wear SPF and like, apply moisture. So like, at least know the right ones to use or like, you know, have some guidance in that, in that avenue. But you know, people break out, have, irritation of their skin in their 20s. So I think that it would be helpful to go in your 20s as well. You know, and an anti-aging, you know, like that it's easier to do that preventatively than, the opposite way around, trying to prevent, you know, trying to remove lines or, like, pump your skin back up. So I think in that regard, it is also helpful to, you know, seen as a person and if that is something you, you know, really deeply care about, are worried about, wrinkles, fine lines, signs of aging, then, going to see an option. I want to say as early as possible, but maybe around like 25, 26 might be a good idea if you've lived a very crazy partying life. Lots of like, time out in the sun, drinking drugs, you know, like those kind of things maybe go a little bit earlier because that is going to show up on your skin if you care. I mean, that's the thing, like all these things like it's just like, I mean, if you care, definitely go. I don't necessarily think you have to, but I it, it is helpful if it's, you know, it will definitely give you yield you results. If that's what you're looking for.

JVN I love the caveat of like if you care because, like, not everyone does really care. And like, some people go pump and beautiful and they don't. Yeah. And I think that and everyone has like their own way and there's nothing like good or bad. It really is like, what makes you feel that.

NAYAMKA ROBERTS-SMITH You care about what is bothering you? I don't want you. I don't I'm not trying to give people a complex, you know, like, I don't want you to be like, oh my God, the lines at the side of my if you never noticed them before, keep not noticing them like they. It doesn't matter, you know. Yeah. If it does bother you and you're like, can I do something about this? Yeah. You can.

JVN Like for you as a institution. And I know that because when I think when we talked last, it was like really more Covid. So you weren't able to do as many clients. And I know that you're like traveling all over, like doing the most. So like, you might not even be in like, your

studio or like the salon as much anyway. But what are the most like commonly asked for like, as detection treatments that people ask for?

NAYAMKA ROBERTS-SMITH Let's see, I would say, I don't do hydro facials, but hydro faces are probably one of the most looked for and search for treatments. And I love hydro facials. I get them all the time. I what's great about hydro facials is that you can, like, guarantee quality no matter where you are. You know, like it because it's a machine. So, it's almost like, going to, I don't know, target, you know, like, you know, your target experience is going to be the same across the country. It's kind of like that. Not necessarily in quality because, I mean, target has good stuff, but hydro facials are great. You know, like edge offices are great, but is.

JVN It using hyaluronic acid or what?

NAYAMKA ROBERTS-SMITH Hyaluronic acid. There's peptides more or less. It's a machine that kind of like, does extractions and hydrates your skin at the same time. You can they can put in, different serums, you know, that can do like some light peels or exfoliating, add peptides, retinols, that kind of thing. And it's more so in the hands of the machine than it is in the hands of this magician. Personally, I don't believe that there's anything, the hydro facial machine can do that, like a really skilled esthetician can't do. But if you're not so sure, if you're as skilled, if you're on vacation, if you're at, like, resort, if you know, you're just like, oh my God, I, I'm, you know, breaking out, you're traveling for work or something like that. I think, it's always like a safe, treatment to get because you can guarantee quality.

JVN So what about, like, let's say you have acne and you just had, like, just like, you know, like, an hour long facial, like, with extractions, like deep clean, how to best care for your skin, post facial or just like, generally, I feel like I got old enough where, like, I typically don't get that many, like, zits on my face, but if I do, if I do, it's like always like here or here. And in my mind, that's from talking on the phone. Like, I feel like it's like shit on my phone. And I feel like I don't like I feel like I need to, like, disinfect my phone because I like touching.

NAYAMKA ROBERTS-SMITH My face and to face. What's the two cases of irritant to the skin.

JVN Always if you're just like it it's like like getting all down here.

