

HEALTHY CURLS!

These 10 Ingredients You Should Avoid!



Recognizing Harmful Chemicals and
Finding Healthy Alternatives for Curls

 ZAMATA

www.zamatacosmetics.com

About Us:

Our mission is to show people with Afro hair and curls how to care for their hair healthily and naturally – with simple, minimalist routines and certified natural cosmetics.

We believe in hair care that is not only effective but also sustainable and free of harmful ingredients. At the same time, we question common beauty "standards" and encourage more self-love and empowerment so that everyone can confidently celebrate their natural beauty.



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DISCLAIMER

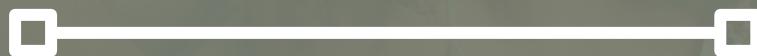
The information in this guide is for educational and informational purposes only. It is intended to help you identify harmful ingredients in hair care products and make informed choices.

Please note:

The ingredients listed here and their potential effects are based on generally available scientific evidence and may have different effects on each individual.

This guide is not a substitute for professional advice from a dermatologist, hairdresser or other specialists. If you have specific skin or hair problems, we recommend that you consult an expert.

Zamata Cosmetics assumes no liability for decisions made based on the information provided in this guide.



INTRODUCTION

WHY THIS BLACKLIST IS IMPORTANT:

- ▶ Many hair care products, especially those marketed for Afro-textured hair, contain hidden chemicals like sulfates, parabens, silicones, mineral oils, and synthetic fragrances. Studies have shown that some of these ingredients not only dry out the hair and irritate the scalp but can also cause hormonal disruptions and pose long-term health risks – including hair loss, allergic reactions, and endocrine system disorders.
- ▶ Particularly concerning is the fact that many products for Afro hair contain chemicals like formaldehyde, phthalates, and parabens, which have been classified as potentially carcinogenic by the World Health Organization (WHO) and other health authorities.
- ▶ Research indicates that repeated exposure to these substances can increase the risk of breast cancer and other hormone-related diseases.
- ▶ This guide will help you identify which ingredients you should avoid, why they are harmful, and how you can easily recognize them on product labels to protect your health and the natural beauty of your hair.



THE 10 WORST INGREDIENTS FOR AFRO HAIR

① Sulfates (-sulfate)

► Why harmful?

Sulfates such as **Sodium Lauryl Sulfate (SLS)** or **Sodium Laureth Sulfate (SLES)** are harsh cleaning agents that remove natural oils and dry out Afro hair.

► Where do they occur?

Shampoos and cleansing gels.



► How do you recognize them?

Anything with the suffix **-sulfate** in the name.

② Parabens (-parabens)

► Why harmful?

Parabens such as **methylparaben** and **propylparaben** are suspected of causing hormonal disorders.

► Where do they occur?

In shampoos, conditioners and styling products as preservatives.

► How do you recognize them?

Everything with the suffix **-paraben**.



③ Silicon (-cone, -siloxane, -conol)

► Why harmful?

Silicones such as dimethicone and Cyclopentasiloxane form a film around the hair and prevent moisture from penetrating.

► Where do they occur?

Conditioners, hair masks and styling products.

► How do you recognize them?

Anything with the suffixes **-cone**, **-siloxane** or **-conol**.

④ Mineral oil and petroleum (petrolatum, paraffin)

► Why harmful?

These substances seal the hair without actually moisturizing it and can clog the scalp.

► Where do they occur?

Hair creams, pomades and oils.

► How do you recognize them?

Terms like **mineral oil**, **petrolatum**, **paraffin**.



⑤ Phthalate (-phthalate)

► Why harmful?

These chemicals are linked to hormonal disruption and developmental problems.

► Where do they occur?

Common in artificial fragrances and styling products.

► How do you recognize them?

Everything with the suffix **-phthalate**.





⑥ Formaldehyde

► Why harmful?

Formaldehyde is a known allergen, irritates the skin and respiratory tract and is classified as potentially carcinogenic.

