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...because life is sweet.

THURSDAY, JULY 1, 2010

Traction Alopecia: Naomi Campbell?

I just some photos of the never-aging Naomi Campbell over at [Concrete Loop](#) and at first glance, I said "this chick is BAD, as usual!", but then as I began to scroll down I saw this...



And then...



KEN SAYS... A FICTIONAL BLOG

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[Lex wrote...](#)

What a coinkydink! Me and my friend were just talking about invisaligns last week, wondering how do...

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[Just Saying wrote...](#)

Thanks for writing about this, i've been wanting Invisalign since after graduating from high...

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[Anonymous wrote...](#)

Hi Wes! I lived in New Orleans for four years while attending college there. The weather is...

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It is being said that Naomi may be suffering from severe Traction Alopecia due to years and years of wearing weaves. TA (according to traction-alopecia.com) is "...a hair loss condition caused by damage to the dermal papilla and hair follicle by constant pulling or tension over a long period. It often occurs in persons who wears tight braids, especially "cornrows" that lead to high tension, pulling and breakage of hair."

I always say *everything in moderation* (this includes weaves and braids)! You MUST give your follicles a rest. I hope that Beyonce is somewhere taking notes ;-)

...No, seriously.

POSTED BY WES AT 9:00 AM 0 COMMENTS

LABELS: [BRAIDS](#), [NAOMI CAMPBELL](#), [TRACTION ALOPECIA](#), [WEAVES](#)

REACTIONS: funny (0) interesting (0) cool (0)

TUESDAY, JUNE 29, 2010

Getting it in Line: Invisalign

My apologies for not posting yesterday, I wanted to talk about Chris Brown's performance at the BET awards but felt that the topic had been worn down on the web and decided against it. But I will say that I really felt his performance! He has my heart and I wish him nothing but the best.

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THE FAUX BOB

Anyhow, moving on, some of you that know me personally know that I've been wearing Invisalign for the past two months (give or take). According to the website:

"...Invisalign treatment will consist of a series of aligners that you switch out about every two weeks. Each aligner is individually manufactured with exact calculations to gradually shift your teeth into place. And since your Invisalign system is custom-made for your teeth and your teeth only, with a plan devised by you and your dentist or orthodontist, you know you'll end up with a smile that truly fits..."



In case you're considering Invisalign, here is what I can tell you thus far:

- It's a hassle!! Every time I eat I have to remove the trays and then brush my teeth (once I'm done eating). This makes BBQ's, street fairs, and any other "on-the-go" event difficult. Most times, I'll just rinse my mouth out really well with water, place the trays back in and then brush at my earliest convenience.
- It really doesn't hurt. At the beginning of every new cycle, the trays do feel tighter and there is some pressure but it does NOT hurt. If there is some discomfort, I'll simply pop 2 Advil's and keep it moving.
- Drinking anything besides water is not recommended (while trays are in). Sometimes I do cheat but I'm very careful not to allow the liquid to get into the trays. If it does happen, I'll simply rinse with water.
- Your dentist or orthodontist will bond some of your teeth (little square tooth-colored "bumps" on the front of the tooth) in order to keep the trays in place (and effective). This takes some getting used to, but it's no big deal.

I'm supposed to be done around Thanksgiving '10 and I can't wait to be



CONTACT THE HONEY

Wes@Honeybrownsugar.com

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GELILA'S CURLS: HANDLE WITH CARE



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able to eat without the hassle again! (Don't take eating for granted!)

POSTED BY WES AT 9:00 AM 8 COMMENTS 

LABELS: [BEAUTY](#), [INVISALIGN](#), [TEETH](#)

REACTIONS: funny (0) interesting (2) cool (0)

MONDAY, JUNE 28, 2010

Essence Music Festival, Anyone?

I'm headed to the Essence Music Festival in New Orleans this Thursday (it'll be my first time). What should I expect? What kind of clothes should I pack? And most importantly, what should I do with my hair?! I've heard that the weather is extremely HOT and VERY humid. My hair doesn't usually function well in that kind of environment.

