

Creating a Natural and Organic Beauty

WITH MAKEUP ARTIST EMILY DIMANT

Julia Chebotar 00:04

spice up your life with me Helth Chef Julia as I set out on the journey of What is Healthy. In each episode we'll explore the different meanings of healthy for some healthy means indulging in something decorative and delicious. For others. It's a mental health day and a good workout. There's more to health than just food. It's about living well, enjoying your life and having fun. Having you heard redheads do it best. Come with me, and we'll find out just what healthy is. Welcome back to what is healthy. And today I'm here with me on one of my oldest friends and the best hair and makeup artists in the world.

Emily Dimant 00:45

I don't know maybe you haven't met that many. I'm not.

Julia Chebotar 00:47

I mean, you're the only one I will ever use.

00:49

She came all

Julia Chebotar 00:51

the way to New York, and woke up at 5am to do my makeup for a job.

Emily Dimant 00:55

Yeah, and I think I think we started before Friday. I probably did. It was like for you. Yeah, it was really early. I remember I was like, half asleep. But somehow we made a time lapse of that hair makeup.

Julia Chebotar 01:10

And we posted like a year later. Yeah, we thought ahead. We were so smart. Anything for the gram? Yes.

Emily Dimant 01:16

And it lasted all day. Didn't she? Did it did you're a pro. And you were like Donna like really late at night?

Julia Chebotar 01:22

Yes. And recently I did another like thing that's gonna make coming out soon. And I literally was like doing my makeup and everything but Emily here. And all this other celebrities have like their makeup artists like on hand. How it's ready to be

01:40

available at all.

Emily Dimant 01:41

I would love to follow you. It would be so much fun.

Julia Chebotar 01:48

Okay, so many questions. But will you tell the audience a little bit about yourself and your background? And how much of a bad as you are? And then I want to ask you about all the healthy Beauty Tips because I'm breaking out

Emily Dimant 02:02

and I think it's because of my mask. Yeah, mask, we can talk about that. Sometimes we never know if it's masculine or hormonal related. That's true.

Julia Chebotar 02:11

And that was like emotional and stress and food and

Emily Dimant 02:15

all of the things. I mean, obviously the outside of us like reflects what the inside of us is. Yes, Laura Lee is so and literally just said that. Obviously you say it every day it is like, but it really shows up in our skin like and I do somebody's makeup like I know a lot about their diet based on their skin, you know, and he went and got a colonic yesterday, and today got a facial and I noticed that my skin has like said significantly improved. I mean, obviously, everything we ingest can affect us like I love one of the things I swear by for hormonal acne is a tea. You know what kind of tea it's an herbal tea. It's made, I can will link it. Okay. Bye shop and Rose. It's just one woman who owns it. And the teas are friggin insanely delicious, first of all, and they actually make a difference. And I'm not one of those people that ever, like thought that drinking something would affect how your skin actually looks, but it actually dramatically reduces my hormonal acne, which is usually around the chin area.

Julia Chebotar 03:20

Yeah. So recently, you know, so that segues to drinking whatever. I started drinking chlorophyll drops in my water.

Emily Dimant 03:28

Tell me more about that.

Julia Chebotar 03:30

Okay, so apparently I'm trying to, okay, I'm super holistic and all the things but I don't want to smell. So I can't switch over to like organic deodorant because I'm sorry for everyone out there.

Emily Dimant 03:44

Probably smell. So I use like, it doesn't work. None of them work.

Julia Chebotar 03:50

So I use like a men's deodorant, but I've been reading a lot about chlorophyll, like detox is like your whole body but it actually

Emily Dimant 03:58

cleanses odor. So your body changes like your body odor. Interesting, because I feel like I'm always sweating at work.

04:06

Exactly. And

Julia Chebotar 04:06

did you know that like your armpits are the pores there needs to be exfoliated so you actually need to be like scrubbing your armpits and drinking the chlorophyll. And they say within like a month you'll see that you sweat much less. Wow. But you don't have body odor.

Emily Dimant 04:22

How long have you been doing the

Julia Chebotar 04:24

chlorophyll chlorophyll like three or four weeks now? But I'm not like I need to get better at I probably doing it like every other day.

