

# PINK CASHMERE

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WORDS OF WISDOM

HATIN' ON ME WON'T MAKE YOU  
PRETTY, IT'LL JUST MAKE YOU  
UGLIER!!!!

Sunday, March 28, 2010

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HOW TO REACH ME

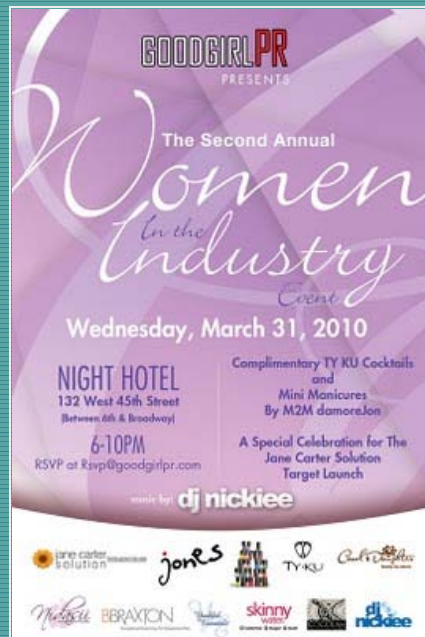
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D.C. FLAG.....I LOVE IT!!!



MY FAVE HAIR PRODUCTS

JANE CARTER'S COMING TO  
TARGET!!!!



On Wednesday, March 31st, GoodGirlPR would like to cordially invite you to the Second Annual Women In the Industry Event - A Celebration of The Jane Carter Solution Target Launch in conjunction with Jones Magazine at The Night Hotel, 132 West 45th Street (between 6th Avenue and Broadway) from 6pm-10pm. Music by DJ Nickiee. The purpose of this event is to bring women

together from the music, fashion, television, film, and beauty industries in a fun, networking environment (Men are welcome as well).

TY KU and Skinny Water will be providing complimentary cocktails and refreshments along with mini manicures by M2M damoreJon. Please RSVP at [RSVP@goodgirlpr.com](mailto:RSVP@goodgirlpr.com). Thank you for your continued support!



Posted by Monica-Tracy at 1:09 PM 0 comments  
Labels: [bbraxton](#), [centric](#), [dj nickiee](#), [events](#), [good girl pr](#), [goodgirlpr](#), [jane carter](#), [jane mag](#), [M2M damorejon](#), [natural](#), [new york](#), [night hotel](#), [skinny water](#), [target](#), [TYKU](#), [women in the industry](#)

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NewStar Calibrated Hairline Is Here Now Available In Greensboro NC!  
[www.skulpturform.com/NewStar.html](http://www.skulpturform.com/NewStar.html)

**Living Proof No Frizz**  
The first new anti-frizz technology in 30 years. No silicones, no oils.  
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Friday, March 19, 2010

## THROW THAT BACK!!!!!!

Oooooweeee!!! Lets go back, waaaay back:

Posted by Monica-Tracy at 6:49 PM 0 comments  
Labels: [90'S](#), [90'S RNB](#), [love no limit](#), [mary j blige](#), [THROW BACK FRIDAY'S](#)

## STRETCHING - IS FOR SOME, BUT NOT FOR ME

### MUSIC!!!

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### MY COOKIE MONSTER

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### MAP IT



Stretching is NOT for me. My last relaxer was October 2009 and I just relaxed this past Tuesday. I so missed my hair and the ease of wearing it out. When I was stretching, the days that I wanted to wear my hair out I had to use so much heat and so much product to get the results that I wanted and don't forget that one workout and my hair reverted. Today I had my car windows down and it felt so good to feel my hair literally blowing in the wind, to feel that breeze hit my scalp. So again, its for some but not for me, however, I will say that I can go more than 8 weeks at a time now but will NEVER stretch it to six months again.

Posted by Monica - Tracy at 6:25 PM 0 comments

## MIZANI BUTTER BLENDS SENSITIVE SCALP RELAXER - AAAAAA+++++

Never again will I go back. I am so impressed and hoooooooked!!! Tuesday I relaxed my hair using the Mizani Butter Blends (sensitive scalp) relaxer. First I applied the Mizani Honey Shield on my previously relaxed hair, then applied the relaxer in sections. If you want to underprocess your hair then just apply some of the Honey Shield to the new growth. The consistency of the relaxer itself was a smooth, thick and creamy mixture that didn't smell like garbage. After rinsing out the product my hair felt SOFT, next I used the Mizani Phormula-7 to remove all the remaining relaxer, my hair felt even SOFTER! After I air dried then styled my hair dried it looked so healthy, lots of movement, softness galore and there was NO BREAKAGE!!!! Normally after I relax my hair I have to deep condition for days in a row just to put the moisture back in it. Not this time, after deep conditioning immediately after relaxing I was set. I'm in love and will use nothing else going forward.