NAYAMKA ROBERTS-SMITH Brushing your teeth before washing your face can be really helpful because this area tends to get irritated easily. It just generally this area gets irritated. It's like a hormonal area. It's where we grow beards. Hormonal acne like hormones control this area of our face. So it's volatile. It's really it gets irritated easily. And so yeah, was I gonna say wash.

JVN Your face after you brush your.

NAYAMKA ROBERTS-SMITH Teeth? This irritant.

JVN That's fucking smart task. You know? What about this? How do you that a new esta tissue?

NAYAMKA ROBERTS-SMITH That's a great question. Asked for recommendations. I think, you know, social media is great, but there is nothing like speaking to someone who is like, yes, I've gone to this person, I love them, go to them, or, ask your esthetician for recommendations. If you're, you know, moving or leaving where you are. Do you know anyone in this area? Someone who you can, just ask because a lot of things that are important are like continuing education, you know, like, how long has this been in the field? How much work do they do, like behind the scenes to make sure like that they're sharp and on top of it. So that that's one important thing. I do think social media can be helpful and useful, like to a degree, but sometimes like a lot of like old school associations are on, social media. And often, you know, there can be a lot of smoke and mirrors, like, you know, people can make things look better than they really are. So, another, another, another way, maybe possibly like that kind of bridges. The gap between the two is see if you have any mutual followers with an institution that you're considering to go to on social media, ask them if they've gone or ask them what they think of them. You know, someone who might have a little bit more information on this person.

JVN Now in my early 20s, I used to get a lot of like reoccurring acne on my cheeks, especially like if I was going to break out, it was like always kind of like over my cheekbones is like as opposed to my mouth. And at the time, I felt like if I did a lot of moisture moisturizer or especially like when I layered because I was like, I want to layer, but like, I just think I wasn't ready yet. Like, I think I was still too oily and like, was probably still like finishing puberty, believe it or not. Like when you're like 22, 23, it's like you're still like you're finishing finishing like the last of it. So I just used to have like just mountains on my cheeks. And so when you say like, oh, it's healing like moisturizer and someone's like, I'm scared I'm going to break out. But I know that it is important to to moisturize. I know that that's true. But like, what are some suggestions on some like either salicylic like salicylic serum or something to like keep fighting the bacteria.

NAYAMKA ROBERTS-SMITH While healing or something. Yeah. So there are there are like hydrating serums. I also have like acne fighting properties, like anything with the zinc in it is also going to be really helpful for breakouts. I always recommend kind of like balancing out your skincare routine. So have some really strong acne fighting ingredients in it, whether that be like you're using like, you know, prescription no one at nighttime, or like a benzo peroxide in your cleanser. So you have that really strong, like, acne fighting ingredient in your routine, and then you surround the routine with things that are really nourishing, and hydrated. I think more hydrating than moisturizing if you are oily. So moisturizing tends moisturizers tend to have more like oils and humectants and really have that like, feel almost leaving like a, film protective layer on the skin where, things that are just hydrating really just absorb very deeply into the skin and kind of just give your skin water and moisture. So I just kind of stay with hydrating, serums, hydrating toner or something lighter if you already, oily and are prone to getting your pores.

JVN So if you have oily, acne prone skin. But obviously we still need to moisturize, you're going to want to stick with more like gel, like gel moisturizer.

NAYAMKA ROBERTS-SMITH Watery, toners I love toners. I have a very interesting skin type. Personally, I'm both acne prone and like dry, dehydrated. So it's interesting because

acne ingredients, I don't want to say so much anymore. We're still slowly but surely getting away from it, but they used to be very like drying and dehydrating and very, not moisturizing. But my skin needs moisture. But on the flip side, I am acne prone, so I don't want to put a lot of, like, heavy ingredients on it. And I want but I also want to treat my acne. So I love recommending like Paula's Choice 2% VHA. That is a really good, middle ground. I think that's why it's what became so popular and so viral and is like their hero product because it treats breakouts, but it also gives your skin like moisture and hydration because it is in a, toner type of liquid form. So that. And since then there's been a lot of products that are similar to that. I think the Torium has one that's really similar. Pharmacy has one that's really similar. So you can kind of just tweak it based on like your preference and kind of play with the textures sense, you know, additional ingredients. But all those are excellent, for that regard because it's going to clean out the pores, but it's not going to clog the pores. It's not going to be too heavy on you or dry you out.

