

Cosmetology with Alysha Sherri Marcantonio

Ologies Podcast

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If you like the podcast and you just want to 'signal boost', that also means the world to me. I'm only one person with a Twitter account, but all y'all, you have a lot more power than me when it comes to spreading the word. Also, rating and reviewing on iTunes is really quick and painless. I just started doing it for other people's podcasts. I was like, "Oh my god, this is so easy!" and it bumps the show up on the charts so other people hear about it, which is huge. So does tweeting, and telling friends, and all that. So, thank you for that, and if you haven't done it, maybe do it? And subscribe if you haven't already, because as the holidays come up I may have to go every other week here and there because of travel. If you subscribe, you'll know as soon as a fresh as hell episode is up for ya. So do that.

Okay. Hi, hi, hello, hi.

Last week's episode was all about weird birds, mating habits, and Horned screamers, and butts, and I thought this week, let's go weirder. Let's talk about the stuff human beings put on our faces. And maybe right now, you're like, [*whiny*] "Uh, Cosmetology, I thought this was a science podcast!" To which I say, "It's called *Ologies*. Cosmetology is an ology." It does take a buttload of passion, and school, and hours to become a cosmetologist. And if you've ever watched the television set, or a movie, or seen a person at their wedding, perhaps a bride, you have enjoyed the work and expertise of people who know way more about this than I do, or you maybe.

Lest you think this episode will be all about makeup, it's not. I didn't want to spend an hour on techniques that you can get from a book or videos via audio, that seemed like "hmm" [*frowning shrug of dismissal*]. I wanted to ask a cosmetologist about skin care, and beards, and confidence, and the culture of personal grooming. It has always fascinated me; where is the line between vanity and self-confidence? Does spending too much time on how you look, does that waste your life and the opportunities in front of you? Or does looking and feeling like a ratchet [*like wretched*] scarecrow make you miss out on chances in life, because others are afraid you will sleep on their couch or steal their belongings? I don't know. I go back and forth between the two myself.

Now first off, Cosmetology comes from the Greek *kosmētikos* which means 'skilled in adornment'. That comes from *kosmein* which means 'to arrange or adorn'. So cosmetology is a word that's been around for a while and the term Cosmetology has been around since the 1800s, but comes from really, really deep, deep Greek origins. Essentially just means 'putting things on your person and looking fantastic.'

I met this week's guest when she was approximately one-half inch away from my face. She was right up in there. And she is a professional makeup artist and a trained and certified cosmetologist. She gets paid to be up in people's business in a practical sense, and then a lot of times also in an emotional sense, because people talk in that chair. And she's stunning. She has this waist-length, black hair. She has perfect, just, razor-sharp cat-eye makeup and lashes every day. Every day. She looks like if Wednesday Addams grew up and dropped a mixtape. She's goth as hell. She's also sincerely the sweetest, funniest and one of the most compassionate people I've ever met. She's dope.

If you want to scroll through photos of her face as we talk, go for it. Her Instagram is @AlyshaSherri. So buckle up as this human fixes your acne, spills tea on what to slather on your beard hairs, gives opinion on eyebrows, and also dishes out the secret to confidence and just being who you are. Enjoy the cosmetological wisdom of Alysha Marcantonio.

Alie Ward: You can say whatever. You can swear if you want.

Alysha Marcantonio: Oh, cool.

Alie: You don't have to swear, but you can if you want to.

Alysha: Okay. I mean, it might just come out naturally. I'm glad that I don't have to have a filter.

Alie: You're so pretty.

Alysha: Aw! [*squees with delight*]

Alie: [*laughs*] We should just start it right there.

Alysha: [*laughs*]

Alie: Alysha, you're here.

Alysha: I'm here! Thanks for having me.

Alie: You look fantastic.

Alysha: Thank you.

Alie: You're done up as always.

Alysha: No one can see, but that's okay. [*laughs*]

Alie: I have never seen you, in the years that we've worked together... I've seen you at like 3 in the morning at like dark o'clock.

Alysha: [*sighs, remembering long days at the cosmetology mines*] Dark o'clock is normally our call time.

Alie: I know. I've never seen you without lashes.

Alysha: I know. It's just become a thing. I mean, this is me even going to Trader Joe's. I'm always glammed up. [*laughs*]

Alie: You have a tattoo on your back that says...

Alysha: [*finishing Alie's sentence*] "Glam 'til death."

Alie: It's amazing.

Alysha: It's true though. I mean, I've just had to make some fun out of it because this is how I've always been. I'm committed.

Alie: When did you start wearing makeup?

Alysha: Kind of forever. I mean, I started playing with it when I was six or seven, but when I was in middle school and high school I was already wearing it every day. I already was in my cat-eye. I already kinda started, and I would match my clothes to my eyeshadow. I would wear fuchsia eyeshadow. It's been a long time coming, for sure, that I was gonna be a makeup artist.

Alie: Could you do a cat-eye before you could drive a car?

Alysha: Yes.

Alie: Really?

Alysha: Yes.

Alie: That is not the order it typically goes.

Alysha: [*laughing*] Generally no, but I don't think I'm the most normal person, so I think it works.

Alie: What happens at a dinner party if someone asks you what your deal is? Like, [*perky dinner party voice*] "So what do you do?"

Alysha: I always just say I'm a makeup artist, but a lot of people don't really know what that means. The other day someone was like, "Oh, you work at Sephora?" and I was like, "I *don't* work at Sephora." [*laughs*]

Alie: "How dare you."

Alysha: Then I kind of explain that it's more for film, and TV, and musicians and I travel, and the whole thing. I guess a lot of people don't know all the other things that go into it, working in the industry. It's not just makeup. It's also, you know, you're dealing so closely with all these people and their different personalities and... *you* know. Actors, musicians.

Alie: Their pores. Their egos.

Alysha: Yeah, egos. A whole lot of everything.

Alie: It's like glam and travel and beauty and makeup *and* nose hair and narcissism.

Alysha: And therapy.

Alie: Oh, right! [*laughs*]

Alysha: People tell me things that I probably shouldn't know.

Alie: I've told you so much.

Alysha: [laughs] But it just kinda comes out. I think people feel comfortable getting their makeup done. It's kinda like when you get your hair cut. But yeah, people really open up to me. It's pretty cool.

Aside: In the five years that Alysha's been doing my makeup, for like six different shows, she's heard all about three of my boyfriends (one she just knows by the name "The Butcher"), both of my parents' health updates, my different battles and failures to manage my naturally curly buffalo hair. She knows about my dumb ovarian issues. She's been forced to look at photos of at least a dozen different dogs I want to adopt. This girl is a vault of secrets. I guess all of which I just told you... Shoot.

Alie: It's like an atmosphere of oversharing already. "I'm gonna tell you about the dumb thing I did while I was drunk."

Alysha: [laughing] That's kinda how it goes. I feel like people are immediately kind of in a vulnerable place, and so it allows them to open up and be like, "Oh my god, me and my boyfriend..." And I'm like, "Tell me, gurl. Give it to me." [laughing] I like to be there for everyone that sits in my chair, you know, emotionally.