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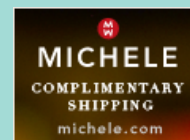
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Posted by Monica-Tracy at 6:07 PM 0 comments  
 Labels: mizani, mizani butter blends, mizani honey shield, mizani phormula 7, relaxing, transitioning from relaxer

Friday, March 5, 2010

## THROW IT BACK!!!!!!!!!! THROW IT BACK!!!!!!!!!!

Something I DO NOT HAVE!!! LOL!!

Posted by Monica-Tracy at 7:24 PM 0 comments  
 Labels: 90'S, 90'S RAP, 90'S RNB, I gotta man, positive k, THROW BACK FRIDAY'S

Saturday, February 27, 2010

## THROWBACK FRIDAY - YEAH ITS BEEN A WHILE AND I'M 10 MINUTES LATE

Tony Toni Tone - Anniversary.....I love this song.....bringing back a lot of memories. As usual, dont forget to pause the mixpod player to the right, enjoy!!

Posted by Monica-Tracy at 12:15 AM 0 comments  
 Labels: 90'S, 90'S RNB, THROW BACK FRIDAY'S, tony toni tone

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## MY FAVE PROTECTIVE STYLE



## My Blog List

- [?](#) **FASHION DIVA**  
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 ■ teacher kicks student out of the classroom over smelly hair products  
 1 week ago
- [?](#) **Revive Holistic and Beauty Therapies - Natural Skin, Hair, Bath & Body Products**



## OH SOOOOO SICK OF STRETCHING

Right now guys I'm 18 weeks post and so sick of stretching. I will NEVAH stretch for this long again, sorry just don't like it. The thing I don't like about going this long is there's no versatility, I'm stuck wearing a bun or braids and when I want to wear it straight it requires way too much heat, actually more heat than I'd normally use if my hair was relaxed. I had to throw in some braids to keep me from going crazy and plan to keep these in until beginning to mid April (or until I get sick of them.....I miss my hair so much man). Once I take em out I'll immediately do the Aphogee Two Step protein treatment and a deep condition with Baba De Caracol to prep for the relaxer that will follow a week later (using Mizani Butter Blends - will review that as well).....oooooooh I can't wait for April to relax!!

Posted by [Monica Tracy](#) at [12:10 AM](#) 0 comments

Labels: [aphogee](#), [BABA DE CARACOL](#), [PROTECTIVE STYLES](#), [STRETCHING](#)

### Update and Special Offers

2 weeks ago

- [Zane's Blog](#)
  - Excerpt from [The Hot Box](#) by Zane  
2 weeks ago
- [Obsession Confessions of Glamour and Love](#)
  - [Samson Bentson!](#)  
5 weeks ago
- [Black Girls Rock It!](#)
  - [Support Those Who Support YOU!!](#)  
4 months ago
- [All Things Real Estate](#)
  - Upper Marlboro, MD, 20772, Prince George's County Maryland  
4 months ago
- [Mouthpi3ce](#)
  - [NO GRAVE CAN HOLD YOUR SPIRIT DOWN](#)  
7 months ago

Wednesday, January 20, 2010

## GAVE MYSELF A SPECIAL TREAT....SOME HEAT...FOR JUST ONE DAY. 12 WEEKS POST



### Labels

#### 90'S (5) 90'S RAP (2) 90'S RNB

(7) [aloe vera gel](#) (1) [aloe vera gelly](#) (1) [alter ego hair products](#) (1) [aphogee](#) (2) [archos](#) (1) [BABA DE CARACOL](#) (2) [baby jesus](#) (1) [bbraxton](#) (1) [beauty haul](#) (1) [ben and Jerry's](#) (1) [biracial hair care](#) (1) [Black Hair care](#) (3) [black hair care forums](#) (1) [BUNNING](#) (3) [cabot cheese](#) (1) [Castor oil](#) (1) [centric](#) (1) [christians](#) (1) [co-wash](#) (2) [co-washing](#) (2) [coconut oil](#) (3) [cowashing](#) (1) [curly hair](#) (1) [dj nickiee](#) (1) [dry hair](#) (1) [dry scalp](#) (1) [elasta qp mango butter](#) (3) [events](#) (1) [fall](#) (1) [fuller hair](#) (1) [glycerine](#) (1) [good girl pr](#) (1) [goodgirlpr](#) (2) [hair care forums](#) (1) [hair gel](#) (1) [hair rebuilder](#) (1) [halka babe de caracol](#) (1) [harvest](#) (1) [heat damage](#) (1) [HEAT STYLING](#) (1) [I gotta man](#) (1) [iriver](#) (1) [jane carter](#) (2) [jane carter solution](#) (1) [jones mag](#) (1) [K.I.S.S.](#) (1) [Keep It Simple Sista](#) (1) [KERA CARE](#) (1) [KERA CARE CREME PRESS](#) (1) [lacio lacio leave in](#) (2) [lily of the desert](#) (1) [lily of the desert aloe vera gelly](#) (1) [locks](#) (1) [love no limit](#) (1) [M2M damoreJon](#) (1) [mane and tail](#) (1) [mary j blige](#) (1) [mega-tek](#) (2) [mizani](#) (1) [mizani butter blends](#) (1) [mizani honey shield](#) (1) [mizani phormula-7](#) (1) [mp3](#) (1) [natural](#) (1) [natural hair care](#) (1) [new york](#) (1) [night hotel](#) (1) [positive k](#) (1) [product junky](#) (1)

