

## **Pretty Curious with Jonathan Van Ness & Angela Onuoha**

JVN: Hey, curious people. Welcome back to Pretty Curious, our podcast on all things beauty. I'm Jonathan Van Ness. Happy Monday. You guys this week, we're talking with psychologist and cosmetic chemist, Angela Onuoha, I've been wanting to have a cosmetic chemist on for a long time. So I'm excited for this. This, we are first of hopefully more cosmetic chemists for us to talk about formulations, what's true, what's not true? Um, we asked on Curious with JVN last week, what you guys wanted us to talk about and this is kind of where we got this idea from because there were so many questions about hair loss, seasonal hair loss. Um, and there's been several stories in the beauty media lately around seasonal hair loss. And I'm kind of like, I'm personally on the fence about if seasonal hair loss is really true or if it's from some other things. Um but I think hair loss and alopecia, intelligent effluvium is something that so many people are dealing with curious about um and want more answers on. So Angela is really the perfect person for us to learn about that with. Um, so we're just getting, we're gonna get a lot done in today's episode. But first it's time to get ready with me. We started our youtube again. It was so much fun. Um, but we're back and it was so much fun. So keep your eyes peeled for those new episodes. Um, really our Youtube is all things beauty. We do a lot. Well, it's, it's all things beauty and Reddit. I do like, am I the asshole reviews over there? Um, but we also do a lot of beauty. We do a lot of listicles. It's a good time. So um, oh and tutorials. Uh so we have a curly hair tutorial that's gonna be coming up. Um, I, I really get a lot of pleasure and joy from, from doing Youtube. I think the community is really fun over there. So if you're wanting a little bit more community, uh go over there and see how we're doing.

Oh, you know who I gotta say? I have been using Trinny London's stackable um like cream uh bronzers and blushes and this cream golden glow gel bronzer from her stackables is really good. I love the formula. I used it all last week. It's, I also love a stackable thing because you can just like throw it in and you know, run away with it. Um, so I love these and she's opening her flagship store in London. So congratulations, Trinny! I love those stables. It's really gorgeous. Try it out if you're looking for some new color in your life. Um, oh but you know what I gotta say, Patrick Ta's cream blushes. The blushes that Patrick just released are stunning. I got my hands on them. So pretty. I love it. That that was all the time we have for getting ready with me today, but I cannot wait for to hear this conversation with Angela. She's incredible. I love getting to talk to her. She's fantastic on social if you want to follow her over there. Um, so let's hear a little bit more about Angela.

And now it's time for our conversation with Angela Onuoha. But first, let's hear her bio. Angela is one of the most established and well known psychologists and cosmetic chemists within the creator space. Her advocacy for diversity has made her a true force for good within the beauty industry. Angela isn't just an influencer. She's also an educator who is leading input into efficacious formulations and the importance of natural ingredients. She is working with the globe's leading hair care brands, advising on product diversity and launching new innovations through her own channels. Angela, welcome to. Pretty Curious!

ANGELA ONUOHA: Thank you for having me. I'm doing well. How are you?

JVN: Good! Now, I, you're joining us from gorgeous Amsterdam?

ANGELA ONUOHA: Yeah, yeah.

JVN: Honey. What's the weather like in Amsterdam right now?

ANGELA ONUOHA: Well, summer is really over. It's, it's kind of depressing but, you know, it was quite sunny today. Just a little chilly. That's all.

JVN: Can I just say sidebar, I love Amsterdam so much. It's one of my favorite cities. It is so gorgeous. I just love being able to go, like, wake up and go like, smoke a fat joint with some coffee and then just like, walk around and like no one judges you for it and then you just walk around and like, take in the gorgeous sights and go to see a museum and then do that again. I just love it so much. It's like my favorite city.

ANGELA ONUOHA: It's like a really chill walkable city. I do feel like everyone like should visit once in their life to just feel super anonymous. Do their thing. It's really the city for that. Definitely. But I saw your last name and I think, and do you have some Dutch in you?

JVN: I do, I do. My last name is full Dutch. Um, the Van Ness, it's very Dutch, honey.

ANGELA ONUOHA: Yeah, it is.

JVN: Yeah, and I, I am in, in my 23 and me there was definitely some uh it was like French German, Dutch, like broadly northwestern European and then like the United Kingdom. And then, yeah, she was the and then there was some other little gorgeous things here and there.

ANGELA ONUOHA: Yeah.

JVN: Um, you know, but that poor 23 and me, honey, she's they, I hope they don't sell our DNA to like the Black Web or something because I think their whole board just resigned and stuff –

ANGELA ONUOHA: I, yeah, I literally saw that today. I was like, oh, that's scary.