Alie: What is the difference between a cosmetologist and a makeup artist?

Alysha: A cosmetologist is generally someone that does hair, skin, nails and makeup. They do *everything*. And normally they go through a lot of schooling, a lot of hours, and then they can work in a spa or salon. To be a makeup artist for film and TV you really only need to be a makeup artist. You don't have to do everything else. I do all the other stuff, but I kinda just go by makeup artist.

Alie: It sounds more colloquial to just say, "I'm a makeup artist," than to say, [posh voice] "I'm a cosmetologist."

Alysha: Yeah. I think that everyone says makeup artist now, too. You rarely hear people say, "I'm a cosmetologist."

Alie: What kind of schooling did you have to go through?

Alysha: I started going to makeup school when I was 14.

Alie: What?!

Alysha: I know. So weird. I knew that's what I wanted to do for a passion. I told my parents, and I found this makeup school in Boston. I would take the train into the city after my high school classes. I would go learn from this teacher, David, and we would do these little photo shoots. He would teach me about RuPaul, and Boy George, and all these people that I didn't know about yet. He kind of expanded my knowledge of makeup and the beauty industry. Then once I was 18 I was like, "Alright, this is it. I'm going to L.A." [laughs] So I packed up my little suitcase, and I moved to L.A. when I was 18. I started taking classes in L.A. right away at Cinema Makeup School. I did that for about six months full time, and then I just kinda started working.

Aside: I looked into Cinema Makeup School because I wanted to 1) see what their work was like and 2) waste approximately 1.5 hours of what could've been a productive day by scrolling through photos of people with bulging veins, and prosthetic chins, and

flawless cheek highlight. So, don't look up their Instagram unless you are waiting for your car to be done with an oil change and there are *no* magazines in the waiting room. Because you will get sucked in and you will look up and you will see that night has fallen.

Now, a few select images from Cinema Makeup School's web page feature "an action shot of our Advanced Lab Techniques class as they sculpt their decapitated heads." One of these heads bore the student's own face, and it was studded with roofing nails. It had a split cranium and a visible brain. This school did not mess around. Also, it cost anywhere from around \$8,000 to \$20,000 for their programs depending on what skills you wanna bounce away with.

Alie: Do you remember the first time you got paid to do makeup? Was that a big deal for you?

Alysha: It was a *huge* deal, yeah. Because all my life people were like, "Oh, no. You can't do this for a *job*. You can't possibly make a *living* doing this." I was kinda like, "Okay, we'll see." Even in school, they're like, "You're gonna work for free for about a year, and then you'll start getting paid." I was kinda like, "That sounds like shit. I would rather not work for free for a year. I'd rather get paid to do my job." I did get paid pretty quickly, which was pretty cool.

Alie: What was the job?

Alysha: It was a fashion show. It was, like, some really sketch runway show in 2010.

Alie: What did you do with the money? Did you just go straight out like, "Let's get hot wings!!! I'm so excited!"

Alysha: [*laughs*] No, cause I was 18, and I was poor. I was like, "I should probably pay a bill." I never really had the "go to college, party, do whatever" phase. I was like, high school... Career.

Alie: You started going to school at 14. You knew so early. Was there something that sparked your interest?

Alysha: I loved dance, and I loved performing as a kid. When I did perform and I had dance recitals, I would always have glitter up to my eyebrows. I was like, "This is so fun!" I was always an artist. I painted a lot. I had an art background. Then I was watching MTV, I think. I don't remember what show it was, but it was *The Hills* or something where I started to see L.A. for the first time. I was like, "Okay, I need to be there." You have to imagine me in Massachusetts, which is not the most glam place.

Aside: I got curious. I tried to research, "What is the most glam place on Earth?" There's gotta be a most glam place on Earth. Would it be Vegas? And then I thought there's too many yard-long daiquiris on lanyards to make that the most glamorous place. What about Monaco? One source claimed that London was. I think it does maybe come down to Los Angeles being the most glam place on Earth. But as a resident, who once bought a pack of hotdogs from the 99 Cents store, I feel like Los Angeles can't take it. But I guess maybe it is, compared to the Massachusetts suburbs. I don't know.

Alysha: I didn't really fit in there anywhere. I was kinda like, "Okay, yeah this is what I have to do." Then once I realized you could do it as a career, I was like, "Okay, this is it. For sure."

Alie: *The Hills* was like an infomercial that sold you on L.A. [laughs]

Alysha: [laughing] Yeah, basically. I was looking out my snowy window in Massachusetts, and I was like, "This is not for me."

Alie: So what happens in makeup school and in Cinema Makeup School? Where do they start you? Do you start making a swamp creature out of latex? Or are they like, "This is how you cover a zit"?

Alysha: [laughs] I went to the full Master Makeup Program. I did beauty, airbrushing and special effects. I moved here because I was like, "I think I want to do special effects." The thought of making monsters to me was the coolest thing ever. Once I started doing it, I was like, "Okay, this is way more than I ever expected." All the molding and the casting in a lab all day. I was like, "I don't know if this is for me. I kind of want to be out meeting people, making people happy doing their makeup." I seemed to gravitate more towards the beauty.

They put you through the courses, you do the basic beauty stuff, and then you do airbrushing. I had to have my whole body airbrushed. In effects school, I had to have a beard, and I had to be in a bald cap. I was like, "I did *not* sign up for this. This is not what I thought makeup school is supposed to be!" I had a full beard on, and I wasn't allowed to wear makeup to class. I would always get in trouble because I would still come in with eyeliner on. They'd be like, "Alysha, you can't wear makeup." I'd be like, "I know, but I just like...."

Alie: "It's just a cat-eye." [laughs]

Alysha: "It's just me. I just can't not wear it." [laughs]

Alie: The idea of you, you look like the most glam Wednesday Addams ever, in a full beard with a "Glam 'til death tattoo," is all kinds of wrong.

Alysha: [laughing] It was not cute. I remember thinking in those classes, "If I ever make something of myself, these photos are gonna come out of me with no makeup and a beard on. I'm gonna be so bummed."

Aside: Let's stop real quick and break down how many hours it takes to get a cosmetology license. According to barbercosmo.ca.gov, which is the government application portal, the hours needed to qualify to take the state board exams for cosmetology is 1,600 hours. Cosmetologists can cut and color the hair of people. They can perform facials. They can remove hair by waxing or tweezing. They can also do manicures. They can do esthetician stuff.

A barber you need 100 fewer hours. I don't know why, because they're the only licensees who can perform a shave on a consumer. They can get a blade near your neck, but they need fewer hours? I don't know. Manicurists need 400 hours. So it kinda goes down the lines. Now, the pay rates for cosmetologists range from minimum wage plus

tips in some salons, probably in like Reno, up to several thousand a day for film and TV. It definitely depends on the project and experience.