JVN You taught me how to, like, spray toner on your hands and then press it into your skin because it delivers more product that way. I learned that from watching yours.

NAYAMKA ROBERTS-SMITH I love that. Thank you. I love I love that. And then it's also you're not using like you're not wasting like cotton or anything. Like so much of the product just like gets absorbed into the cotton. Your hands are fine. And I feel like it feels more luxurious, honestly. Like to just pad it into your skin like it feels nicer. Personally, I think so.

JVN Totally. Like we're not wasting our money to fucking put it in the cotton, for Christ's sake. Exactly. When does someone know it's time to incorporate a retinol or retinoid into their skincare?

NAYAMKA ROBERTS-SMITH I would say when you're starting to see, fine lines or you're unhappy with the texture of your skin, fine lines is one area of texture, but another area of texture is just like, enlarged pores. If you can like, see your pores or if you just have like little tiny, sometimes little tiny bumps, not, I hesitate to say that because sometimes a little tiny bumps mean that you have like, like a fungal infection or like a rash, or you have, like, eczema or contact dermatitis. Not that. Not in that way. Like you have to look up really close and just like, like if you apply makeup and you realize that, like, it's not as smooth and you want to want it to be that in that instance, I would say definitely. So incorporating a retinol, hyperpigmentation retinols can also be really helpful for as well. If you're, if you're again, like starting to see just like any little lines on your face, not while you're moving, while you're still. Because the face has lines. When it moves, everyone's face does. But when it's still enough, you're starting to see those changes. And that's when I would say a retinol would be good to start then.

JVN Okay. Also slugging. Are we still slugging? Was I just like, so 2022?

NAYAMKA ROBERTS-SMITH Like, I know it's a lot. It's a lot. I don't I think family is not for most people to use on their face. You can but I don't think it's the best way to go about that. I think, you know, just use it like a heavier machine because the heavier moisturizers tend to have they have inclusive ingredients in them. They have, shea butters. Cocoa butter is not to a degree that's going to plug your pores, but, you know, they're well formulated, but they have those heavier ingredients. The point is to just lock in the moisture that you applied into

your skin and prevent it from evaporating. That's the point. So if your product can do that, then you are technically slugging and you're doing a great job.

JVN Can you give us something for the Gen Z to level up their skincare game, the millennial to upgrade their skincare game, and the Boomer to upgrade their skincare?

NAYAMKA ROBERTS-SMITH Yes, yes. Okay. Let's see. So Gen Z. So Gen Z is what, what age? Ages. Like they're in their early 20s. They think they're pretty.

JVN Much they're like all in their 20s.

NAYAMKA ROBERTS-SMITH Okay. Where SPF regularly is hard to do when you're young and wild and free, you know, like, your skin is perfect and plump and you're just out here gallivanting, living your best young life where SPF just gives. I promise in ten years, you will be so thankful that you did. So that's number one. Number two, I would say, try to avoid so many trends. Try to like, keep just like a, a steadfast routine, maybe switch it up every few months, but not like when a new product comes out. And it's super cool because I think that's like a challenge, just like a being young, that's a challenge. But also in this skincare like, like world atmosphere, beauty universe that we're in right now, like there's always something like cool and new to try. Try not to do that because that can irritate your skin and, you know, just cause like a cycle of bad things.

JVN Especially if you have sensitive skin like, oh, fuck, that is so true. Okay.