Any one from New Orleans here? I need your help :-)

POSTED BY WES AT 11:42 PM 8 COMMENTS 

LABELS: [3C HAIR](#), [ESSENCE MUSIC FESTIVAL](#), [HUMIDITY](#), [NEW ORLEANS](#)

REACTIONS: funny (0) interesting (0) cool (2)

FRIDAY, JUNE 25, 2010

Friday's Dessert 6/25

My coworker said to me that this week went by quick, I don't think so. I'm glad it's finally Friday!

"Those who don't take chances don't make advances. Even a turtle doesn't get ahead unless he sticks his neck out."

- Anonymous



Lord have mercy, that's the God honest truth! I need to finish this novel I'm writing. It's so tough because by the time I get home from work and finish getting ready for the next day, I'm beat. This needs to get done though (and soon!).

If you've got goals for yourself, don't fall behind! We MUST keep up with them.

Have a great weekend chicas!

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POSTED BY WES AT 9:00 AM 3 COMMENTS 

LABELS: [FRIDAY](#), [INSPIRATION](#), [MOTIVATION](#)

REACTIONS: funny (0) interesting (8) cool (4)

THURSDAY, JUNE 24, 2010

Love it or Leave it? Solange

Solange recently wore this afro wig to a recent soiree here in the Big Apple. It looks real! But what do you guys think about it? Hot or not?



POSTED BY WES AT 11:09 PM 20 COMMENTS 

LABELS: [AFRO](#), [SOLANGE KNOWLES](#), [WIGS](#)

REACTIONS: funny (4) interesting (5) cool (34)

Pantene Beauty Breakfast & the Big Sulfate Question



I must give many thanks to Pantene for putting together such a magnificent event! It was nice being able to deviate from my normal morning routine and mingling with my fellow "sisters-in-writing". A car service was arranged to take each and every one of us to and from the breakfast (a very nice touch).

Once every woman had arrived (about 20 of us in total), the preview began. A brief history on the Pantene brand was shown on the large flat screen. Afterwards, the small, intimate crowd participated in a question and answer segment with Dr. Jeni Thomas (Pantene senior scientist) and Tippi Shorter (Alicia Keys' stylist).



Prior to attending the event, everyone was sent a box full of the new product line (geared towards our specified hair type). I received the [Curly Hair Series](#), a line devoted to creating *touchable curls with endless shine*. Upon opening the box, I was extremely excited! Sooo many products (The product junkie in me went haywire!) to choose from. But then I looked at the ingredient listings. The shampoo contained not only sulfates but TWO types of sulfates (sodium laureth and sodium lauryl).



Now, as I've mentioned before, I'm not a stickler for product ingredients but there are several things I tend to avoid, sulfates being one of them. I swear that ever since I stopped using sulfate-laden shampoos, my hair has been less frizzy, the curls have been more

defined and looks *amazing* when wet.

I proceeded to ask Dr. Thomas why sulfates were indeed used. The answer? *The milder sulfates used react differently when combined with other ingredients.* Also: *This product has been tested extensively on various hair types and the final product is what has been proven to work well on most curly hair types.*



I *will* say that the Dry to Moisturized Shampoo/Conditioner did dry my hair out but I loved the Deep Moisturizing Treatment (in the square jar). The +conditioning ampoules are also said to be great for traveling (I don't know about you guys, but my hair gets extremely dry in sunny/sandy climates).



Nevertheless, it was a great morning and I honestly haven't tried half of these products yet. You already know that if one (or two) of them become my *new* favorite product you'll certainly know about it ;-)

POSTED BY WES AT 9:00 AM 6 COMMENTS 

LABELS: [CURLY HAIR SERIES](#), [DEEP CONDITIONER](#), [PANTENE](#), [SHAMPOO AND CONDITIONER](#), [SULFATES](#)

REACTIONS: funny (0) interesting (15) cool (10)

TUESDAY, JUNE 22, 2010

Pantene Breakfast Launch



Hi darlings! I'm currently at a Pantene breakfast and styler launch with celebrity stylist Tippi Shorter (Alicia Keys stylist) along with several great bloggers: Joi from Beauty Blvd, Brown Girl Gumbo and Tia Williams (Shake Your Beauty) is here too!