Side note, in digging into the .gov site, I finally, finally got some closure to a long burning question which was, "Are fish pedicures legal in California?" This is where fish eat the dead skin off your feet. The answer is no. Just so you know. Okay, now let's get back to talking to about the big bag of skin that you live in.

Alie: What about tips that you took home yourself? Cause I have literally never seen you have a zit, and I've seen you so many times, so many hours. What kind of skin care stuff do you take home from that?

Alysha: *[laughs]* I do get zits. I do.

Alie: I don't believe it. I think you're lying.

Alysha: I'm human. I swear. I get them. I think I learned a lot more on my own experience than being in school. I drink a lot of water. I drink almost a gallon of water a day. I learned a lot about skin care just by researching different things and seeing what works and what doesn't. I've definitely had my breakouts from bad products. I try to recommend my favorite things to my clients.

Alie: How much makeup do you have to put on dudes? Are dudes ever like, *[manly dude voice]* "Uh, I'm good here. Keep going."

Alysha: It's funny because I did a lot of rock videos back in the day for a lot of metal bands. They always were like, *[manly dude voice]* "Oh, I don't need makeup." I would be like, "No, just sit down. It's just for camera. Lemme just..."

Alie: "Yeah, lemme blot. Can I blot?"

Alysha: "Lemme just give you some something." As soon as I started doing it, they would always be like, "Oh, this is nice." I'm like, "I know!" I'm telling you, it's always the dudes who are like secretly *super* into it. They love it. 'Cause then they look in the mirror, and they're like, "Oh my god, my skin's totally even. This is amazing." But I just do tinted moisturizer on them and some powder and cover up blemishes. Sometimes I'll fill in, stipple in some extra beard stubble because guys get really patchy. Their beards have empty spots. So I'll go in by hand and fill it in so it looks nice, and full, and manly. I help them out. I do the most for them. *[laughs]*

Alie: Are you serious?

Alysha: Yeah, and like eyebrow grooming. It's always good to do a brow gel on a guy because guys generally have thicker eyebrows, longer eyebrow hair. So, it's good to just kinda get those brows in check and just do some grooming, men's grooming.

Alie: What about the monobrow? Do you ever go in there and just plucky pluck?

Alysha: *[laughs]* The unibrow? I don't like to let a unibrow leave my chair, but I think there are some guys that are like, "No, it's fine." I'm like, "Well, okay that's a personal problem, so *[laughing]* I'm gonna let you deal with that on your own time." But I do try to maintain it for them.

Alie: Is there a way to turn your brain off? If you're at the store at the end of the night, and someone has smudgy mascara, how do you not fix that?

Alysha: Unfortunately, no. I'm not like a very rude person, so I would never say anything. But I *see* everything. I'm out in these streets, gurl, and I see it all. [*laughs*] I just pick up on things when I'm watching films and when I'm watching TV. Everything everywhere, I notice. Like, makeup ads and magazines, I see everything. I always see when they don't blend their real lashes to the fake lashes on the mascara ads. It just makes me go crazy.

Alie: You're just throwing dishes against the wall watching TV.

Alysha: [*laughing*] I know it sounds ridiculous, but I think you just notice all the little tiny details after you do this for so long.

Alie: God, that would be maddening. That would be so maddening.

Alysha: I think most people don't even see it, though. I'm just the crazy one, I guess.

Alie: You got eagle eyes. Do people have expectations when they sit down? Are they like, [*sing song*] "Make me beautiful!"

Alysha: I think it depends on the person. Some people are very particular, and some people are like, "I trust you. Do your thing." And some people are like, "Can you make my nose like a different nose?" And I'm like, "Well, I mean... I'm not a magician."

Alie: What is the craziest conversation that you've had in your chair? Can you even allude to that? You feel like a priest at confession time, we've talked about that. But do you have any stories where you have been the only person on set to know something and you have to keep it under a tight heavy lid?

Alysha: Yeah, for sure. I'm trying to think of something specific, and obviously I can't at the moment. There's been a lot of times, yeah, when I've overheard things being said or artists will tell me something that's going on. I feel like I have a very close relationship with whoever is getting their makeup done, because they always tell me the things they won't tell the director and everyone else who's on set. I definitely try to, you know, keep everything under wraps.

Alie: "No one else knows I'm on ayahuasca but you. Make my eyebrows look good, okay?" I guess that means no one's gotten arrested on set for...

Alysha: No, no one's like, "I accidentally killed someone yesterday." That hasn't happened *yet*, but you never know. I mean, I'm not gonna rule it out.

Alie: What kind of misconceptions do you feel people have about cosmetology?

Alysha: I think for makeup, at least in the entertainment industry, I think there's definitely a misconception to where people are like, "Well, what do you *really* do? Don't you just like put lipstick on people?" And I'm like, "Oh my god, you have *literally* no idea." Especially men. I think it's so funny when there's a male director and he's like, "Yeah, just put some powder on her." And I'm like, "That's not a thing." Even the most natural makeup in a Crest Whitestrips commercial still is a lot of products. It takes a lot of things to make you look like you're not wearing any makeup. It almost takes longer to do that than to do a really glam look.

Yeah, I think people definitely misunderstand what *exactly* we do and how much work is put into it on the business end. Not just the showing up to set doing makeup. It's also you're a business woman. You have to deal with all that other stuff, too. It's definitely a lot more than people realize.

Alie: Like scheduling and budgeting.

Alysha: Yeah, budgeting and scheduling. Because I'm freelance I have to deal with a million different companies every year. And always being on; I'm always on. People call me at 3 a.m. to book me for stuff. It doesn't stop. It's never off. I don't go off the grid. I'm always answering emails, always talking to people about a future job, or this or that. Talking to other makeup artists, taking seminars. It just doesn't stop.

Alie: Is your tax situation a nightmare?

Alysha: It's a *nightmare*. It's such a nightmare that I just put everything in an envelope, and I'm just like, "Here deal with this because I can't." [*laughs*] I keep track of everything, receipts and stuff obviously because I spend a gazillion on makeup. But I'm just like, "Anyone else can deal with this because I don't want to."

Alie: You just have so many 1099s and W2s.

Alysha: Oh! So many 1099s it's *devastating* when I open my mailbox in tax season. [*laughs*] It is heart wrenching. I'm like, "I don't wanna give you my money."

Alie: You're just sitting there crying by the mailbox.

Alysha: I'm just weeping over 1099s. [*laughing*]

Alie: It takes a business mind, not just an artistic mind.

Alysha: It does, and I obviously did not know that getting into it. I'm an artist, so I have artist's brain. I'm scatterbrained. I'm like, "Okay, let me just start doing this. Oh, and then I'll start doing this. And okay I need to find this color tomorrow." You know what I mean? I'm always all over the place. When it comes to booking, and scheduling, and taxes, I never thought that I would have to be dealing with that all on my own.

Alie: How do you tackle it? Have you become more organized since you moved to L.A.?

Alysha: I have. I never thought I would be this person, but I have several spreadsheets.

Alie: Hey, gurl!!!