NAYAMKA ROBERTS-SMITH Yeah. It's it's it's not I know, I know, I know, it's hard. I do want to try all things, but do your best not. Millennials. So millennials, you know, we're, I think the oldest millennials are probably touching 40 a little bit older than 40. And we're almost all in our 30s otherwise. Retinol for sure. SPF, retinol, definitely adding a retinol. It's going to keep your skin hydrated and plump. A lot of the issues that you're seeing are probably from, you know, like the breakdown of collagen at this point. So retinol is going to be really important, sonics and hydrating. Be more focused on hydrating your skin as well. Because as we age, our skin lacks, you know, it lacks the ability to hold on to water as well. So hydrating serums, growth, growth factors, peptides, those are the kind of ingredients that you want to see in your skincare really help build up, your, your dermis, your collagen, keep your skin nice and healthy and plumped. And then, boomers, okay. So that's like my mom's age, a little bit younger. I would recommend again, Retinols for sure, SPF. So we're building, you know, keeping keeping all the same things and we're just building a little bit more heavier occlusive. So I think our, really helpful for that age group because, again, as we age, our skin, starts to lack the ability to hold on to water. So you really want to be able to layer, like, lighter hydration, hydration serums, hydrate of moisturizers, or hydrating serums, hydrating toners, and then layer on something like a little bit heavier. So going to bed with like, a really good like retinol, a heavier occlusive type of combination. There are some retinols that are in like moisturizers, that kind of thing. Is going to be very, very helpful. And exfoliating do really good about, you know, regularly exfoliating the skin to help remove like layers of dead skin, allow like hydration to enter your skin a lot better. And I think that's going to be really helpful. For beginners.

JVN Do you prefer a liquid exfoliant or a physical exfoliant?

NAYAMKA ROBERTS-SMITH Liquid exfoliant for sure. At least for the face. For the body scrubs are fine, but I think we're better off being more gentle with the skin, especially if we have, like, little breakouts that we may not notice. We don't want to pop them. We don't know. Scratch your skin. We don't want to be, like, abrasive to the skin. Sometimes it can cause like, redness, irritation, even like on a local micro level. And I think it's just best to avoid that.

JVN What would you say to like other up and coming like, skincare experts estimations, hair care, people moving to a new place and starting over? Like what? What advice do you have? Because you really became super successful?

NAYAMKA ROBERTS-SMITH Yeah. Thank you. My biggest advice is like, you got to get brave. You got to be brave. You have to put yourself out there. I when I moved, my, my parents are immigrants. They're from Jamaica. So my thought process was like, I can only imagine how scary it is to move from one country to another. I can at least go from one side of the country to another. Right? Like it's possible. It's feasible. People do it. It's not. I'm not doing I'm not rebuilding the wheel here. Right. Like it's been done. Right. So, that gave me comfort in, like, the fact that, like, this is a doable thing that people can do. And then second is like, be brave and be willing to put yourself out there and multiple avenues and, and things, ways that you have it possibly before, you know, you might have to be a little bit more talkative. You might need to go to events that you had it. On before, you know, in your hometown or where you lived before of trying to find your, clientele, you might have to hop on social media, you know, you like, do things that you haven't done. Be brave. And it will, pan out. It will. It always works out when you do the thing that you're like, I kind of feel like I should do that, but I'm scared to do it. Like, that specific thing is exactly like whatever I said that came up in your head when I was like, be brave. Do the thing. That is exactly what you should do. And I think it it's. Doing those things. I think they help distract from the loneliness. If you've moved. And it gives you, like, a purpose, it gives you, like, okay, a drive. You know, I think I think that really helped me. Was like being in a new, area. It helped me be braver because I was like, I, I already just moved across the country with two suitcases. Like what I have to lose at this point. So yeah, I think that is is like the biggest thing, really like being willing to put yourself out there.

JVN Now, I'm sure you've been, like, the most amazing, pretty curious guest. We're going to do our final round. It's our rapid fire segment. Are you ready?

NAYAMKA ROBERTS-SMITH Yes. I'm ready. Thinking cap is on.