JVN: Yeah, it wasn't Pretty Curious of them. Like, it wasn't very, like, beauty industry. It wasn't very, like, stunning. It was kind of more like, ew, I hope I don't regret doing that.

ANGELA ONUOHA: It was fun. Well, we all did it and now it's not that fun anymore *\*laughs.\**

JVN: Exactly. Although I will say this is so off topic, but I did it to my, my dogs and my cats. I got them like the, the, the paw one –

ANGELA ONUOHA: Yeah.

JVN: Like, it's something, it's like, it's like for the, the animal's DNA and it was, oh, it's embark, not paw, it was embark –

ANGELA ONUOHA: OK, OK.

JVN: That was like, really fun. I was like a little obsessed and my ADHD made me memorize their results. So now I know like the deep complexities of the breed breakdown of like all three of my dogs are like, really embarrassed.

ANGELA ONUOHA: Ah, but it's so crazy how they can get that just from like, stuff like a little bit of saliva –

JVN: A little spit!

ANGELA ONUOHA: Yeah, really interesting.

JVN: OK, now we have to focus queen. So, um –

ANGELA ONUOHA: Yup, yeah.

JVN: So I was just talking about – well, we don't have, that was like my fault but, um, we were talking out in the intro. I just started shooting my Youtube again after like a year break and it was so fun to be doing it. But when I was researching, like, what videos we should start with and I think so often whenever I research what the most search terms are, hair loss, thinning hair, um, fine hair, it's just like, so always in that top five –

ANGELA ONUOHA: Mmmhmm.

JVN: And I know for me, I've, I talked about it on the pub before. I've been on Propecia since I was like 19. I like, I'm very scared of hair that like runs in my family, very hardcore. And so I know that this is something that's like top of mind for people. Um, but before we even get there, uh you are just one, I mean, you're like the most foremost trichologist, you're a cosmetic chemist. You are like, your work is so good –

ANGELA ONUOHA: Thank you.

JVN: But just in case someone had been like living under a rock, like, can you just tell us to start off? Like what a trichologist is?

ANGELA ONUOHA: Yeah. Yeah. To keep it as like short, sweet and simple as possible. A trichologist has basically studied the science, diseases, everything when it comes to the hair and scalp. I think that's the easiest way to tell it. And um what we do is we help you with scalp or hair problems and it can be super small when it comes to, for example, uh controlling dandruff, but it could also be more severe where there are certain scalp uh diseases present or um things like uh tricot media where you like compulsively pull hair out. It's very diverse. So that's kind of, yeah, that's what a trichologist is.

JVN: Now, if and then also like, what's the difference with – like when should a patient go to a trichologist versus a dermatologist.

ANGELA ONUOHA: Yeah, that's a really good question. But like the honest answer is, is depends, it really depends on where you live because I do see that there's a difference in being a trichologist in certain European countries in comparison to, for example, the States, um, what your background is in it as well because there's also, there are also some dermatologists that really focus only on trichology and they also took the same course. Um, but in general, if we look at the basics, I would say a trichologist can help you out with everything when it comes to hair and scalp concerns. But it's more so the treatment forms that are different where um I am not allowed to prescribe certain medication or do a couple of uh treatments. I'm not allowed to do that. And a dermatologist is because of their dermatological background basically.

JVN: So is seasonal – I mean, we're not dogs shedding our coat is, I mean, it's not like when it goes from summer to fall, we're like shedding more because our hair got thicker or am I wrong?

ANGELA ONUOHA: Well, no, it doesn't work like that. Uh We do have like hair growth stages and a shedding stage when it comes to our over all um uh uh cycle when it comes to our hair. Um, but there has been some studies, there has been some scientific proof that um seasonal changes are having an impact on increased shedding and it's just a form of intelligent telogen effluvium, which is a temporary form of hair loss. So you just will shed a little bit more than average, but it's not like a dog that you are completely like to the bone that everything is gone and you need to start over again.

JVN: So that happens in the fall time?

ANGELA ONUOHA: Yeah. Yeah. Yeah, it happens in the fall time and like so far they're still like pinpointing what the actual causes are, but it is probably a combination of uh fluctuation in temperature, uh exposure to daylight um and some hormonal factors. Um but they're still like studying it. So it's not like that specific like this is the reason, but it's a combination of a couple of factors.

JVN: Is it true that on average like the human head loses between like 80 to 100 and 20 hairs per day per wash?

ANGELA ONUOHA: Yeah, about so, yeah.

JVN: So it's like, and this is a big deal because I think a lot of times when people are like experience like just like washing their hair in the shower and like they look at their heads like, oh my God, so much hair is coming out. But if your hair is long and you don't wash every day, like so for me, I wash like twice a week.

ANGELA ONUOHA: Yeah.