Emily Dimant 04:32

That's something I always impressed by you when we have our sleep overs. supplements that you do.

Julia Chebotar 04:39

Emily comes over and it will sleep over every time she has an event in New York.

Emily Dimant 04:43

I have like a job and then feed me some

04:49

good

Julia Chebotar 04:50

I'm not gonna lie. Talia came over the other day and we ordered insomnia cookies. And I thought of you

Emily Dimant 04:57

I wish I was there. some delicious food together.

Julia Chebotar 05:02

That's true. Go dim sum is open now.

05:05

Really?

05:06

Hmm.

Emily Dimant 05:07

Oh my god, I want it so bad.

Julia Chebotar 05:11

Um, so talking about blemishes in this whole thing I got one of those blemish patches.

Emily Dimant 05:16

Okay,

Julia Chebotar 05:16

have you used those for makeup? Yeah, yeah amazing.

Emily Dimant 05:20

Yeah they really work but they kind of like only cater to like one skin tone. It's like really light like they don't mind because it's like I didn't think about it. It's like a Korean you know thing. They're all about like the light and the bright in their skincare.

Julia Chebotar 05:34

Wait, go back what was in the tea? Oh, yeah.

Emily Dimant 05:37

So she's this clinical herbalist. Why we really all we always get distracted, don't we? Well, we can always

Julia Chebotar 05:44

because we're Barbara skin.

Emily Dimant 05:45

Yeah, she's the clinical herbalist. And I don't know, but it really friggin works. And it's delicious. I make it ice and what

Julia Chebotar 05:53

had it How does it work?

Emily Dimant 05:55

I keep like a picture of it in my fridge and I just drink a glass like in the morning sometimes sometimes in the evening, sometimes in the afternoon, whenever I want have a glass of iced tea, which is on the regular so why not drink one that's like, delicious. But what's the benefits of it? It helps with hormonal acne. It actually reduces acne and it actually improves your mood to my PMS.

Julia Chebotar 06:18

Okay, please, please send this my way. I need this. Yeah,

Emily Dimant 06:21

but actual PMS symptoms like I was hard for PMS. And today

Julia Chebotar 06:25

I am like a health chef. I totally ate chicken fingers today. Yeah, no,

Emily Dimant 06:29

look, it gets very frustrating. But not only that, like it makes you not a bit like I will I need that. Yeah, it really works. And so we need to ask Brian, is it really worth? It really works. He's like here. I'm telling you, it works. Okay, I'm

Julia Chebotar 06:49

gonna I'm gonna try it if you need to send me like well, like attach it. But what do you do every day? If you're like on if you're on set? How do you stay healthy? What are you doing? have like, you're literally I've seen you go to work you wake up at like 6am and you're not done until like midnight sometimes. Nine.

Emily Dimant 07:07

Yeah, like by the time we get home nine Yeah, yeah. But it's a lot of standing on your feet. It's only standing your feet. It's actually like yes, when the big issue but it's nothing like the salon industry because you're in a new place every day. As opposed to a salon where you have your pressure mat, you know, that you can stand on? I can't like bring that with you.

Julia Chebotar 07:27

It's a pressure man.

Emily Dimant 07:29

You know, when you go to the salon and it's like a matte black hat. Oh, yeah. It's a person that for standing. Oh,

Julia Chebotar 07:37

I just thought that was like an aesthetic thing.

Emily Dimant 07:42

I think I think it's called a potion or something like that. But it's definitely for your feet. To feel better. I would love to carry one of those under heavy No, what?

Julia Chebotar 07:52

Yeah, no, but your little backpack is already heavier. So So yeah,

Emily Dimant 07:55

I mean, I switch up what I carry with me on the regular it's I have a backpack. suitcase. I have a big suitcase, a little suitcase, you know, depends on on the job. And then I have like setbacks and it's not hard to stay healthy. If I'll be honest with you. It's really frickin hard because you're working all day you don't get breaks.