► Where do they occur?

Straightening products and preservatives.

► How do you recognize them?

Terms like **formaldehyde**, **DMDM hydantoin**, **quaternium-15**.

⑦ Alcohol

► Why harmful?

These alcohols dry out the hair and cause frizz.

► Where do they occur?

In gels, styling products and hairsprays.

► How do you recognize them?

Terms like **Alcohol Denat.**, **SD Alcohol**, **Isopropyl Alcohol**.



8 Triclosan

► Why harmful?

Is associated with hormonal disorders and irritations.

► Where do they occur?

Antibacterial products and shampoos.

► How do you recognize them?

Terms like **triclosan**.



9 PEGs (Polyethylene Glycols)

► Why harmful?

Can irritate the scalp and are often contaminated with harmful impurities.

► Where do they occur?

In shampoos, conditioners and styling products.

► How do you recognize them?

Terms like **PEG-** followed by a number (**e.g. PEG-10**).



10 Artificial colors and fragrances

► Why harmful?

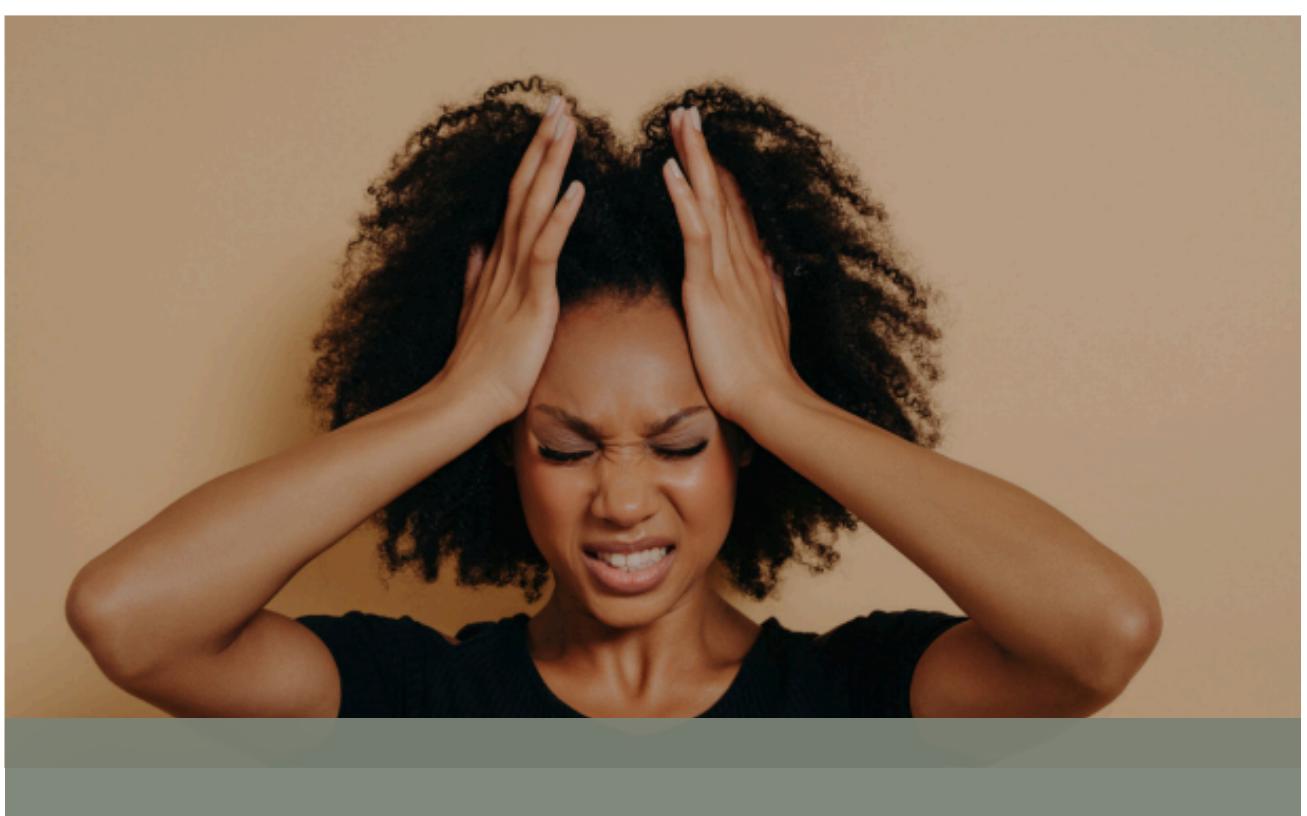
They can cause allergies and often contain hidden harmful chemicals.