JVN: So that means when I wash my hair, I should be having like 240 to like 300 hairs coming out and my hair is long.

ANGELA ONUOHA: Yup.

JVN: So that's gonna look like bushels of hair. But really, that's just like a normal amount of hair loss because, right?

ANGELA ONUOHA: So we have a couple of stages, um, that our hair grows through, uh, and they differ into like a couple of years into just a couple of weeks or a couple of months. So we have the antigen phase, which is basically basically the growth phase and that's where we see those inches and that can last up to like 2 to 6 to 7 years. And that's where the hair that we actually really see and enjoy, but obviously not our entire head goes through that phase. Um, so we also have some hair follicles that are transitioning and that's the catagen uh phase into the telogen phase and that telogen phase, that is where the hair sheds and that's the shedding slash resting phase. So there are some hair follicles on our head that right now are not growing any hair because they're in that um resting phase. Um, and we have hairs that are still in a growth phase and we have hairs that are transitioning. So transitioning to fall out. So those are in the basics, the most known phases that the hair uh and the follicle are going through

JVN: Trying to prevent hair loss or make the hair loss that you're experiencing. Not as noticeable, not as clockable or just I think mitigating hair loss is a thing that we can do.

ANGELA ONUOHA: 100%.

JVN: So what are some tips that you have to mitigating hair loss?

ANGELA ONUOHA: Yeah. So like hair loss in general because I do feel like this seasonal hair loss, there's not that much that we can do about it because it's elements that we cannot control. But in the basics when it comes to preventing the number one thing that I always say if you feel like something is going on is to get blood work done because I do see a lot of deficiencies causing hair loss. Um, so you just also need to be aware like what's going on internally. So that would be the number one thing that I would always suggest and that's easy to think or at least as soon as you know, you can do something about it. Another thing and that is unfortunately just a little bit harder is stress. Stress has a huge impact. And I do think that as you mentioned, you said, like I see people search so much when it comes to hair loss, hair thinning COVID really made that happen because people were experiencing hair loss due to catching the virus, but also the whole stressful time um that we were living in and I mean, like we didn't even know what our future would look like. So, um stress has a huge impact on our body because it's kind of in a fight or flight mode and it's feeling like it's under attack and hair is not something that the body needs to survive. And that's literally how the body is handling it. So that could cause hair loss. Um, but that's, that's sometimes really difficult to prevent because in this day and age life can be stressful. Um, so I would say that and an overall healthy lifestyle balanced. Still have, still have your little chocolate and your things, but just be more aware of what you put into your body. Um, exercise or at least some body movement always helps as well.

JVN: The better relationship we can get into ourselves with ourselves, like the better it will be –

ANGELA ONUOHA: 100%.

JVN: Now, this statistic that I'm about to say –

ANGELA ONUOHA: Uh oh.

JVN: Really blows my little gay mind. So the global hair restoration industry is set to expand from 6.4 billion in 2024 –

ANGELA ONUOHA: Yeah.

JVN: To 18.9 billion by 2030. There's obviously a huge market for maintaining our hair, restoring what's fallen out, and replacing what's receded. From your point of view are, what hair restoration procedures are really worth it?

ANGELA ONUOHA: OK. So I like to divide it into like surgical and non surgical because I do feel like that's the biggest difference of what we see. Um I think that the increase mainly has to do with the surgical options nowadays. So with the transplants and you normally only were able to do the hair transplant by removing a strip at the back of your head, which was quite a lot of scarring that was involved. It was quite invasive. Now, they can like single, like get, get the hair follicles out, which is amazing, less scarring. Um, so I think that that increase in popularity will increase the amount of people doing these treatments. *\*JVN laughs\** um, you're already thinking about it I see?

JVN: Yes. Should I get mine, I like, could I get my, could I get my hairline put lower than it ever was? I want like a wolf person hairline.

ANGELA ONUOHA: Toupé.

JVN: I want my hairline like I don't want a forehead anymore. I just wish it went from like eyebrows right up into my hair but with like full – like I want Chewbacca, I want –

ANGELA ONUOHA: You want a forehead reduction basically.

JVN: Yes. Yes. I want to remove my forehead altogether –

ANGELA ONUOHA: Oh god.

JVN: Could I just have it taken out and closed?

ANGELA ONUOHA: It's possible but I've seen it being botched also plenty of times because we have so many muscles here and it could be that they pull it down so low that when you speak your hairline speaks with you, you know what I mean?

JVN: Ooo that sounds good girl. *\*Angela laughs\** I just need like, I just want a fucking –

ANGELA ONUOHA: You want the *\*gestures to hairline, laughing\** –

JVN: Oh yeah! Oh yes, honey, I need it! Oh, actually what I should do, I should just do like a small, like a small little um like semi permanent glue on. Just like make like a little like installation that goes like just like right here.