Julia Chebotar 08:13

No, and then you have like five minutes to shove something in your mouth. Yeah,

Emily Dimant 08:17

sometimes, you know, on like nice sets, you know, they will provide lunch and it'll be a catered lunch. And it'll be usually pretty good. But it's always always healthy options like especially in the last few years like the it has been one of my favorite things about being a makeup artist is the catering because the food is so freakin good. Whoever works in production knows that they have like a fresh setup and especially now with COVID they to like keep sanitary they provide like your own bowls we've been getting on you bro and like pokey bowls and like things of your own. It's pretty weird.

Julia Chebotar 08:54

That is because before it was like searing alighted

Emily Dimant 08:57

Yeah, it's like provided

Julia Chebotar 08:59

That's amazing.

Emily Dimant 09:00

So like lately, it's been pretty great. I've been on like really cool jobs. I can see you're loving truffle mashed potatoes and laser to favorite things. I know like everything I love. I always want like, that type of stuff, I guess. But I can't have it. So when it's free, it's great.

Julia Chebotar 09:24

Why can't you have

Emily Dimant 09:28

to live this lavish lifestyle? Potatoes and ahi tuna every day, but

Julia Chebotar 09:35

okay, I actually had this conversation the other day. The day went bad, but the question was great,

Emily Dimant 09:40

but what would your last meal be?

Julia Chebotar 09:43

Ever like it's your last day on earth? What's the last meal appetizer entree dessert?

Emily Dimant 09:47

Oh, I can Oh, good. Thank God. Can you go for? Yes, I

Julia Chebotar 09:52

can but mindset kind of boring.

Emily Dimant 09:54

But like, okay, you're a chef's and you're allowed to do what you want.

Julia Chebotar 10:00

Okay, so I think so I think my appetizer so you see this restaurant in noho called noho star. And the story is actually really cool. It was a doctor who opened this restaurant. And it ended up being this like, classic New York City restaurant where everyone would have like every one of their meals in the neighborhood there. And he had it for like 40 years. And it just went out of business right before Corona. But they have this calamari salad. Oh, so fucking good.

Emily Dimant 10:31

Tell me more about the calamari salad.

Julia Chebotar 10:35

Like romaine and snap peas and fried calamari in this like sesame like ginger dressing. Amazing. My entree would be so basic, but it's like the shittiest chicken parm not the shittiest but you know like the most basic chicken partly really good

Emily Dimant 10:56

you can see right now What the fuck are you?

Julia Chebotar 11:01

Yes, dude is like my guilty pleasure like a Jakey. chicken parm

Emily Dimant 11:06

I love. Where like at a wedding or something?

Julia Chebotar 11:10

No, that's like beneath me and talking maybe more like

11:13

Michelangelo's. Oh,

Julia Chebotar 11:18

Michelangelo's chicken parm and then side of spaghetti and red sauce. Like that's helped me sick of a last meal.

Emily Dimant 11:25

I want one

Julia Chebotar 11:26

and I will be the happiest human alive.

Emily Dimant 11:29

I know. I'm very I don't know what to say.

Julia Chebotar 11:34

And then my dessert would be an I forgot him.

Emily Dimant 11:37

What's that? Um, a vanilla gelato and espresso. espresso poured on top of them.

Julia Chebotar 11:45

That's all I need. And I will go home. I will die happy human.

Emily Dimant 11:49

Okay. All right. Let me think of mine. Okay, well, I love seafood. So seafood is my last meal. Okay, this is so hard. I know. And you

Julia Chebotar 11:59

have to do it on the spot. You can't

Emily Dimant 12:01

like think on it. Okay, yeah, you're right.

Julia Chebotar 12:03

That's why I'm sticking to my ghetto chicken parts.

Emily Dimant 12:05

I want to get sushi. Like I'm not even going to include sushi in this because like, I want something else with my left.

Julia Chebotar 12:11

By the way. Next time you come to New York we have to go to sugar fish is doing is finally doing

Emily Dimant 12:15

delivery. Whoo. I never had that. I've always wanted to

Julia Chebotar 12:21

do kazunori

Emily Dimant 12:25

Okay, so appetizer would be a fantastically beautifully brown butter seared scallop. It was like some sort of truffle butter. Yeah, truffle butter. Sure, but like truffle mashed potatoes. like one of those wishes. Yeah, so is it? What is it? What do you call those? I don't know. swish swish thing. Professional setup. Now.