I had the opportunity to check out the new Curly Series line beforehand and *gasp* they use TWO types of sulfates in their shampoo. I just had to ask why! (I'll give you answer later ;-)

For now though, follow along on twitter (honeybrownsugar) for real-time coverage. If you have any questions you'd like to have answered tweet me!

POSTED BY WES AT 9:37 AM 1 COMMENTS 

REACTIONS: funny (0) interesting (5) cool (12)

FRIDAY, JUNE 18, 2010

My Trip to DR: What They Didn't Tell Me

"Why did you come here? There's only one thing that's happening right here, right now..." - Random guy on the street

Last Thursday, four friends and I boarded a Jet Blue flight bound for the Dominican Republic. It was a beautiful, sunny day in NYC and we couldn't *wait* to lay out on a hot, sandy beach in DR. Excited we were; our last trip together was in 2007 to Montego Bay, Jamaica. Upon landing, we gathered our bags, caught our hotel shuttle and headed towards the resort. I love island life and no matter what island I'm on, I always feel like I'm *home*. As we breezed through the local streets, passing numerous mopeds (some carrying up to FOUR people at a time), I relaxed and took in my new surroundings. The tropical breeze, sun, sand and shanty towns put me at ease, while at the same time easing my mind of all of the modern world's stresses.

Playa Grande



During our second night in Puerto Plata, we decided to check out downtown Sosua for the bar/club scene. We dressed our best and had the hotel schedule a cab to pick us up. Ten minutes later we were on the strip. At first glance, everything appeared normal. Yes, I'd read the article in *Essence* on prostitution in DR and a guy sitting next to me on the plane gave me even *more* information. So, I was kind of expecting it.

Sitting at the bar at the club in downtown Sosua that night, I first noticed a young, Caucasian man sipping a beer along with a friend. A young woman came up to him, rubbed his back, whispered in his ear and stayed by his side for a while. The young man looked nervous and turned down the woman's advances. After about 10 minutes, the woman left. By this time my friends and I decided to sit near the street so that we could really see what was going on. Jerks of all body types and races were flaunting and flirting with young Dominican and Haitian women... *Everywhere*. Among the prostitutes were teenaged boys, she-males, a midget, and let me not forget to mention the stark naked woman wandering the streets with her pimp following behind her in close range.

This is the bar where we sat and observed the scenery



While taking in the scene, a random guy from New York approached us and said he knew we weren't "hoes". He asked us why did we decide to come to Puerto Plata, and then proceeded to say that "...there is only one thing that's happening out here right now and that's *hoeing*..." Surprisingly though, no one bothered us. The girls were so aggressive that there's no way to mistake a prostitute from a *non*-prostitute.

Directly across the street from where we sat, we saw it all



Don't get me wrong, during the day we had a blast. We visited two beaches (Caleton and Playa Grande, which was gorgeous!!), the Blue Lagoon, and a plantation. We also went to a Vegas type show at Ocean World for dinner and dancing. The people and the island are beautiful but the nasty, disgusting men (both young and old) who

are visiting for all the wrong reasons are polluting the place. I wish I hadn't seen what I saw but unfortunately it's a reality and a way of life. Looking in the faces of the beautiful young girls I could easily see that many felt ashamed and were disgraced. Hanging their heads and dejectedly following their *johns*, they hopped into unknown cars and disappeared into the balmy Dominican night. In my mind I kept yelling "YOU DON'T HAVE TO DO THIS!", "DON'T GO WITH HIM" and "THIS ISN'T THE ONLY WAY!" Unfortunately though, for them it is.