ANGELA ONUOHA: To kind of feel those vibes.

JVN: And then just like, like glue it on and it'd be so pretty. Just like a little hair system.

ANGELA ONUOHA: I would say do that first, I would say do that first instead of the whole –

JVN: And see how we feel.

ANGELA ONUOHA: Yeah. And see how you feel. So I would say that's an amazing treatment done by the right person.

JVN: OK, but so hair transplants have come a long way –

ANGELA ONUOHA: Yes.

JVN: So it's like you can do it like follicle by follicle, not like a whole strip.

ANGELA ONUOHA: Exactly.

JVN: So here's a question I've always had about hair transplants though –

ANGELA ONUOHA: Mmmhmm.

JVN: Like if you're experiencing like androgenetic hair loss –

ANGELA ONUOHA: Yeah.

JVN: So and then you get the transplant to fill in your hairline, but then your hairline keeps thinning out from just the passage of time. Are you just kind of having to get into this, like chasing your hairline all the time and just like you would you go back every couple of years to get it refilled out and just using the hair from the back?

ANGELA ONUOHA: Yeah, with androgenic alopecia, you do see that a lot of the times people need to come back because you cannot change that part. But there are ways to basically do a combination of, for example, uh something like finasteride, something that is a

DHT blocker that can help further receding of that hairline. Um, that helps out a lot we've seen in a lot of cases that then they don't even need to do a second or third transplant, but in some cases, it is needed because again, as you mentioned, like you cannot prevent that from happening or at least a hair transplant won't prevent that from happening. So it could be that you need to come for a second or third time, like in a time span of 3 to 5 years, yeah, could be.

JVN: Because I've been on that little finasteride, like I said, since I was like, 19. So I'm obsessed with the finasteride. Like, I'm not a doctor. Like you got to talk to your doctor about it, but like, I love it and I think it really helped my hairline, like, and it has helped my hair like, all together. But I know that you got to kind of like start it before it's gone.

ANGELA ONUOHA: Mmmhmm.

JVN: Um, OK, so, so is hair transplant the only surgical kind of thing or is there some other gorgeous surgery?

ANGELA ONUOHA: I would say like there are, there are actually, it's, it's not developed yet, but they're looking into hair cloning. Um, so because that's the, that's the only downside when it comes to hair transplants, you won't get more.

JVN: Because there's a finite amount. Yeah, just like a finite amount, yes.

ANGELA ONUOHA: Yeah, you won't get more, just distributed in different areas to make it look fuller. But if there's no hair, there's no hair. So they're like, they're kind of in the experimental phases of hair cloning through stem cell therapy to kind of see if that will help to regrow hair and a follicle. So hopefully we'll live long enough to experience that because I think that that's such a cool thing, but that's kind of a science geek in me. But like I would say yes, those are like hair transplants are the most well known, well done. Uh like surgical treatments, you do have things like uh scalp micropigmentation. So where they tattoo, um you see that when you see people do entire heads of it, but you also see a lot of women who just have a diffused hair loss just to do those dots to create the illusion of fuller hair is basically what that does, the pigmentation, not the scratching. I see I've seen some videos of hair lines being put – please don't do that. Um, but yeah, scalp pigmentation is also a great way. And then you obviously have the uh um things like Finasteride as you mentioned, which you love um, you have PRP treatments, minoxidil, very well known, well researched. I think one of the most use methods that we can do uh when it comes to –

JVN: Now minoxidil is a topical liquid, right? Isn't that basically what –

ANGELA ONUOHA: Yeah, topical. Well, you can also, there's also an oral form. Um, but –

JVN: Now that just started, didn't it? Didn't minoxidil orally start like very recently?

ANGELA ONUOHA: Yeah, well to be widely approved, yeah.

JVN: And is that and is that um is that something that women can take to?

ANGELA ONUOHA: They could, they could it is more prescribed to men though because some of the downsides could be like hair growing in different places where we don't want it to grow. There are some side effects that for women won't be as nice to have in comparison to men where they like that's fine –

JVN: Because finasteride like that's like like women can't take that because it's like it could fuck with your –

ANGELA ONUOHA: No. Hormones, yeah.

JVN: Like it could have birth defects and like fuck with your like, like, yeah. But minoxidil, that just might make you furry so women can take it. You just make it a hairier armpit or like a hairier leg.

ANGELA ONUOHA: Yeah, yeah. It's not for everyone. It's still prescribed but some like women experience uh increasing of hair growth in other areas more than uh yeah, with the oral one, yeah.

JVN: Um, OK. That makes sense – question, I have one more question.

ANGELA ONUOHA: Yeah?

JVN: So when I see, I just spend so much of my career telling my clients like, do not slick your hair into a ponytail or a braid when it's wet.