Alysha: I know! Gurl, it's crazy. I just never thought I was gonna end up doing this. I remember talking on the phone to one of my friends. She was like, "What are you doing?" I was like, "Oh, I'm doing a spreadsheet for my expenses." She was like, "You're *what*?" You know what I mean? Normally you have other people do that for you, or you have a normal job where you don't have to do stuff like that. I'm better at it now, but in the beginning everything was just a mess.

Alie: Well, you have to be accounts payable. You have to be all of that.

Alysha: Yeah, I'm every department. I'm my manager. I'm my agent. I'm my accountant. [*laughs*]

Alie: Do you think that's the worst part about the job?

Alysha: It's not the worst. I like being in charge. I think I work best when my eyes are on everything. I don't know how much I would trust someone else taking care of me. I think I'm good at it now, but it's a lot. It's a lot of work.

Alie: What's your favorite part of the job?

Alysha: I think, in film and TV, I love being able to travel. I love that I've been sent all over the country and to other countries to be able to do what I love. It's kind of still a crazy thing to me, when I actually sit down and think about it. It's really awesome. It's really rewarding when women are more confident because of you. When you can come in and do someone's makeup, and they've never seen themselves like that. I've worked with a lot of women that have gone through chemo and lost all their hair and eyebrows and eyelashes. To be able to make someone like that feel like, "Okay, I'm feeling good. I'm feeling really hot today." That's really rewarding. That's something I never thought I would be able to do. It's really cool.

Alie: You don't cry your eye makeup off when that happens?

Alysha: I've *had* my moments, but I try to keep it together as much as I can.

Aside: Quick question: How does waterproof mascara work anyway? Is it magic? I had to check. So there's this silicone polymer. It's called dimethicone copolyol. I just said that wrong... Copolyol? Doesn't matter. It's fat-based so the water, aka your horse-crying, rolls right off 'em. So it's good for weddings, funerals, when you want to go river rafting but also look fancy as fuck.

Alysha: It is very touching when someone really appreciates you and what you've done. It's really sweet.

Alie: Is award season nerve racking?

Alysha: [*sighing*] Yes.

Alie: We're coming up on the beginning of this year's award season.

Alysha: I know. I was just having anxiety about that in the car. It is, but I love it because I love being crazy busy. Some years I'm going from the Four Seasons, to the Beverly Hilton, to... I'm just at *every* hotel getting everyone ready, and it is absolute mayhem. But it's fun.

Alie: Do you have to be an anti-anxiety coach for them as well?

Alysha: For sure. Which is hard for me because I'm a pretty anxious person. Yeah, everyone is always really high-strung. They're going on the carpet, you know? I think it's good when you're there to make them feel even more beautiful and tell them that they're gonna kill it. I think everyone needs that extra, "You got this." And that's me! That's what I'm there to do. [*laughs*]

Alie: Isn't that crazy though that you're like, "I'm really good at applying a cat-eye, I know how to contour, but also I have to be a trained psychotherapist."

Alysha: [*laughing*] No, it's totally true! But it's cool. I love that part. I love being able to do that. Yeah, everyone is always really anxious. Award season is just like "Whew!"

Alie: What happens when you are done working? Have you been talking all day to your clients? Like when you get home from work in general, a shoot or whatever, do you just go into a weird cocoon in your living room into like a pod that closes and you just don't talk?

Alysha: *[laughs]* I honestly wish I had a pod that closes. I would spend much time in there. I don't know. I feel like when people ask me what I do for fun I'm always like, "Uh..." I never know how to answer that question. I like to chill after a long day on set. I mean, we work 12-hour days. Sometimes fourteen, so after that all I want to do is burrito myself into a blanket and not exist. *[laughs]*

Alie: That is what sleeping is. It's just a mini death, and then I'll exist tomorrow. How much work do you have when you get home? You clean your brushes. You gotta organize your stuff. Cause your kit is meticulous. There's labels on everything. You know where all of your shadows are. You're digging through pouches like a raccoon over there. I'm just like, "What are those? Lip liners?"

Alysha: *[laughing]* Yeah, it's very organized because I have to be quick on set. They give you an allotted time, and you have to be fast. You have to know where everything is. Everything has to be labeled. Everything has to be clean and sterile. After every job I go home, and I wash about a hundred brushes and I cry over them every night because it's so much work.

Alie: It's a saltwater wash.

Alysha: *[laughs]* So I wash all my brushes, and I'll go through and wipe everything down with alcohol. Because you just don't know.

Alie: Tequila or vodka...

Alysha: You know, a little whiskey. *[laughs]*

Alie: Wipe everything down with rosé.

Alysha: *[laughing]* Oh my god, that sounds fabulous! I should start doing that. Yeah, I clean *everything* between every single job. The job definitely does not end when I'm wrapped. I still have to go home and deal with all the other stuff.

Alie: How long does it take you to get ready in the morning?

Alysha: *[sighs]* It depends.

Alie: Or the afternoon, depending on the day you've had.

Alysha: It depends on the day, but generally, like an hour. For me... I know for most girls, they get up, and they're rushing around, and they're trying to get ready, do their hair, makeup, get dressed. Doing my makeup is my Zen time. Every morning it's like my relaxation. I get to create art on my face. This is the best thing ever. So, I usually take about an hour. Don't ask me to leave the house in less than 30 minutes, 'cause it's not gonna happen. I need more time than that.

Alie: What are the essentials for you? Like you have to leave the house with lashes and brows, right?

Alysha: I mean, yeah. Lashes...eh. Eyeliner, I need eyeliner. I won't go out without eyeliner. I won't do it.

Alie: Do you care about the history of makeup? Did you ever go down a rabbit hole where you're like, "Cleopatra used...."

Alysha: Totally. That's kind of what you have to study in makeup school. You have to know the history of makeup because if you're on a shoot, especially for editorial stuff, they're just throwing references at you. You have to know who people are. If someone asks you for Brigitte Bardot bangs and a Cleopatra eye (which I don't know why they would put those together, but you know what I mean), you have to know exactly what they're talking about and make it happen. I do love all of that.

Alie: When did people start wearing makeup?

Alysha: [*sighs, thinking*]

Alie: Is it Egyptian times?

Alysha: I think so. I don't really know, but I think.

Aside: So, the history of makeup, just looked this up. Makeup is apparently at least 6,000 years old. Archaeologists trace it to Egypt where something called kohl was used to rim the eyes. This helped with the glare of the sun 'cause they didn't have sunglasses, and it kept flies conveniently from drinking at your eyeballs. I always thought that kohl was just charcoal. It's spelled with a k; I thought it was just a fancier spelling. But evidently it's not. It's galena, which is a lead oxide. Egyptians also made ointment out of something called knotgrass and powdered root of wormwood, which 100% sounds like I'm just plagiarizing from Harry Potter, and I'm not, I promise.

Now, makeup and cosmetics have been used all over the world through history. In China, nail color used to be indicative of your social class. Gold and metallics were for royalty only. Only royalty! In Europe in the Middle Ages, pale faces were all the rage, so people would just bleed themselves. Just bleeding. [*quietly horrified pause*] Lookin' goooooood.

