



Ingredients Starting With F

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In the ingredient descriptions: **Good** means that I like to see this in a product's list of ingredients. **Okay** means this product appears safe for a curly person like me to use. **Caution** means that this ingredient may not be good in some hair care products, or for some people. **Avoid** means this ingredient may hurt your hair. If you see this ingredient in a hair product, it's best to put it down and walk away.

Please select a letter to search for ingredients:

0 1 2 3 4 5 6 7 8 9 A B C D E F G H I J K L M N O P Q R S T U V W X Y Z

Farsenol

Okay

Fragrance ingredient used to emphasize a sweet scent. Also used as a food flavoring. Occurs naturally in star anise, citronella, rose and balsam. Winter pg 243. Begoun pg 1280.

Source(s): Winter Begoun

Fatty acids

Okay

These are usually found in plant or animal fats. These are used in products as emollients and often to give the product thickness, (or, when mixed with glycerin, they become fats). Examples of some Fatty acids are Caprylic, lauric, myristic, oleic, palmitic, and stearic [Begoun pg 1280, Winter pg 243].

Fatty acids are hugely common in nature. All plant and animal fats and oils are considered fatty acids, as well as synthetic. Fatty acids are used to condition, and as an emulsifier (when made into a soap by being neutralized with a strong base) [Hunting (Conditioning) pg 202].

Source(s): Begoun(Cosmetics) Winter Hunting

Fatty alcohol

Okay

These are made from fatty acids (ingredients found in plant and animal fats). These are often used to thicken products, and as emollients. Begoun pg 1280. Cetyl, Stearyl, Lauryl, Myristyl are examples of these. Cetyl and Stearyl alcohols moisturize, giving a velvety feel. Lauryl and myristyl are used in cleansers. Winter pg 243.

See also: Fatty acid

Source(s): Begoun(Cosmetics) Winter

FD&C blue no. 1 (aka Blue 1)

Okay

Food grade colorant. Bright blue color. Soluble in water

Source(s): <http://www.cfsan.fda.gov/~lrd/colorfac.html>

Fennel

Caution

May cause skin irritation and/or sun sensitivity. Best not to use on a baby's skin. Pg 94

See also: Irritant

Source(s): Begoun

Fig extract (aka Ficus carica)

Caution

The extract is taken from the fruit and leaves of the fig plant, used for moisturizing. It's found by the European Union (EU) to be unsafe for use as a fragrance [CosmeticsDatabase.com].

A fruit that contains compounds that may cause extreme sun sensitivity and skin irritation. The fruit also contains latex which is sometimes used to treat skin tumors or warts externally [Begoun (Cosmetics) 7th ed., pg 1101].

Source(s): Winter Begoun <http://www.cosmeticsdatabase.com/ingredient.php?ingred06=702475>

Film-former

Caution

Leaves a film over the hair. Can give hair a smooth feel, but may also build up, and cause hair to become sticky over time. These are often found in gels. Examples are acrylates, acrylamides, PVP or copolymers. Winter Pg 247. Begoun pg 1281.

Source(s): Winter Begoun

Fir needle

Caution

May cause skin irritation and/or sun sensitivity. Best not to use on a baby's skin. Pg 94

See also: Irritant

Source(s): Begoun

Flaxseed extract (aka Linum usitatissimum, linseed oil, linseed extract)

Caution

Yellow-y oil from flaxseed. Slowly thickens as it's exposed to air. Oil used as an emollient with a very distinctive scent. Used for conditioning. Often used to help spread oil paint. May cause allergic reactions [Winter pg 329].

See also: Extracts

Source(s): Winter http://www.cosmeticsdatabase.com/ingredient.php?ingred06=703584&refurl=/product.php?prod_id=168262&-hanks=1

Formaldehyde-releasing preservative

Caution

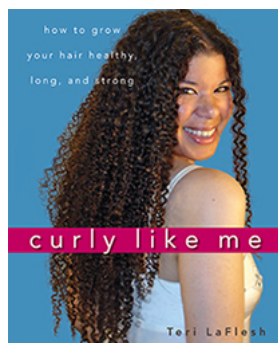
This is a common type of preservative used in cosmetics and hair care products. Studies seem to show that these don't cause more skin irritation than other preservatives (they can all irritate skin). The concern is that when a formaldehyde-releasing preservative is in the same product that has an amine, cancer causing chemicals called nitrosamines may be formed. However, it hasn't been directly linked to health problems. Pg 1282.

See also: Preservative Nitrosamines

Source(s): Begoun

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Fragrance (aka Perfume, Parfum)**Caution**

Per Winter [7th edition, page 246], fragrance is "Any natural or synthetic substance or substances used solely to impart an odor to a cosmetic product. May be used without describing what is actually in the compound. Fragrances are widely used in topical formulations and can cause photoallergic or phototoxic reactions." Many essential oils and fragrances (such as mint, citrus-derived fragrances, menthol, and cinnamon-derived fragrances) can cause allergic reactions. However, with the new law allowing companies to put only "fragrance" on their label, there is no way to know if an oil you find sensitizing is present in the product. Winter says you could perhaps call the company to find out if a particular oil is in there.

Source(s): Winter

Fuller's earth (aka Clay)**Avoid**

Drying to the hair. Pg 350

Source(s): Begoun

Fusanus spicatus (aka *Fusanus spicatus* wood oil; Australian sandalwood; West Australian sandalwood)**Caution**

Oil made from the wood of an Australian tree *Fusanus spicatus* tree. The roots and/ or wood are dried and ground, then steam distilled. Used for fragrance, often in cleaning products [Winter pgs 252, 449]. Has a soft, woody-sweet, spicy-resin scent. It's used as a substitute for East Indian Sandalwood. —*Sandalwood is known to cause rashes on very sensitive skin. This sounds pretty similar, so to be safe, I would be very cautious about putting this on a baby or child's skin.* —T

Source(s): Winter

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