ANGELA ONUOHA: Yeah.

JVN: Like we are not slick in the hair back when it's soaking wet because the hair stretches when it's wet and as it dries, it's going to shrink and it's going to create breakage. And I also just think that when it's wet, you can kind of grip it better and so you can really pull it much tighter than when it's dry.

ANGELA ONUOHA: Yeah.

JVN: And I think it creates like too much tension. So what I always tell them is like, get your hair all the way dry and then if you want to put a gel on or like some product on to make it look wet. And even if there's water in that formula, it's not the same as like wetting your hair with water.

ANGELA ONUOHA: That's true.

JVN: So a lot of times now that like kids are going back to school, I've seen a lot of moms just like spraying down their kids hair with a water bottle and then just slicing that hair into such a Sophia tight tight thing –

ANGELA ONUOHA: A bun, yeah.

JVN: Which is, which is cute. It looks great. But do you think it is healthier to dry the hair and then achieve that slick back with like a cream or a gel rather than wetting the hair down and doing it with –

ANGELA ONUOHA: 100%. But from multiple ways. So as you mentioned, yeah, with, with the stretching the hair strand that, that has an effect, the tension but also the bun will never dry. So and keeping the hair wet for longer periods of time, we have proof that that over time is damaging. So, um, I would 100% recommend to only apply product or spritz a little bit of water on the area that you're working on and not completely saturate the hair with water, yeah.

JVN: OK, OK. That makes sense because some of these moms it is just like a little spray bottle but, but I feel like it looks pretty wet –



ANGELA ONUOHA: Yeah.

JVN: It looks like they're going to make her hair pretty wet.

ANGELA ONUOHA: And I get it. It's convenient and especially with kids, you just want it to be quick, you see and make them presentable. So I do get it. But as long as you just know the consequences, I'm kind of all about that like you're free to do whatever you want, but just know what the consequences could be. Don't be surprised when that happens.

JVN: And it's like when you're little, I feel like that's a lot of times when this damage happens –

ANGELA ONUOHA: True.

JVN: Because like, your, little hair follicles like little whittle –

ANGELA ONUOHA: With the hairline, yeah.

JVN: And you got to protect it when it's that, it's like you've got to.

ANGELA ONUOHA: You've seen Jojo Siwa, right? I think that that's her name –

JVN: Yes. Yes. Yes. Yes. Yes. I mean, she's like kind of a more famous example –

ANGELA ONUOHA: Yeah.

JVN: Of like very traction alopecia and it's like worse on that side where the hair was traveling further –

ANGELA ONUOHA: Exactly.

JVN: To go from like the side to where she wore that top. So that is a really good example.

ANGELA ONUOHA: Yup, yup.

JVN: Um, now, OK, so I've also just been dying to have a cosmetic chemist. I'm Pretty Curious for like a hot minute and I love that you do both. Like get us an expert who can do both. She's giving us trichologist, she's giving us cosmetic chemists –

ANGELA ONUOHA: Yes.

JVN: So silicones. So in my career, I was like, obsessed with certain products that were like very silicone heavy. I was like, I'm obsessed. I love it. I love it. It was kind of in my co-wash phase.

ANGELA ONUOHA: Yes.

JVN: Then on my own hair and then some other hair where I was using this silicone oil almost as like a prewashed scalp oil. Like I was putting it in the ends of people's hair when I was like doing their root touch ups –

ANGELA ONUOHA: Oh yup, yeah.

JVN: And then, and then I would like, and then they would get this particular oil, but it was really silicone heavy –

ANGELA ONUOHA: Mhmm.

JVN: And then after a while I was like, the hair was giving me limp. It wasn't taking other products as well and it just was like, especially the curlier someone's natural hair was, it was like, so if their hair was really tenacious and like, their hair didn't really like, upset accept product that well, it was the cuticle so pack down. So like more my like, like Asian or like just resistantly straight hair –

ANGELA ONUOHA: Yup, got it.

JVN: Like that, like no, just like resistantly straight hair. I didn't see it with them as much. But if you had like wavy curly, kinky, coily hair after a while, I noticed silicone's kind of turning on you. So when I did my hair care line, I was like, I really want to be silicone free –

ANGELA ONUOHA: Mmhmm.

JVN: And then I learned about my little hemisqualane and I was like, that's cool. I really like what it does to the hair.

ANGELA ONUOHA: Nice, yeah.

JVN: So that's kind of like the main attraction formulation wise and our product is hemisqualane –

ANGELA ONUOHA: Yeah.

JVN: And I like it because it's like a really little molecule and I like it because it's silicone free and it just doesn't build up on the hair, like –

ANGELA ONUOHA: But it's a great alternative, yeah.