Skip to the early 1900s, makeup was really frowned upon because only cabaret dancers and women of the night wore it. In 1915 in Kansas the legislature proposed to make it a misdemeanor for women under the age of 44 to wear cosmetics "for the purpose of creating a false impression." Oh, Kansas. Come on, Kansas, chill out.

Once Hollywood movies came along the stigma was greatly reduced, so I guess despite the fact that the L.A. river is a concrete drainage ditch peppered with shopping carts, (woo!), L.A. might be the glammest place on Earth. We owe it to old Hollywood smearing weird stuff on people to make them seem hotter on film, so you pay money to look at them.

Alie: It's funny to read back at some of the products.

Alysha: I was just gonna say, they certainly put some ingredients in older makeup products that are very questionable. I'm glad that we have evolved in that department for sure.
[*laughs*]

Alie: Yeah, wouldn't they use lead paint or arsenic?

Alysha: Yeah, basically arsenic mascara was a thing for sure. I don't really know what they put in them, but I wouldn't want it on my face.

Aside: At some point before commercial makeup became widely available, people wanted to look pale because only the working class was out in the sun. So they used enamel, like actual paint on their faces. Like, uh, arsenic much? Li'l bit.

Alie: That's glam 'til death.

Alysha: Oh, for sure. Have you ever been to the Max Factor Museum in Hollywood?

Alie: No.

Alysha: It's really cool. You can go in and see all the old Max Factor lipsticks, and blushes, and mascaras that they used way back in the day. It's really cool to see the old packaging. I'm a sucker for that stuff.

Aside: I went down a little rabbit hole researching the kind of, I guess, godfather of modern makeup. He actually popularized calling it makeup instead of cosmetics. His name was Max Factor but he was born in Poland as Maksymilian Faktorowicz. That name rules. I'm mad he changed it, but [shrugs] Hollywood. Anyway he came to the US. He started selling makeup within the movie industry, and then when TVs came along, the definition and resolution was so weird and sucky that he had to invent this insane way of painting clown face onto people in different colors so that their features would even read. I highly suggest googling Max Factor TV contouring for images that look like if a sweet girl from your sociology class became a juggalo and fell down a wormhole into old timey days. It's so rewarding.

Alie: Did they have you learn color theory and stuff in school?

Alysha: Yeah. All the stuff. Color theory, mixing, also learning a lot about the different bases of products, like foundations, water-base, silicone, oil. You have to learn about all these different things and how you're not supposed to mix one thing with the next if you want it to stay a certain amount of hours. It's definitely a little chemistry, a little mixing.

Alie: That's chemistry!

Aside: Speaking of chemistry in cosmetics, I just read that 90% of L'Oréal's scientists and innovators are women. Pretty dope.

Alysha: It's pretty cool. Maybe not as intense as...

Alie: It's not *Breaking Bad*.

Alysha: It's not *Breaking Bad*, not quite.

Alie: If you had to give someone one tip to get out of the house looking not buster, what would it be?

Alysha: One tip? I think that it's great to have a toner. I love a toner. I use a rose water toner. I think it's great to use it with a cotton swab to get all the extra stuff out of your face, because your face wash will only take out so much. But it's also great to just spritz it.

That also gives you a nice little glow. If you spray your face with a toner before you leave the house, you'll just have a fresh, little, youthful, "Oh! What were you doing this morning?" *[laughs]*

Alie: It's like sweat, but it's better.

Alysha: *[laughing]* Exactly.

Alie: What about those makeup wipes? Are those not something we should be using on our face? At the end of the day?

Alysha: Makeup wipes, period? I mean, I don't use them. They're fine, but I think a lot of people don't realize that you *have* to wash your face after you use a makeup wipe. People are like, "Lemme just makeup wipe, and then go to bed." And I'm like, "No."

Alie: What do you do after?

Alysha: You have to makeup up wipe, then you have to wash, then you have to tone and then you have to moisturize.

Alie: Oh god, I skip at least two of those, to be honest with you.

Alysha: *[laughing]* There's only four!

Alie: All right. So there's some math involved. *[laughing]*

Alysha: There's a lot you have to do. Maintaining your skin is a lot of work, because at the end of the day when you're tired the last thing you wanna do is all those steps. But that's something I stick to religiously, so that's probably why I don't ever have many pimples.

Alie: Okay. So I gotta do some washing, some toning and moisturizer.

Alysha: Moisturizer is your BFF. Moisturizer is the most important thing in the world.

Alie: Do you have one you like?

Alysha: I have a lot, yeah. I'm a big fan of serums. I love serums because a serum is going to penetrate your skin deeper than a moisturizer. Right now I'm using a seaberry oil from Fresh, and I am a big fan.

Alie: Okay, good to know. *[fancy, relaxing voice]* Seaberry from Fresh. That sounds like a fake advertisement, doesn't it?

Alysha: Ooooh, that voice was killin' it.

Alie: *[gruff voice]* Seaberry from Fresh!

Alysha: No, I like that one better. *[laughing]*

Alie: Okay, what about for dudes? Cause I know some dudes who are like, "I wash my face with whatever's in the shower." And some of them are like, "Who washes their face? Not me, I'm a boy."

Alysha: Guys are so funny. Sometimes I'm like, "What shampoo do you use?" and they're like, "What? I don't use soap."

Alie: *[dudely voice]* "Ajax. Fuckin' Dawn. It's good enough for seabirds, good enough for me."

Alysha: I really think that guys should get more into skincare. I mean, it's kind of hard to get a lot of them on that train, but there is... all the same stuff we use, they have, like, a *man* version. It's essentially the same stuff, but it's in a blue little cup so it's manly.

Alie: Or a black cup, and it smells like cedar. What do dudes do about those big, nasty ingrown hairs they get with their beards? Dudes hate those.

Alysha: I know. I use witch hazel a lot.

Aside: This astringent always kind of intrigued me, which is totally natural for a tonic with the word witch in it. What is witch hazel? What is it? It's a distillation of the bark and roots of the witch hazel plant. Colonists learned from Native Americans that it had all kinds of compounds and tannins and some say anti-inflammatory properties. So, yes, you can use it on your skin even though it was commonly used for soothing the wounds of childbirth and for hemorrhoids. If it's good enough for your ragged, torn-apart nethers, it should help with a zit.

Alysha: It will pull things out of your skin, so I use witch hazel as a toner if I do break out cause it'll help bring the zit out of your skin. It does work good for ingrown hairs. There's something, I can't remember the name of it, that's great for ingrowns. There definitely are products out there to help pull it out.

Alie: Is it Tend Skin for ingrown hairs? It's in a blue bottle.

Alysha: Yes! That is what it is called.

Alie: I have used that before on different areas of my body after waxing. It is like gasoline. It is, like, searing. It's like napalm.

Alysha: [*laughing*] That word alone. [*cringes*] I've heard it's amazing. I don't use it, but I've heard it's really good.

Alie: So dudes can put that on their face.

Alysha: Yeah, they can sear it on there.

