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EPISODE 19: SUCKING AND FILLING

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Dr. Paul Jarrod Frank: The coolest dermatologist in NYC?

We've had a few listeners ask us for our advice on how to deal with cellulite, so we decided to bring in a pro—well *the* pro—to discuss. [Dr. Paul Jarrod Frank](#) is a dermatologist and cosmetic surgeon and the self-proclaimed "fat expert" of NYC. In this episode, he schools us on fat transfer, [Cellfina](#), [CoolSculpting](#), [SculpSure](#), [Fraxel](#), [Ultherapy](#), [microneedling](#), and [Infini](#). We also discuss our recent travels: Jenn went to Germany to learn about [Weleda](#), and Jess was in L.A., where she got a facial from [Sonya Dakar](#) (we are big fans of her [Organic Omega Booster](#) oil). After that, we bring things down...way, way down...to a tingly, relaxed place with a discussion of how makeup tutorials—especially those from [Lancôme](#)'s creative director, makeup artist [Lisa Eldridge](#)—can trigger ASMR, an autonomous sensory meridian response. We also take a look at some of the tingle-inducing videos on the [iPleasing Instagram feed](#). Finally, we weigh in on the recent *New York Times* article "[Mom Hair: It Exists. Now What to Do About It.](#)" (And if you doubt this hairstyle's existence, please see [this SNL sketch](#).) Our #raiseawand picks this week: [Clinique Cream Shaper for Eyes in Chocolate Lustre](#) and [It Cosmetics Your Skin Better CC+ Cream with SPF 50+ ... Color Correcting Full Coverage Cream + Anti-](#)

[Aging Hydrating Serum](#) (yes, it's the longest name ever, but it's 🍷).