All around our resort were men (many European) old enough to be someone's grandfather, while the girl they flaunted for the week looked to be barely out of high school. Both of our flights (going and coming) were 90% black men, some with friends and some without. It was nauseating to say the least. Upon arrival back in the states, most of them were probably headed home to kiss their wives or girlfriends.

Nevertheless, on Monday afternoon I boarded a plane with my four friends and went home. The gorgeous young bronze-skinned woman in the black sequined top doesn't get to escape that reality. *Her* reality.

If you'd like to be a part of the Dominican Republic's cause against sex tourism, please check out the Movement for International Self Development and Solidarity (MAIS) by clicking [here](#).

POSTED BY WES AT 9:00 AM 16 COMMENTS 

LABELS: [DOMINICAN REPUBLIC](#), [PROSTITUTION](#), [PUERTO PLATA](#)

REACTIONS: funny (0) interesting (20) cool (0)

THURSDAY, JUNE 17, 2010

Vacation Hair

Whenever it's hot, humid and sticky, I NEVER know what to do with my hair- ESPECIALLY when I'm on vacation. Time is not something I like spending on my hair whenever I'm away (I'm sure you can relate!). I don't like to leave it out because it shrinks up and looks like a hat on my head (in my opinion). During this last trip to the Dominican Republic, I mostly wore it in a ponytail.

During one of our night's on the town, I simply washed my hair in the shower, used my Ecostyler gel (You know I had to bring that along!) and slicked my hair back.



It worked pretty well and my friends thought it was cute. The next day I fluffed it up a little to give it some volume, and then the day after that it was ponytail'ed out!



Vacation hair is always a hassle for me! I'm headed to the Essence Music Festival in two weeks and I have no clue what to do with it. I'll be working most of the time and won't have to time to fuss with my mane too much (if at all). I was considering cornrows, but I'll keep you posted on that!

POSTED BY WES AT 9:00 AM 9 COMMENTS 

LABELS: [3C HAIR](#), [CURLS](#), [ECOSTYLER GEL](#), [VACATION](#)

REACTIONS: funny (0) interesting (4) cool (13)

WEDNESDAY, JUNE 16, 2010

Summer Brows: My Little Secret

I'm back guys and boy o' boy do I have a LOT to tell you about my trip! If you follow me on Twitter than you probably already know that I had a rather "interesting" time. I'll give the details later in the week - I'm still very tired after having returned to work the day after I returned home. BUT I love the islands and as long as I'm on one, I'm happy and I still had a great time with my chicas :-)

I wanted to tell you about a little trick I learned from a makeup artist I work with on my job. Since lightening my hair, one of my concerns were my brows. My brows are naturally thick and very dark and I didn't want them to clash with my new hair color.

Although I didn't think it was really that necessary (since my hair isn't too light), I had pondered having my brows tinted to a lighter shade. However, I found out that I didn't have to!

I purchased a brow set gel from MAC in Boy/Girl (that's the name of the color). It's a *bronzy* brown and I absolutely love it! It softens my face and gives my brows a subtle bronze tint. It does the job without me having to take any drastic steps (or spend extra money). I would definitely recommend it if you've got light hair and dark brows like I do.

Price: \$15



Before using the Brow Set



After using the Brow Set



POSTED BY WES AT 9:00 AM 9 COMMENTS 

LABELS: [3C HAIR](#), [BROW SET](#), [CURLY HAIR](#), [MAC](#)

REACTIONS: funny (0) interesting (7) cool (19)

THURSDAY, JUNE 10, 2010

Voila! Final Results

As promised... The outcome! I typically get 3 to 4 good days out of my wash & go's.



I'm off to the Dominican Republic today so by the time you read this I'll probably be on a beach somewhere in Caberete sipping on a Pina Colada (hopefully, weather permitting)!! I'll be back here on Tuesday with some great new things to chat about.

Till then be good and stay sweet :-)

POSTED BY WES AT 9:00 AM 17 COMMENTS 

LABELS: [3C HAIR](#), [BIG HAIR](#), [CURLS](#), [NATURAL HAIR](#)

REACTIONS: funny (1) interesting (3) cool (18)

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