Alie: [*cringing in pain*] Ah! It's like a chemical peel on accident.

Alysha: I'm the worst, so I always want to pick at ingrown hairs, which is not what you should do.

Alie: On yourself or other people?

Alysha: Other people. If you look close, you can always see the loop. You can see the hair that's flipped in. I just have to pull it out. I have to.

Alie: But isn't it your job, kind of, to be like, "You've got a thing. I've gotta take care of it."?

Alysha: Yeah, I always tell them beforehand, though, because if I come at a man's face with tweezers they're always like, "What are you doing?" [*laughs*] I'm like, "I'm just gonna get this little thing." But I do a lot of eyebrow tweezing with men, and they're always absolutely terrified, which is fun for me. [*laughs*]

Alie: Do you think that their pain tolerance is a lot lower? Do you pluck an eyebrow and they act like you're bludgeoning them?

Alysha: Absolutely. First of all, childbirth. *[laughing]* You know what I mean?

Alie: Yeah, exhibit A.

Alysha: Yeah, they definitely are really sensitive with that, but I think it's also because they're not used to it. I been waxing my eyebrows for like 15 years. You could pour wax all over my face and take it off, and I could sleep right through it. I wouldn't even know you were waxing my eyebrows. I have no feeling around the eyebrow area anymore. I'm so used to it, but I think that if you're not it's definitely an unpleasant feeling.

Alie: I heard at a laser hair place a guy say that when guys come in to get their backs lasered or whatever their monobrows, they're like *crying*, like they need to stop and breathe. The ladies are like, "Just do it. Tap me out when it's over." But dudes really are not used to how much... Beauty is pain.

Alysha: Oh my gosh, yeah. The things we put ourselves through, it's unbelievable. Laser hair removal, coloring our hair which burns our scalp off, waxing our eyebrows, tinting our lashes. I mean, I glue hair to my face every day. Men have no idea. They just don't know what we do. It's crazy.

Alie: I ripped out my mustache last night, casually. Why do you think, culturally... and how much do you reflect on this, maybe not at all, but why do you think culturally the burden of beauty has been on women? We go to these lengths. We go through this pain. We spend this money.

Alysha: You know, I don't know why. I think society definitely, and beauty magazines, make us feel like we have to do these things, we have to be this way. For me, I just kind of go with what makes me happy. If I wanna do this, I'm gonna do it. It's not for anybody else. When I was a kid people were always like, "Why are you wearing so much makeup? Who's it for?" I'm like, "It's for me. It's not for anyone else. This is just what makes me happy." I don't really know why men aren't bothered (in any department.) There aren't those standards for them.

Aside: I personally have kind of a rocky relationship with makeup. It seems that women waste *so* much of their worry and anxiety on being perfect for other people, which ends up just draining us of resources such as time and money. On the other hand, being able to dab something on a problem area is a goddamned blessing that men should have the freedom to do. I just started researching men's makeup to see what the market was, and I came across this thing called the Men Pen.

Essentially it's a concealer stick, but it's in a Chapstick-like tube so that no one can tell that you have makeup in your pocket. It's \$17.95, and the site boasts in very aggressively all-caps, masculine sans serif, *[dude bro voice]* "A Men Pen is a men's concealer product designed to conceal specific areas like acne, moles, scars, dark circles, blemishes or just rough spots!" Exclamation point. "You'll love the self-confidence you'll get from the Men Pen!" It also says "This is the same makeup for men that male actors, models and businessmen use!" I just keep imagining a drill sergeant in a cosmetology smock shouting at me.

Alysha: There are lines coming out now more and more that are men's makeup, but I think that there's still definitely a lot of men that are like, [*gruff voice*] "I would never wear makeup," because whatever, masculinity. I think it's awesome when guys are open to anything, when they're like, "Yeah, I'll try it."

Alie: We do have some questions from listeners.

Alysha: Okay, cool. Let's hear 'em.

Alie: I'll just rapid fire. Jordan wants to know: Is it safe to pluck a nose hair?
I'm gonna guess if Jordan wrote this, and he's an alive person, then yeah cause you haven't died yet.

Alysha: Jordan, first of all, Jordan, why are you *plucking them*? That's so much more painful. Why won't you just get a little nose trimmer and just clear it out? Or just get some manicure scissors and just get up in there. The plucking sounds painful. I wouldn't recommend. [*laughs*]

Alie: Yeah. As people who wax their faces and wear high heels, we're telling you that's too much.

Alysha: Yeah, that's too much. It's not necessary.

Alie: Eric wants to know: My legs get especially dry to the point that if I miss applying lotion over 48 hours it appears to lose pigment and have loss of color. Any suggestions?

Alysha: His *legs* are losing pigment?

Alie: Well, they're so dry.

Alysha: Okay. I think that lotion is obviously not working. Sometimes, like I said earlier, moisturizers don't go deep enough into the skin to actually fix the problem. So I think that it's best if he tries an oil. Coconut oil is cheap, and you can buy a huge tub of it. It hydrates your skins so well. That's a great thing to try.

Aside: If you purchase coconut oil, and you are confused by why it was solid in the store but a liquid at home, well hot damn, it melts at 76°. Right there. I myself possess white, powdery, leg skin, which is very disgusting to behold. I have a jar of coconut oil in my medicine cabinet, which would be more effective if I actually applied it regularly. But I look at it every day, because at that magic 76° liquid point, it is the only thing in my life that shows the changing of the seasons in Southern California. I have long said, and I stand by, that in L.A. if the coconut oil is solid, it's Uggs weather.

Alysha: And also, drinking a lot of water, because sometimes when your skin is that dry, you have to hydrate from the inside out. You know? The problem might not be your skin. It's internal first.

Alie: Oh my god, so beauty is the inside.

Alysha: Beauty *is* on the inside! It's true!

Alie: And it's just water!

Alysha: It's just water! [*laughs*]

Alie: Rachel wants to know: The best makeup brands who are far darker- or lighter-skinned than normal shade ranges?

Alysha: Rachel, I love this question because it's actually my biggest pet peeve when brands come out with foundations, and they're like, "Here's our new line," and it's, like, four shades. I'm like, "What are you saying? This is not okay." Make Up Forever has a few different foundations, and they have very, very dark colors and also like Casper-white like me which is great. NARS as well. I'm a big fan of both of those lines because they do have those really deep skin tones that have different bases, you know oranges and reds.

A lot of lines have, like, one dark shade, and that's it. Sometimes it's not dark enough, and the same with the fair ones. Sometimes it's just a light shade, and there are girls who are like me that are ghostly. It looks like we're wearing too much makeup. Make Up Forever HD is great, or NARS has a tinted moisturizer that has a full spectrum that's great.

Alie: Ooooh. Make Up Forever is the way to go. Jessica Sugar Kyper wants to know: Eyebrow regrowth, is it possible?

Alysha: Eyebrow regrowth? Okay, gurl, I am with you because I am a victim to waxing the crap out of my eyebrows when I was a teenager and being like, "Where are the rest of them now?"