Julia Chebotar 12:54

The Top Chef has said it's a swoosh, and this was

Emily Dimant 12:59

so weird. scoular scallop was my entree would probably be some sort of cheesy pasta, cheesy orzo,

Julia Chebotar 13:10

ketchup pepper.

Emily Dimant 13:11

With lobster. Okay, or crap? I would take either and wouldn't complain. Okay. understand what I'm saying. So like, yes, mac and cheese are like a lobster mac and cheese, but like, better.

Julia Chebotar 13:25

I don't get the hype. I think I'm the weirdest person. I don't understand mac and cheese. I don't understand mac and cheese. I don't understand. spaghettios

Emily Dimant 13:32

I don't understand Pop Tarts that I agree with you.

Julia Chebotar 13:35

I barely understand races. Even though I like the idea of peanut butter and chocolate together their receipts just like three pieces. Not Reese's cups. Okay, maybe.

Emily Dimant 13:45

I love to speak. I really like the idea of a podcast because you should talk more. Keep talking.

13:54

I love you.

Julia Chebotar 13:55

Wait, okay, so lobster pasta. Oh,

Emily Dimant 14:01

he wants to make the cheese and dessert when you know that I am. What? There's no English word for this. In Russian it's called a slump?

Julia Chebotar 14:10

Uh huh. Oh, do you have a sweet tooth?

Emily Dimant 14:12

Sure, but sweet. It is two words. I feel like I feel like when you describe someone as a sweet tooth or like like Who am I? It's not me so in Russian there's a word for that. So that's I see.

Julia Chebotar 14:25

See you're younger than me and teach me more Russian words that I'm

Emily Dimant 14:29

what they ask. Desert I would do oh my god this is so hard but I think some sort of really good cookies and cream cheese cake. Oh, okay. Because why not? Yeah, I love cheesecake. And I love Oreos,

Julia Chebotar 14:47

and the cookies and cream ice cream that was in my freezer. And I'm pretty sure wait like two days, like two hours.

Emily Dimant 14:55

Anything cookies and cream as well. She cookies and cream ice cream. Plug me up.

Julia Chebotar 15:00

Give me all of your beauty tips because how often Am I supposed to be exfoliating? How often I should be wearing masks?

Emily Dimant 15:09

How do I make sure I don't have wrinkles? Like what do I got to do? You're asking a lot of just one woman but let me tell you what I just started doing. petition also like everybody should be seeing an aesthetician In my opinion, every man did today, child above 12 years old should be seeing an aesthetician. So what I've started doing recently, actually, one has been also improving my skin is putting lemon and ginger in my water, which is like, Whoa, but yeah, but you know why that's good for you. Inflammation?

Julia Chebotar 15:40

Yes and no. So basically, it alkalizes your body to say if you have lemon water on an empty stomach first thing when you wake up, it sets your like gut and your microbes and basically your entire system at an alkaline state. And at an alkaline state virus in Syria, cancer cells like nothing can grow. So like because your gut is an alkaline state. You don't have bad gut bacteria growing like yeast overgrowth, Candida or other gut issues because they say that everything stems from your gut. So like your hormonal skin, acne, probably from your gut, your lack of poor digestion, something from your gut. So if you start every day at an alkaline state, it's better for the longevity of your body and your skin and your hair and everything. That's why they say

Emily Dimant 16:33

but again, good. I love when you say good. I don't think I have heard the word gut in years until you started saying it to me like last year.

Julia Chebotar 16:45

But if that's really really good, I can't do it. I drink alkaline water but

Emily Dimant 16:51

the first thing and 11 waterboro. What?

Julia Chebotar 16:54

I can't do it like first thing in the morning. I need to get into the routine of it. The first thing in the morning needs to hit my mouth is caffeine. Caffeine See? Okay,

Emily Dimant 17:03

so let me tell you something. I think this is what helps me do my job better is I don't drink coffee. I think what will help me with my job is not drinking coffee not being reliant on what do you drink? matcha I do but I don't need it. I enjoy it.

