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, CoolSculpting, Soulpealce, Fraxel, Ultherapy, microneedling, and Infini. We also discuss our recent travels; Jenn went to Germany to learn about Wellede, and Jess was in L.A., where she got a facial from [Sonya Dakar](https://www.sonyadakar.com) (we are big fans of her [Organic Omega Booster](https://www.sonyadakar.com/products/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](https://www.lancome.com)'s creative director, makeup artist [Lisa Eldridge](https://www.lisaeldridge.com)—can trigger ASMR, an autonomous sensory meridian response. We also take a look at some of the tingle-inducing videos on the [Pleasing Instagram feed](https://www.instagram.com/p/eRr4qz8y5f/). Finally, we weigh in on the recent [New York Times](https://www.nytimes.com/2016/07/01/style/mom-hair-it-exists-now-what-to-do-about-it.html) article "Mom Hair: It Exists. Now What to Do About It." (And if you doubt this hairstyle's existence, please see this [SNL sketch](https://www.youtube.com/watch?v=mIc8jC7DxYs).) Our #raiseawhand this week: [Clinique Cream Shaper for Eyes in Chocolate Lustre](https://www.walmart.com/ip/Clinique-Cream-Shaper-for-Eyes-in-Chocolate-Lustre/35895963) and [It Cosmetics Your Skin Better CC+ Cream with SPF 50+](https://www.walmart.com/ip/It-Cosmetics-Your-Skin-Better-CC-Cream-with-SPF-50-/44787851).