#### PROTECTIVE STYLES (5)

[protein](#) (2) [pumpkin patch](#) (1) [pumpkins](#) (1) [queen anne farm](#) (1) [relaxing](#) (1) [rosewater](#) (1) [salem 21 b5](#) (3) [skinny water](#) (1) [STRAIGHTENING WITH HEAT](#) (1) [STRETCHING](#) (2) [sudden change](#) (1) [SWV](#) (1) [target](#) (1) [the jane carter solution](#) (1) [thicker ends](#) (1)

#### THROW

#### BACK FRIDAY'S (7)

[tony](#) [toni tone](#) (1) [transitioning from relaxer](#) (2) [TRIBE CALLED QUEST](#) (1) [TYKU](#) (1) [V05 moisture milks](#) (1) [vermont](#) (1) [von trapp family](#)



lodge (1) women in the industry (1)

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MONICA-TRACY  
UPPER MARLBORO,  
MAYLAND, UNITED  
STATES

This blog is just my share the world wide web and its a little bit of therapy too! Drop me a line in my cbox if like (or dont like) my lil blog!

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### Blog Archive

▼ 2010 (14)

▼ March (5)



Needed to run some errands last Saturday....and look cute!! I had been wearing a protective style all week (see the previous post) and got sick of that real quick, so I decided to give myself a heat pass. After deep conditioning overnight with Halka Baba De Caracol, I applied Lacio Lacio leave in, Salerm 21 and Kera Care Creme Press (this is a heat protectant as well) then air dried. Once air dried, I flat ironed the roots then went over with a 1 1/2 inch curler applying a little Kera care to each piece. I just simply curled everything going back then used my fingers to style. Of course after the next day's workout I cowashed to give my hair a little more attention after all that heat.

*Posted by Monica-Tracy at 8:00 PM 0 comments*

*Labels: BABA DE CARACOL, coconut oil, halka babe de caracol, HEAT STYLING, KERA CARE, KERA CARE CREME PRESS, lacio lacio leave in, salerm 21 65, STRAIGHTENING WITH HEAT, STRETCHING*

JANE CARTER'S COMING TO TARGET!!!!  
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THROW THAT BACK!!!!

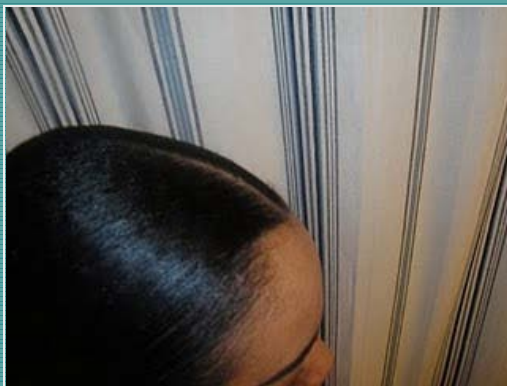
STRETCHING - IS FOR SOME,  
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MIZANI BUTTER BLENDS  
SENSITIVE SCALP RELAXER  
- AAA...

THROW IT BACK!!!!!! THROW  
IT BACK!!!!!!

- ▶ February (2)
- ▶ January (7)
- ▶ 2009 (12)
- ▶ 2008 (15)

## STILL STRETCHING





Okay believe it or not these pics are 11 weeks post. After a workout I co-washed with V05 Moisture milks (strawberry), sprayed with a rosewater & glycerine mixture, applied a quarter size of Salerm 21 then slathered on some Elasta QP to smooth it out. I also applied some castor oil to my ends to help thicken them up.

*Posted by Monica-Tracy at 7:42 PM 0 comments*

*Labels: BUNNING, Castor oil, co-wash, co-washing, cowashing, elasta qp mango butter, glycerine, PROTECTIVE STYLES, rosewater, salerm 21 23, thicker ends, thicker hair, V05 moisture milks*

*Saturday, January 9, 2010*

## THROW BACK FRIDAY

For your enjoyment .....Sudden Change "Comin On Strong".  
Pause the mixpod player to the right first.

*Posted by Monica-Tracy at 11:04 AM 0 comments*

*Labels: 90'S, 90'S RNB, sudden change, THROW BACK FRIDAY'S*

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