► Where do they occur?

In almost all cosmetic products.

► How do you recognize them?

Terms like **fragrance, perfume**.



Did you know?

Harmful ingredients like silicones and sulfates can cause long-term damage to your hair. In the „Zamata Spring Haircare Challenge“, we'll show you how to avoid these substances and maintain healthy, beautiful curls.

SUMMARY

Ingredient	Why harmful?	Identifying features
Sulfates (-sulfate)	Remove natural oils, dry out hair.	Sodium Lauryl Sulfate, SLES
Parabens (-parabens)	Can cause hormonal disorders.	Methylparaben, Propylparaben
Silicon (-cone)	Prevent moisture absorption, lead to product build-up.	Dimethicone, Cyclopentasiloxane
Mineral oil (petrolatum)	Seals hair and pores without moisturizing.	Petrolatum, Paraffin
Phthalate (-phthalate)	Disturb the hormonal balance.	Dibutyl Phthalate
PEGs (Polyethylene Glycols)	May irritate the scalp.	PEG-10, PEG-40
Formaldehyde	Irritating to skin and respiratory tract, potentially carcinogenic.	Formaldehyde, DMDM Hydantoin
Triclosan	Causes hormonal disorders.	Triclosan
Bad alcohols	Dry out hair.	SD Alcohol, Isopropyl Alcohol
Artificial fragrances	Can cause allergies, often contain harmful substances.	Fragrance, Parfum



CHECKLIST

AVOID THESE INGREDIENTS WHEN SHOPPING

Save this checklist as a screenshot on your phone so you always have it handy when shopping!

- Sulfates (z. B. Sodium Lauryl Sulfate)
- Parabens (e.g. methylparaben, propylparaben)
- Silicon (z. B. Dimethicone, Cyclopentasiloxane)
- Mineral oil (e.g. petrolatum, paraffin)
- Phthalate (z. B. Dibutyl Phthalate)
- PEGs (z. B. PEG-10, PEG-40)
- Formaldehyd (z. B. DMDM Hydantoin)
- Triclosan
- Bad alcohols (e.g. SD Alcohol, Isopropyl Alcohol)
- Artificial fragrances (e.g. fragrance, perfume)



Tip: Use products like those from Zamata Cosmetics – free of the ingredients and specially developed for Afro hair."



HEALTHY ALTERNATIVES FOR AFRO HAIR

WHAT YOU SHOULD KNOW

Practical tips for shopping:

- ▶ Use products with natural ingredients such as **shea butter, moringa, aloe vera and coconut oil** – these nourish Afro hair without damaging it.
- ▶ Look for trustworthy certificates that give you assurance about the quality and cleanliness of the products.
- ▶ Try hair care products that are specially designed for Afro hair and curls – like the certified natural cosmetics from Zamata Cosmetics (NCS).



Why "vegan" doesn't always mean clean:

While a product labeled "vegan" does not contain any animal ingredients, that does not say anything about the quality or cleanliness of the ingredients. Many vegan products can still contain harmful chemicals such as silicones, sulfates or parabens.

Tip: Always check the ingredients – regardless of whether a product declared vegan!