Julia Chebotar 17:21

I know a lot of people say that in general, like caffeine addiction is intense and moving it is necessary but everybody has to have

Emily Dimant 17:29

their vices. never I never got into it. Yeah, of course. But coffee I wish I did. I did like the pace of it because like when you go travel, you want to try coffee at all of these places. Like when I went to Colombia and Europe, you know, but I was just not into it. I don't know why I want to do i do i don't even like coffee flavored things like tiramisu or like espresso ice cream or whatever. That's insane. I want coffee. Everything

Julia Chebotar 18:01

like my last desert on Earth would be an Africa.

Emily Dimant 18:05

I know dude, that's why I'm like wow, we are so opposite. It's okay.

Julia Chebotar 18:11

Okay, we still love each other.

Emily Dimant 18:12

I just don't want to get into it. Because I know like if I keep thinking it I will become addicted like everybody else. Everybody in my life is addicted. I just want to look a little different.

Julia Chebotar 18:24

Okay, um, days when you're not on shoots, how do you

Emily Dimant 18:27

like what's your I love cooking? Honestly, I really do. I don't cook very healthy. But I try to at least we try to incorporate meatless into the diet as much as we can. But obviously, I don't stop myself. If something is in front of me. I do want it.

Julia Chebotar 18:45

I don't either. I don't think anyone should.

Emily Dimant 18:47

Yeah. I if I want it, I will have it.

Julia Chebotar 18:50

Yeah, well, why not? Like why

Emily Dimant 18:52

are you like why would Why would I skip out? Yeah,

Julia Chebotar 18:56

you only have one life. Like I'm not saying like go binge on a cake. But like,

Emily Dimant 18:59

yeah, that's

Julia Chebotar 19:04

the whole cake. No, it's over a period of a couple days.

Emily Dimant 19:10

Yeah, at least. Yeah, that's what we did for Brian's birthday. We just got a whole cake for the two of us and we froze half of it and just keeps putting different slices into frosting because it's friggin delicious cake a big birthday you know I actually been talking recently about I think I might change my I forgotten to the pretty one but what kind of Napoleon's avoid cram or

Julia Chebotar 19:33

what's the difference?

Emily Dimant 19:34

Well, what you're choosing the polyone as your last desert and you don't know what kind? No, I don't know. It's similar to my cam is you like the yellow, like, thinner cream that's like a little bit green here. Or do you like the way like, last year sloppy? wrong choice. We can't be friends. It wasn't the coffee that did it. I'm sorry, I'm

Julia Chebotar 20:03

sorry, we can do a taste off. Can we do an Instagram Live where we both tried different versions of the balloon?

Emily Dimant 20:07

Yeah, your answers is not correctly. You have the right one. Maybe Maybe I'm confusing the two. It's like a yellow butter. As opposed. wet look similar to almost the club. Ah, but not that wet. Like,

Julia Chebotar 20:24

okay, okay.

Emily Dimant 20:26

It's like more risky and dry.

Julia Chebotar 20:30

I love the description was so sexy.

Emily Dimant 20:32

I said I was slept in my case.

Julia Chebotar 20:40

So you don't drink coffee. You sometimes drink matcha

Emily Dimant 20:45

I love if I'll be honest, I'm obsessed with monster. It's so delicious. I love matcha everything. Maybe my last dessert would be a monster cheesecake.

Julia Chebotar 20:52

There you go. You drink lemon water.

Emily Dimant 20:56

You try to like not be on your feet too much. But it's kind of inevitable that taking a lot of sitting breaks as much as possible. parts of your own body on set like nobody's going to tell you to sit down like you're in charge of yourself or you're an adult like they're

Julia Chebotar 21:11

not going to like hold your hand through it all. Yeah, you

Emily Dimant 21:13

have to sit down especially like, you must. With this job. 100 feet, you must any any job that you're doing. You got to take breaks. And I sleep with my legs elevated every night. How you don't turn you don't move. You can turn move. And there's two pillows under my leg. Really two big pillows under my knees and feet.