Aside: Quick PSA, if you're noticing that the outer half of your eyebrows is like byyyyyyyyy and just grows like shit, also you're always cold and tired, you may have an underactive thyroid. So get it checked, people. Sincerely, someone with an underactive thyroid who has googled "What happened to half of my eyebrows, dude?"

Alysha: I do know some people who have used Latisse on their eyebrows. Latisse is that formula to regrow your eyelashes. I have a friend whose eyebrows look incredible just from using that.

Aside: Latisse is prescription only medicine, and it's used to grow insanely thick and beautiful lashes. It was discovered after an active ingredient in glaucoma medication called bimatoprost, or something, made people have these really thick, amazing lashes. My great uncle Hale, who's in his 90s, has glaucoma and eyelashes like a Kardashian, and he looks fantastic.

Alysha: The only thing is I don't know what happens when you stop using it. I don't know how that works. There's definitely some *serious* procedures if you want to go crazy, because they can take some of your scalp off and stick it on your face. I think that's how they do it. *[laughs]*

Alie: I think that is how they do it.

Alysha: That is the medical procedure. They just cut a piece of your scalp off, and they slap it on your eyebrow. Then they're like, "Here you go."

Alie: With Scotch tape.

Alysha: *[laughing]* There is more you can do if it's real serious.

Alie: What about this microblading?

Alysha: I was just gonna bring that up. That is like the *thing* right now.

Alie: What the hell is it? Microblading, explain it.

Alysha: Microblading is like a hair-stroke with a tattoo gun. It's a very fine needle, and they're basically tattooing your eyebrows in. It's not like it used to be, like our grandmas that have solid purple eyebrows. And you're like, "Nana, what's the deal?" Now they do hair-strokes. They'll draw the brow on first, and they'll go in and tattoo it. I obviously haven't done it. I've had some friends that do it, and they love it. I would just say be really careful because I feel like all ink, tattoo ink as far as I'm aware, once it mixes with your blood over so many years A) it expands, and B) all the ink I've ever seen turns green.

Aside: Some tattoo FAQ. Black ink in older tattoos fades to dark blue or green I think because a lot of black ink is just really, really dark green or dark blue ink. I don't know. I went down some holes trying to figure this out. I found this one article by a tattoo artist named Chris DeBarge. Basically his advice is "Keep it out of the goddamned sun. You should wear sunblock every day. The sun is going to turn you into a goddamned suitcase." He seems like he would be an excellent spokesperson for the Men Pen, by the way.

Now for a second I wondered, "What if the sun turned you into an actual suitcase?" Like you just were out for the day and you were just like, [*boop*] "I'm a suitcase." That would suck. Then I googled, "Is human leather a thing?" Because there's no way it could be. And... everything terrible exists. So yes, human leather is a thing. There's some British company that makes it, and a few questions from their website asked, "Where did it come from?" They said, "Human leather is produced from skin sourced from normal, everyday people. These people have bequeathed their skin to us prior to their death." "Is it illegal?" "Not at all. In fact we've had to turn away potential donors, as we can only accept the highest quality human skin." They do note they "cannot give you they source of our raw product. We apologize." Human wallets? \$14,000. Human shoes? \$27,000.

They say they cater to a small but highly discerning clientele. They are amongst those lucky few who have everything they could possibly desire. So much about this is so, so, so, so gross, including people who have everything they could possibly desire except for a billfold to keep their money in *made out of a person*. Like, you know what? How about donating some of that money to charities or just spending it going kitesurfing? Ugh, Earth. What were we talking about? Oh, eyebrow tattoos.

Alysha: So, I don't really know much about the colors of cosmetic tattooing and how that works. I would be really careful because there's a lot of people that do it now so you wanna go someplace really good because it's your face.

Alie: Yeah, it's your face, and it's a tattoo on your face.

Alysha: Exactly.

Alie: So maybe go with someone who's been doing it for more than, like, 6 weeks.

Alysha: For sure. A lot of people are doing it now, so I would be real careful.

Alie: Bunda [phonetic] wants to know: How can I make my nails stronger? I'm a guitarist.

Alysha: Oooh! I think that vitamins are an important part of that. I mean, if you're not eating right, and your hair's not growing, and your nails aren't strong, that's kind of a diet thing. I feel like a lot of people are like, "What product can I get to fix A, B and C?" Try fixing yourself internally first because that's how your body works. Try eating right and taking the right vitamins. I know that there's nail growth vitamins you can take.

Aside: What's in these hair growth vitamins? Well, it's mostly, actively, biotin or B7. Now a deficiency of B7 can cause brittle nails. Don't eat the bottle all at once because excess biotin can make some people's skin break out. No bueno. Biotin is also made by intestinal bacteria among other things. So, maybe if your nails suck you just have kinda crappy intestinal flora? So, I am one million percent not a doctor, but some might say that you could drink more water and take some probiotics, too. Have I mentioned that I'm not a doctor, and how much not a doctor I am? Okay.

Alysha: Yeah, there's also polishes that are supposed to strengthen your nails. I would try a vitamin first.

Alie: So again, beauty's on the inside.

Alysha: Beauty's on the inside. *[laughing]*

Alie: Vincent wants to know: What's the best way to keep beard healthy without it feeling greasy with product?

Alysha: I know that there's a lot of oils. If you get a good shampoo, that's probably gonna be the best thing to take care of it in the shower and shampoo it. And also a deep conditioner. That's what we do to our hair. You can do the same to your beard.

Alie: Oh, damn.

Alysha: Because I know that a lot of beard oils are *very* greasy. I think maybe a deep conditioning treatment and leave it in or a mask of some sort. I'm sure you could DIY it at home. I'm sure you could put an avocado in your beard, and it would be sick. *[laughs]*

Alie: Just get super sloppy with some guac.

Alysha: *[laughing]* Exactly, yeah! There's definitely some things that you could probably DIY to just get some more hydration in there.

Alie: You can just mash up an avocado and put that on your skin, right?

Alysha: Absolutely, yeah. Avocado and egg is great. Avocados are the best. They're really good for your skin. You can just put it all over your skin. Some honey. Sometimes when I run out of the masks I like, I'll just put honey all over my face.

Alie: Just honey?

Alysha: Yeah, I look insane, but it works great. *[laughing]*

Alie: *[laughs]* I heard coffee grounds as a scrub is good.

Alysha: Yeah, coffee grounds is a really good scrub. A good scrub is just brown sugar and some lemon. Squeeze some lemon in a bag of brown sugar and mix it up. It's a really great lip scrub to get all the dead skin off your lips. They sell lip scrubs now for like \$20. It's

essentially just oil and sugar. The sugar scrubs that are a whole big thing right now. You can make one at home with brown sugar, something that's really rough, and just some lemon.

Alie: I love stuff that I could also eat on accident.

Alysha: Oh, yeah. It's awesome. It's also delicious. So there's that. *[laughs]*

Alie: The idea of face-temperature honey dripping down my face and accidentally catching some in my mouth sounds like not the worst thing. You know what I mean?