CERTIFICATIONS

WHAT THEY STAND FOR AND WHAT THEY GUARANTEE YOU

There are many certifications that can serve as a guide. Here are three important ones to know when shopping:

① NCS (Natural Cosmetic Standard)



► What does it stand for?

1. Guarantees that the product contains at least 95% natural ingredients.
2. Excludes problematic substances such as silicones, parabens, synthetic fragrances, and microplastics.
3. Allows the labeling of products that can be both vegan and non-vegan - the focus is on the naturalness of the formulas.

► Why is it important?

1. Zamata Cosmetics is NCS certified, meaning you can trust that our products are both safe and natural.

② COSMOS Organic

► What does it stand for?

1. An internationally recognized standard for organic and natural cosmetics.
2. At least 20% of the ingredients must come from organic farming.
3. Prohibits the use of harmful chemicals such as parabens, genetic engineering and synthetic colors.

► Why is it important?

1. COSMOS Organic helps you distinguish organic and natural products from less trustworthy alternatives.

③ NATRUE

► What does it stand for?

1. Ensures that products are made from natural and organic ingredients.
2. Defines clear standards for natural and organic cosmetics.
3. Divides products into categories such as "natural cosmetics", "natural cosmetics with organic content" and "organic cosmetics".

► Why is it important?

1. Provides additional transparency about the organic content of a product.

Why NCS is highlighted:

NCS is the standard we trust at Zamata Cosmetics because it meets the highest standards for natural ingredients. Our products are not only certified, but also specifically tailored to the needs of Afro hair - for healthy, shiny locks without compromise.

Tip: Look for the NCS seal to make sure you are using products that are real clean and natural!



BONUS

THE BEST APPS FOR CHECKING INGREDIENTS IN HAIR CARE PRODUCTS

Do you want to make sure your hair care products are free from harmful ingredients?

These apps allow you to scan product barcodes, analyze ingredients, and find out if your product contains questionable chemicals.

① INCI Beauty (iOS & Android)

- ▶ **Function:** Scan barcodes and get an ingredient rating.
- ▶ **Ideal for:** A detailed analysis of each ingredient.

② Yuka (iOS & Android)

- ▶ **Function:** Evaluates cosmetic and food products with a health score.
- ▶ **Ideal for:** A quick and easy check while shopping.

③ Think Dirty (iOS & Android)

- ▶ **Function:** Detects harmful substances in cosmetics and care products.
- ▶ **Ideal for:** Anyone who wants to switch to clean and pollutant-free products.



④ CosmEthics (iOS & Android)

- ▶ **Function:** Warns of allergens and harmful chemicals in cosmetic products.
- ▶ **Ideal for:** people with sensitive skin or allergies.

⑤ CodeCheck (iOS & Android)

- ▶ **Function:** Evaluates products according to health and ecological criteria.
- ▶ **Ideal for:** Anyone looking for sustainable and healthy alternatives.

Important reminder:

Just because a product is labeled vegan does not mean it is free of harmful chemicals!

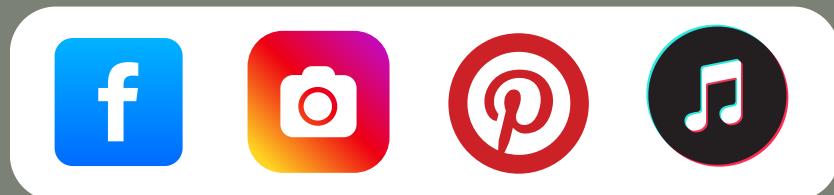
Look out for sulfates, silicones, parabens and mineral oils – use these apps to be sure!



Do you want to save yourself the trouble of scanning? At Zamata Cosmetics you will find certified natural cosmetics for Afro hair – guaranteed free of harmful ingredients!

[DISCOVER NOW](#) ➔

START YOUR CHEMICAL-FREE HAIR CARE NOW!



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