JVN: It gives you the slip and the shine –

ANGELA ONUOHA: Exactly.

JVN: And it doesn't live on the hair in the same way.

ANGELA ONUOHA: Got it, yeah.

JVN: And so do you agree that like, so are silicones, are they kind of a build up thing? Like, I feel like in my experience, I feel like they are, but from a cosmetic chemist standpoint, what do you feel about silicones?

ANGELA ONUOHA: I think that silicone stuff to become a problem where, when we started to go into caso-washes and like low poos and less heavier, heavier duty surfactants, um, because some of them aren't as easy to get rid of. Um, but to be super honest, it's really a preference. So build up everything that we apply after washing causes build up and sometimes certain natural oils will leave a thicker layer on the hands hair strand in comparison to silicones. So it also depends on the silicones. Um, but it's all about being aware and what you do afterwards. So to really make sure that every once in a while you do clarify because yeah, it will build has a tendency to build up a little bit more on the hair strand and especially if you also are product heavy and the the t of textures are with other products as well on it.

JVN: That makes so much sense.

ANGELA ONUOHA: Yeah.

JVN: So because like that's like like mineral oil, like I was always so scared of mineral oil, but then I was learning that like it's like not all mineral oil is made the same –

ANGELA ONUOHA: No, no.

JVN: Like some is really refined and really gorgeous and like really nice. And other of it's like less and it's like chunkier and gloopier –

ANGELA ONUOHA: There's so many versions, it's crazy. Even for me when I sometimes order raw materials, there's so many types of, of uh gums. If you xanthan gum, really, really popular used gum, uh in formulations. It, if I, I've ordered from multiple, uh, manufacturers, they all are different, they're all different. But the label says it's the same. So, yeah, the same with mineral oils. There's so many, um, processes that it, it goes through in general and it depends on a manufacturer and as you mentioned, you have unrefined refines. So, like just mineral oil alone doesn't tell you much. It's the same with silicone, silicone. Yeah, there's so many types of silicones. Which one is it? Where is it from? So it doesn't tell you much.

JVN: So it's like the way that it was sourced is important but it's like how would a consumer even figure out how something is sourced?

ANGELA ONUOHA: They don't know. That's the whole thing and that's why um it's you just by reading a AAA packaging and a label, it doesn't tell you that much because you, you don't know, you don't know the percentages as well like, you know, you know what your formulations, the percentage is. And yes, the top part means that it's more, more of that percentage of that product is in there. But other than that, it doesn't tell you anything.

JVN: Um, oh, what was I going to say about something?

ANGELA ONUOHA: Ingredients, raw ingredients,

JVN: Ingredients, raw materials, formulas. My brain. What is it?

ANGELA ONUOHA: *\*Laughs\**

JVN: Um, uh, oh how do you know the difference between a fatty alcohol and like a drying alcohol?

ANGELA ONUOHA: Ooh, yeah. There are just a couple of drying alcohols. Uh, here, you put me in a spot that I need to search what alcohol it is –

JVN: Because, cause like isn't like cetyl alcohol like a fatty alcohol? Which like –

ANGELA ONUOHA: Yeah.

JVN: Because we have cetyl alcohol in some of our formulas because when I first saw that –

ANGELA ONUOHA: Yup, yeah, that's a fatty acid.

JVN: I was like, ew, why is there an alcohol in here? And then our chemist was like, because Queen, this is fatty alcohol. It makes it, it gives it a gorgeous slip and it kind of pumps it up. It's like gorgeous. And I was like, oh cool.

ANGELA ONUOHA: Yup, yup, exactly.

JVN: But what a dehydrating one? Like an ethyl or something?

ANGELA ONUOHA: Yeah, that's it. But sometimes drying alcohols are added to products, like for example, hairsprays because they evaporate super quickly. So it also depends on what type of product it's in, uh because its has a purpose.

JVN: Because if it's a dry, yeah so it's like you wouldn't probably want a drying alcohol in like a shampoo or conditioner?

ANGELA ONUOHA: Yeah a conditioner. Exactly.

JVN: But like a dry styling product. Maybe you would want that –

ANGELA ONUOHA: Sometimes you do.

JVN: Because it's like going to absorb more oil or it's going to set it faster because it's like drier.

ANGELA ONUOHA: Yeah, a lot of the times has to do with setting, setting a, a style or even setting makeup. It's sometimes in like fixing or setting sprays and the purpose is to set it like dry down super quickly.

JVN: Yes. Yes. OK. Wait, this has been so much fun. I love you so much Angela. We're going to do our rapid fire around. Are you ready?

ANGELA ONUOHA: Oh god, yeah, yeah, I think so. Yeah, let's go.

JVN: Angela, what is your budget beauty recommendation under €20?