JVN It's on and it's ready. What is your go to budget? Beauty recommendation.

NAYAMKA ROBERTS-SMITH 62nd rule. Cleanse your face for longer. It makes such a difference. Take 60s and wash your face and watch a lot of your texture and acne problems go away.

JVN Okay. And that's free. Splurge recommendation.

NAYAMKA ROBERTS-SMITH Who allows this.

JVN Can be skincare or otherwise. It can be anything. Yeah.

NAYAMKA ROBERTS-SMITH I'd say either a facial, get a facial, get like a good like deluxe hydro facial. It, for some reason, it makes your whole body tingle. You're just washing your face, but it feels amazing. So either that or, one of my favorite products, allies of skin. And delic acid is amazing for hyperpigmentation. It is over \$100, so it's absolutely a splurge. But I have spent my own money on it twice and I get products for free. So like, it's it's absolutely worth it.

JVN What's a product you never leave home without?

NAYAMKA ROBERTS-SMITH My, natrium lip. I absolutely love it. They're phyto. What? What's it called? Their phyto glow lip balm? It's my favorite lip balm, for sure.

JVN What is one of your most inspiring beauty? Memory. Looks like something that someone wore in such a way. Like on a movie or a TV show, that you were just like, oh my God.

NAYAMKA ROBERTS-SMITH When, when Toni Braxton wore the white dress with the panels out on the sides. Oh yeah.

JVN That might be the most, that might be the best answer that anyone's ever fucking said. I'm pretty curious. God damn it, I've been waiting for someone to come up with a good fucking that's like that. That's a fucking good answer, dammit. That's really good. I fucking love that. Look, I'm sorry he wasn't man enough, man.

NAYAMKA ROBERTS-SMITH I was proud, man, I was probably young, too, and I just, like, stopped in my tracks. I was like.

JVN What is 1 to 3 Roman Empire movies for you? Like just movies that you'd think about a lot for no reason.

NAYAMKA ROBERTS-SMITH Okay, Pretty Woman, which I only saw like two years ago, I had been missing out. I am very upset that I did. I'm like, it's one of those movies where I'm like, well, if I watched this younger, it would have changed my life.

JVN Okay, it's our final thing, man. Our major infrared light therapy.

NAYAMKA ROBERTS-SMITH Major.

JVN Blue light therapy, myth, skin cycling, myth based massagers.

NAYAMKA ROBERTS-SMITH Like the tools.

JVN Yeah.

NAYAMKA ROBERTS-SMITH I say, man, your hands are great.

JVN Shaving your face.

NAYAMKA ROBERTS-SMITH Myth.

JVN Facial steamers.

NAYAMKA ROBERTS-SMITH Myth barrier repair. Major. Now.

JVN If everyone is as obsessed with you as I am, where can they follow you? Where are you? The most active visit on the Instagram. What's next for you? Where can we follow along?

NAYAMKA ROBERTS-SMITH Okay. Most active on Instagram and YouTube. I am a biologist on everything. Easy lab B.A., UT I longest I've been everywhere. I'm on every platform. So you can find me on every platform. And yeah, that's, YouTube is really my focus. My YouTube and Instagram, I guess, is really my focus for, like the next few months. So I'm going to be rolling out a lot of new YouTube videos soon.

JVN You guys, you heard it here. Birth. Niamh Roberts, man, thank you so much for coming. I'm pretty curious. We love you so much.

NAYAMKA ROBERTS-SMITH I had a blast.

JVN I love it, we did too. 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 at curious or even come on Chris Universe. Still can't get enough? Subscribe to Extra Curious on Apple Podcasts for commercial free listening and our subscription only show ask. And we're we're talking sex, relationships and so much more. Our engineer is Nathaniel McClure. Our theme music is also composed by Nathaniel McClure. Pretty curious is produced by me, Chris McClure, Julia Melfi, and Allison Weiss, with production support from Julie Carillo, Anne Currie and Chad Hall.