Alysha: We know what you're doing tonight! *[laughing]*

Alie: *[laughing]* Just honey facing. What do you find beautiful, when you are trying to do someone's makeup, or when you're looking at something, or when you're doing your own? What strikes you as, "Ah, that's so gorgeous."

Alysha: I just love things that are different, honestly. I think that we live in a world now where everyone wants to look like a Kardashian, and that is fine. However, I think that when you see someone that has different features, I love that. You don't always have to be perfectly symmetrical. There is beauty in every... Not to sound so cheesy, but there is beauty in every person. Also when someone is just really confident, I love that. That's a hard thing in life to do and to have. Whenever I meet someone like when I'm doing their makeup, and they're just a really confident person, that's really beautiful to me. I love that.

Alie: That's a sweet thing to say. Have you picked up, through cosmetology, any tips on getting that confidence? Like, what's common in all those people that have that really radiating confidence?

Alysha: I think that's all of our life's struggle. To me, confidence kinda runs everything. I feel like part of the reason why I take time to get ready in the morning is that if I leave the house and I'm confident, I will get shit done. I am a force to be reckoned with because I leave the house and I feel like a boss. I get all this stuff done. I think if you go through life and you love yourself, then you are more successful and you attract better things into your life.

Confidence is a tricky thing. I think the key is to find it not through your beauty and to find it through who you are. I think that's definitely a long, long process. I think that's something a lot of people, women especially, we struggle with all the time. It's hard to work in the beauty industry because I'm working amongst people who are like, "Buy this product, and you'll feel confident." And I just wanna be like, "But, no." *[laughs]* That's not what it's about. There are things that will make you feel better, but it's obviously a much deeper thing than a little bit of concealer.

Alie: Do you think part of that confidence comes from actually pursuing what you love? Do you think part of your confidence comes from having done what you wanted to do since you were a kid?

Alysha: For sure. I *cannot* imagine hating my job. I don't know how people go to work every day and are unhappy. I don't know how people go through life doing anything that doesn't

please them. But I think that I just, kind of, know what I want, and I have been selfish in my life because I've been like, "This is gonna make me happy. This is what I have to do." And I think that's important for people. For me, confidence has always been just being who I feel as though I am, and creating myself. As a teenager I was like, "This is the type of person I want to be. I want to be a strong, fierce, independent person. I wanna travel the world. I wanna do this. I wanna do that." And I thought about it every day, and that's kind of who I became because I worked on it. It was definitely a process.

Alie: Do you have any advice to future cosmetologists?

Alysha: When I started doing makeup, it was pre-social media.

Alie: Which was by, like, a year. We've discussed this privately that I could biologically be your mom. Like, it is disgusting. I was goth when you were born. You were born in the '90s.

Alysha: [*laughing*] I know, however, okay, hear me out. I have been doing this for about 8 years. Instagram and everything has only been really popping off for about 4 or 5 years. Now everyone is a makeup artist. Everyone's a beauty blogger. Everyone does YouTube. Everyone does makeup on themselves. Doesn't necessarily make you a makeup artist, but that's a different conversation.

Advice to anyone that wants to do what I do, wants to work on set, I would say: it's your everything. It's your 24/8. It's your morning, noon, and night. It was constant for me. I never stopped. I think you have to be absolutely relentless, because it's one of the hardest things to do, to work in the beauty industry. And the entertainment industry is hard. You have to have really thick skin, and you have to be non-stop. You have to know what you're gonna do, and you have to just do it. That's what I would say.

Alie: You have to not be a douche, too.

Alysha: You have to not be a douche. You have to be a good person. I feel like I've had success because I'm tough, but I'm also understanding. I'm kind to people.

Alie: You're always the nicest on set. Not like push-over nice, just, like, pleasant. I feel like especially doing makeup, you have to leave room for the talent to be horrible.

Alysha: Oh, totally.

Alie: You can't be the diva, 'cause one of them is gonna be mentally unhinged, but they need them for the shot.

Alysha: Right. I'm a pretty sassy person. I'm Sicilian and from Boston, so it's like ingrained in me. But I'm very laid-back. I definitely let the talent do as they will, and a lot of times I've dealt with some divas. I'm just like, "Gurl, I'm here if you need to vent. Just let it out. Take it out on me so we can get through the day." [*laughing*]

Alie: [*laughs*] But you're never the diva.

Alysha: No, not on set. In my day-to-day life, for sure. I'm not a bad diva. I say diva all the time, but to me diva is just a really strong woman. You know, a sassy woman. I think it's a positive thing. I think people always associate diva with [*groaning*] "Ugh, she's a diva." But I love divas, because they know what they want. I think it's more of a positive thing.

But there are people that you meet that are the worst. That are really high-maintenance and throwing chairs on set. You're like, "This is so unnecessary." But, whatever.

Alie: That's interesting. I've never thought about divas like that.

Alysha: I like to think of it as something positive, 'cause I'm just like, "Yeah, gurl, you do you. Obviously you feel really into yourself." Divas are normally very confident women that have to do things their own way, and I love that. I'm super into that.

Alie: I love it.

Aside: To get more of diva Alysha Marcan....Marcan...Marcs [*laughing*] ah! I can never say this [*sing song*] right on the first try.

Alysha: It's actually really easy if you look at the syllables. Marc-antonio. If I was a boy, my parents were gonna name me Antonio Marcantonio. I dodged that bullet. [*laughs*]

Alie: [*laughing*] Oh my god! Are you serious? Antonio Marcantonio?

Alysha: I know! I was like, "How are you guys gonna do me like that? That is *not* okay."

To see more of her work, look her up on social medias as the easier to spell [@AlyshaSherri](#). Her website is [alyshasherri.com](#). She is just a wonderful human. Be her friend, if she'll let you. To follow along with me, I'm @AlieWard on [Twitter](#) and [Instagram](#). Ologies is @Ologies on [Instagram](#) and [Twitter](#), and the merch store [OlogiesMerch.com](#) now has a set of limited-edition collectible enamel pins. They're so dope! And we have these snuggly winter caps that we just got in, which is so exciting. And thank you to everyone who's supporting on [Patreon](#), again, and for making this show possible. Also, hello, to all the new folks who joined the [Ologies Podcast Facebook group](#) (heeeeee!). And thank you for keeping that a jerk-free zone. Thank you to the patron saint of podcasting, Steven Ray Morris for help editing this episode so I could do things like bathe, and do laundry, and go to a birthday party. This is an exciting development at Ologies.

So ask smart people all the stupid questions you want, because they're probably way less stupid than you think. And also, we might as well learn something before we're turned into a suitcase by the sun, or worse, by weird British tanners. Next time, Cosmology. Yup, Cosmetology followed by Cosmology because we're all just covering up blemishes on a tiny rock in the middle of expanding nothingness or something. I don't know. I don't know if that's accurate. We'll find out next time.

Transcribed by Angel Michels, your friend who talks about food and podcasts all the time.

Here are some insane things we gabbed about:

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