ANGELA ONUOHA: OK. But can I do one beauty product and other hair just from –

JVN: Fuck yeah!

ANGELA ONUOHA: OK, OK, good. OK. One beauty product. Super, super unsexy um, but it is a foot cream. It is a foot cream and it is from Neutrogena. The Sick Of foot cream. I, I feel like there are not enough good fruit creams on the market and we need them for those feet.

JVN: God that was like such a fucking good one. That was so good. I really need that.

ANGELA ONUOHA: Yeah, yeah, I love that.

JVN: Chris order it! We need it! What's the next one?

ANGELA ONUOHA: Done! Yeah, uh, next one has to be the Pantene is their conditioner. It's with, wait, wait, wait, wait, it is. Yeah, the pro the Miracle Rescue. The Deep Repair conditioner. I think that Pantene is doing a pretty good job with their new launches. Um it's, it's like a, a nice alternative for bump repair but then in a conditioner don't expect it to be a high end, high end bond repair, but it's a really, really nice conditioner to start off with if you are dealing with like hair damage in general. Yeah.

JVN: Yes. OK. OK. What's your favorite splurge recommendation?

ANGELA ONUOHA: Yeah, I have to say K 18 then. The molecular repair hair mask. Yeah. That's a splurge that's totally worth it, yeah.

JVN: Uh my god we've got to get JVN Hair here in Amsterdam! OK. What's a, what's a product you never leave home without?

ANGELA ONUOHA: OK I literally have but here it's my addiction. The Summer Friday lip butter creams like yeah. I, I think this is, this is their best launch. I don't use their other products. I just think they have really bomb lip balms. Um take them everywhere, yeah –

JVN: I love their lip balm. I also love jet lag, and I also love their eye cream. I love Summer Fridays.

ANGELA ONUOHA: I haven't tried that yet! I feel like –

JVN: Girl their jet lag, it's amazing. You got to try it, stop fighting it, don't fight it.

ANGELA ONUOHA: OK, OK, I'm gonna get it.

JVN: You, you're going to be like me with La Mer. I was talking shit on La Mer –

ANGELA ONUOHA: Hmm.

JVN: And then when I got it and I was like, oh shit, this stuff's fucking amazing –

ANGELA ONUOHA: OK.

JVN: I had to, I had to do a fucking um I had to recant girl. I had to do a full, I did, I had to put on the front page.

ANGELA ONUOHA: *\*Laughs\** oh gosh.

JVN: I had to, I had to pull back the story. You are, you are going to love that unless you end up hating it, but I don't think you will but that jet lag mask is everything.

ANGELA ONUOHA: Oh no, no, but I'm gonna let you know because next week I'm in London so I can go to Sephora there and then I'm just, I'm gonna grab the jet lag.

JVN: Oh my god. What days are you going to be in London?

ANGELA ONUOHA: So I am there all week. I'm flying in –

JVN: Are you gonna check it bag?

ANGELA ONUOHA: What? Check a bag?

JVN: Are you gonna check a bag? Because we can, because I'll have our pr team in UK send you like our full JVN Hair range so you can try it and play with it –

ANGELA ONUOHA: *\*Inhales excitedly\** yeah! Yeah?

JVN: Because I want to be your splurge recommendation queen. Yes!

ANGELA ONUOHA: Oh gosh yeah!

JVN: Send Chris, send Chris your address –

ANGELA ONUOHA: OK, OK.

JVN: We are gonna do it, Chris, you're gonna send us JVN Hair, we're gonna do it.

ANGELA ONUOHA: OK, OK.

JVN: Chris tell them Victoria, tell him to send it to Victoria.

ANGELA ONUOHA: OK.

JVN: You gotta get Angela the full JVN Hair range and I need to love it!

ANGELA ONUOHA: OK we're gonna do that, we're gonna do that!

JVN: Please! OK, yes. Um, OK Chris let's keep that in the edit too because I love when you fly in. It's good. OK, Angela?

ANGELA ONUOHA: Yeah?

JVN: Um, OK, Angela. So, um, OK. Uh now this is the next question, what is your favorite vintage beauty look? It could be a magazine cover. It could be like a character from a show. It could be something that your granny wore like or did just like what's your favorite like inspiring like beauty look.

ANGELA ONUOHA: I, I, well, I think that's vintage because I think that nobody nowadays knows this artist from the younger generation. It's not vintage. I thought it was really cool when Kelis came out with Milkshake –

JVN: Ooo!

ANGELA ONUOHA: Her hair –

JVN: Yes!

ANGELA ONUOHA: Her hair, the back tattoo that she had, the whole vibe. It was so refreshing and I think that was the first artist that I really saw with a big curly head of hair. She had like two tone kind of blond reddish and then the black –

JVN: Yes the red and the blonde, yes.

