# KEY

**Note:** I want to save you money, and many companies market their product with gimmicks, claiming inflated or false promises, using misleading statements and myths as fact, as well as quoting bogus and biased studies. Using this dictionary may help you spot some of these ingredient gimmicks and selling myths to sell pricey products. I’ve tried to compile the most accurate descriptions of hair care ingredients as I can find. I’ve used what I believe to be the most objective sources for my information, along with notes of what I’ve found through my own experimentation and where I found the information. This list is geared towards how ingredients would affect very curly hair. I continue to research ingredients, and as I discover new information, and better sources, I’ll add it or adjust this list accordingly. Believe me, I’m adding constantly.

**Applewhite:**Applewhite, Thomas H., ed. *Proceedings of the World Conference on Lauric Oils: Sources, Processing, and Applications.* AOCS Publishing, 1994.

**Barel:** Barel, André O., Marc Paye, and Howard I. Maibach., eds. *Handbook of Cosmetic Science & Technology*. Marcel Dekker, Inc., 2001.

**Begoun:** Begoun, Paula.*Don’t Go Shopping for Hair-Care Products Without Me.* 3rd Edition. Renton: Beginning Press, 2005.

**Begoun** (Beauty): Begoun, Paula.*The Beauty Bible.* 2nd Edition. Renton: Beginning Press, 2002.

**Nnanna:** Nnanna, Ifendu A. and Jiding Xia., ed. *Protein-based Surfactants*: *Synthesis: Physicochemical Properties, and Applications*. Madison Heights: CRC, 2001.

**Quadflieg:** Quadflieg, Jutta Maria.“Fundamental properties of Afro-American hair as related to their straightening/relaxing behaviour.”Diss. U of Rheinisch-Westfälischen Technischen Hochschule Aachen, 2003.

**Winter :** Winter, Ruth M.S.. *A Consumer’s Dictionary of Cosmetic Ingredients.* 6th Edition. New York: Three Rivers Press, 2005.

**Caution:** Cautions are used for ingredients that <i>might</i> cause you problems. These are ingredients such as plasticizers, which in shampoos or conditioners may build up, and cause your hair to become sticky over time. These are fine ingredients in styling pastes and gels, however, where you want some hold. Or sodium chloride, which is okay in a product you will rinse out, but I believe should not be in a product you will leave in your hair. I do not put cautions on things like preservatives unless it is one that is known for causing problems. This is because most preservatives may cause skin irritation (but it’s believed to be far safer to use a product with preservatives, than to use one without one). If an ingredient has had some controversy, I will mention it in the ingredient’s description, often with links to find out more information, so you can make your own decisions.

**Okay:** To the best of my knowledge (and I’m constantly researching them), this ingredient shouldn’t cause problems for use in the hair of the average curly-haired user. Use your judgment if you have allergies or sensitivities to certain products. If an ingredient has had some controversy, but research shows it seems to be safe for use, I will mention it in the ingredient’s description, often with links to find out more information, so you can make your own decisions.

**Avoid:** If you see a product with one or more of these ingredients, put it down and walk away. Most of these are known to dry out your hair at best, and may even damage your hair.