Julia Chebotar 21:35

What about your significant other? How does he feel about that?

Emily Dimant 21:39

Doesn't bother them? No. It's great. I did it after ankle surgery. And it really helps like the blood not rush to my feet. Okay,

Julia Chebotar 21:51

well, yeah, if I do like events where I'm on all day, by the time I get home, like I lit up my feet are numb.

Emily Dimant 21:59

Yeah, no, definitely. So you have to, you have to you have to be again in charge of your own body. Especially when you work for yourself as a freelancer because you don't have like that, you know, most people don't have like that health insurance that comes with the job. And you have to take care of yourself. So you don't have to eventually make life more expensive with chiropractor and massage and whatever. But I do do that type of stuff also, and it does really help for heaven. Oh my god.

Julia Chebotar 22:30

For those of you who don't know if it is it is the most amazing place that I discovered on a date. The date was crap. We had like two drinks. And afterwards he was like ready to go get dinner or you want to get a foot massage.

Emily Dimant 22:45

Option B sounds amazing. It was literally it's like, wow, oh my god, what can I play?

Julia Chebotar 22:52

And then I think be like maybe smoked outside, went and got massages and it was like the best date ever. But I never smoked.

Emily Dimant 23:01

But since then I've learned about fun heaven. I

Julia Chebotar 23:03

learned about foot heaven, and I put Emily onto it. And wait, what is the science day outside with the Mary Louise Parker sign? Yeah, they

Emily Dimant 23:12

were like Mary Louise Parker has been here. She's gotten a foot massage. It must be good. But uh, yeah, I mean, since knowing you've been there, over 10 times. I know they're still

Julia Chebotar 23:24

closed and grown. I'm really upset because

Emily Dimant 23:27

I feel like if you've been there, though, you have

Julia Chebotar 23:32

I've definitely heard like inappropriate things. So it's like a place where you have to go

Emily Dimant 23:35

in like a little sketch. But like they said, there's assignments. There's no funny business.

Julia Chebotar 23:41

But there definitely is. But I definitely agree with you like circulation. Staying active. I noticed if I don't work out three days a week in like a high intensity workout. And the third day,

23:51

I'm miserable. I'm

Julia Chebotar 23:52

sore. I'm tired. Like,

Emily Dimant 23:55

I've just off. That is something I wish to incorporate more into my life. I used to do Pilates reform on that I score was like the best thing ever for my body.

Julia Chebotar 24:06

I mean, I I love Pilates. I think it's amazing. I think that my vagina is gonna rip in half every time I'm on the machine. Yeah, so it's not for me. And I realized that I'm more of like,

Emily Dimant 24:19

like weights and my addiction to something was real. Dude, everyone's equal, but it's so close here and

Julia Chebotar 24:28

it's open here, but only in certain locations that have like outdoor space.

Emily Dimant 24:31

Yeah, but I haven't gone. Um,

Julia Chebotar 24:34

and I noticed that with massages for sure. Like I like, Oh my god, I think because I'm cooking in a mask all day. I'm also breaking out because I'm wearing masks.

Emily Dimant 24:45

At client's homes. Yeah.

Julia Chebotar 24:47

And you're our uniform face shield.

Emily Dimant 24:50

Some clients for it, some don't. So it depends but always in a mask. Obviously sometimes a double mask because I'm so close to people like Yeah, so really, really close to the faces. And because of that, you have to protect yourself. And I'm way more extreme sanitary measures than ever before, I'm sure.

Julia Chebotar 25:14

Um, so I went to the sick holistic doctor in Corona. And she was saying that we need to up our intake of vitamin D. And then she also said like tons and tons of water and I remember that when you were doing my makeup workshop, you said that I have to drink like so much water that two days before and I guess getting a hydrating mask. And like how much water Are you on that like a gallon a day water? Good.

Emily Dimant 25:42

I don't drink that much. And I would like to but I definitely got

Julia Chebotar 25:46

one of those guys water bottle things that say like,

Emily Dimant 25:48

the time you've got there. Yes. I would like to get more and I just bought myself on water bottle the other day. But uh, I tell people that before big events and big anything important to drink. double the amount of water you normally drink that week and you see a huge difference in your skin. It just lights off. It's just like a little trick before an event.