ANGELA ONUOHA: I love that I would say say that. Yeah, I thought that was iconic.

JVN: She is, her Instagram now is so major –

ANGELA ONUOHA: She does a lot of cooking and health right, yeah!

JVN: Yeah, she's giving you hair stuff. She's giving you like natural fucking gorgeous remedies –

ANGELA ONUOHA: Yeah!

JVN: And also her work just so outlived like it was so ahead of its time. Like any of her work –

ANGELA ONUOHA: That's it.

JVN: Is still like so good. And she's also got balls of steel. She fucking went for Beyonce.

ANGELA ONUOHA: Yeah.

JVN: You are only coming for Beyonce. If you've got Balls of fucking Titanium –

ANGELA ONUOHA: Yeah, true, true.

JVN: She don't give a fuck.

ANGELA ONUOHA: No. She's in her own world. I love that, yeah.

JVN: Yes, me too. I mean, I would never go for Beyonce like that –

ANGELA ONUOHA: No, personally –

JVN: If Beyonce was trying to reference me on one of her albums, like don't girl, I like, take it! Like arms wide open like take it –

ANGELA ONUOHA: Yeah, yeah *\*laughing.\**

JVN: But not but you know, but I'm not Kelis.

ANGELA ONUOHA: Nope, yeah, true.

JVN: Her Africa trip just recently she was in Africa. She was giving you these like sandy turquoise beaches –

ANGELA ONUOHA: Yeah!

JVN: Like her, her Instagram is like if you're sleeping on that Instagram, you got to get on that Instagram.

ANGELA ONUOHA: Yeah, but I feel like a lot of people nowadays don't know who Kelis is or like where, where it started I think.

JVN: No, these young people, you know –

ANGELA ONUOHA: But check it out. It is really cool for everyone who's listening. Check it out.

JVN: Um OK, it's time for our meh or major. It's the, it's the culmination of our rapid fire round. Are you ready?

ANGELA ONUOHA: Yeah.

JVN: OK, meh or major, finasteride?

ANGELA ONUOHA: Major.

JVN: Root touch up powder?

ANGELA ONUOHA: I don't know that brand. What's that?

JVN: It's like it's like it's like that powder that when you have your gray that you don't want to go to the salon yet like those root touch up powders –

ANGELA ONUOHA: Occasionally OK.

JVN: Caffeine and hair products?

ANGELA ONUOHA: I would say major but not for what people think.

JVN: Um peptides?

ANGELA ONUOHA: Major. But again, it's, it's great at like increasing density or like the the hair to be thicker. We've seen clinical proof of that but not hair growth. I kind of feel like it's, people are talking about it in a, in a weird way. So major. But, yeah.

JVN: LED Lights

ANGELA ONUOHA: Major. If it's the right one.

JVN: Castor oil?

ANGELA ONUOHA: Nah.

JVN: Rosemary oil?

ANGELA ONUOHA: Meh. I'm going to surprise people with that.

JVN: Pumpkin seed oil?

ANGELA ONUOHA: Major.

JVN: Dyson Airwraps?

ANGELA ONUOHA: I would say major, but I've seen overuse of the tool and it's again about what you expect because people are expecting the same curls with, I don't know how high of a degree that they, they put the, the curling iron on in the Dyson airwrap and you're not going to get that because it's just not going to that temperature. So it's just expectations versus results. So, I would say major.

JVN: OK. Curly fringe?

ANGELA ONUOHA: If it's not too short *\*both laughing\**. Like, just don't cut it when it's straight. I've been there, I've been there when I cut it when it was straight and then it was. Yeah –

JVN: Baby fringe.

ANGELA ONUOHA: Yeah. But I like the nice, like, this could be nice.

JVN: Oh, yeah. I love, I love a curly fringe. I'm obsessed with curly fringe. Angela. Thank you so much for coming on Pretty Curious. We love you so much. You've been the most amazing guest. We love you so much. We're going to send you our JVN Hair and we love you so much. Thank you for coming on.

ANGELA ONUOHA: Thank you for having me!

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 and follow us on Instagram and TikTok @CuriouswithJVN. Pretty Curious drops every Monday wherever you get your podcasts and make sure to tune in every Wednesday for Getting Curious. Still can't get enough? Honey, you're insatiable! Subscribe to Extra Curious on Apple Podcasts for commercial free listening and our subscription only show, Ask JVN, where we're talking all about sex, relationships, or really just whatever's on my mind that week. Our theme music is composed by Nathanael McClure. Come on Nathanael! Our editor and engineer is also Nathanael McClure, yes! Getting Curious is produced by me, Chris McClure with production support from Julie Carrillo, Anne Currie and Chad Hall.