Julia Chebotar 26:14

Okay, Emily, it's Betty blue. I love you so much. Thank

Emily Dimant 26:17

you.

Julia Chebotar 26:18

I miss you so much for me as Can you just come to New York and stay with me and just like oh, Bob was you up?

Emily Dimant 26:25

Oh my god. even bring Barry bring Brian artichoke on about it. I can't stop doing that. That artichoke? Every day think about?

Julia Chebotar 26:39

Okay, two things. Oh, wait. Also you have to share your mom's Insta page. Because your mom posted. Oh,

Emily Dimant 26:45

and I also mentioned I also recently got a holistic facial. Oh, what does that tell me details. It's called an eye or their ire of their eye or Vedic. Thank you that word. And it's based on the intuition of destitution

of your dosha once you just like, touched my face and decided what to do to it, and it was beautiful, and everything smelled so good. And it was just said so you know,

Julia Chebotar 27:12

what, what do you know? It was all very, like a bit Kapha Pitta to ask you to like look you up and tell you what you are. And then like, you'll notice trends according to like, the things that you like to eat and how your interactions with people are and just like it's kind of like, a different way to like read. It's a kind of like your zodiac sign.

27:34

But Wow, I want to read that.

Julia Chebotar 27:36

But it's all like intuitive with like, the way that you live and eat.

Emily Dimant 27:41

Wow. Wow, was really spiritual. Honestly, it was a beautiful facial. I never got one like that before. I don't know. Like if it's as effective as the patients that I'm used to growing up since I was 12 years old, like the European facialist where they extract the shit out of you and just suck you and every one

Julia Chebotar 28:00

of them are always named like EDA.

Emily Dimant 28:03

Leanna. Yes. Something else. Mundo percent.

Julia Chebotar 28:07

Yeah. And they're all Russian or

Emily Dimant 28:08

like Lithuanian. Yes, exactly. Your words are all it was my first time like getting like a real holistic facial and I felt different. I felt lighter. And honestly, who would be even more interesting to talk to about food because she's the most boozy person and the most incredibly cultured person is my mother.

Julia Chebotar 28:33

Good. Good answer. She's gonna love that. Politics. Yes. And tell them where they can follow Tanya.

Emily Dimant 28:41

Tanya is a chef comm store. She really is. Her stuff is beautiful. She loves plating. That's her thing. She loves plating plates, and food styling and cooking beautiful, colorful food. And you can follow me on Instagram at culinary Rhapsody, Rhapsody live music, because she's a violin teacher also. woman does it all.

Julia Chebotar 29:08

Okay, and where can everyone find you get all of your tips all of your tricks? And where can they watch more plant videos?

Emily Dimant 29:16

Like those plant videos I really did. I really really did. Well, that's like me you can see I was having a breakdown.

Julia Chebotar 29:22

I mean, it was like middle of Corona and she's talking about her plans,

Emily Dimant 29:26

ya know as people and I kept them they're really funny and also the one we're Brian doesn't make it it's so funny that what is amazing is please watch the

Julia Chebotar 29:34

and Brian is also my lawyer. So please watch the video where my lawyer does my makeup artist makeup.

Emily Dimant 29:42

That's amazing. You can follow my Instagram at Makeup by Emily's mom and I post on stuff. She really

Julia Chebotar 29:50

does. She really really does. And so many tips and so many fun shoots and she gets boring.

Emily Dimant 29:58

That's the that's a really fun part of about my job is that it's never boring and it's something different every day and people seem to like following along.

Julia Chebotar 30:06

I agree. Can you imagine if we had a desk job?

Emily Dimant 30:09

I know. Okay. No.

Julia Chebotar 30:18

Okay. I love you. Thank you so, so much for being on the podcast. That's all for today. Thank you for listening. Remember you guys can follow me at health chef Julia and follow Emily at Makeup by Emily Dumont and all of her information is on there, her website, her contacts, all the things and please remember to subscribe to this podcast.