



# Ingredients Starting With Z

 Translate: Select a language
[Welcome](#)
[Tightly Curly Method](#)
[Book](#)
[Recommended Products](#)
[Teri's Hair](#)
[Photos](#)
[Blog](#)
[Ingredients Dictionary](#)
[Resources](#)
[Answer Bank](#)
[About Us](#)
[Media Page](#)
[What's New](#)

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

### **Zea Mays Oil** (aka Zea Mays; Corn Oil)

#### **Caution**

The refined oil that comes from corn. It's insoluble in water. Interestingly, when the his oil is "crude" it has good stability and conditioning properties. When refined, it becomes less stable, and easily becomes rancid when exposed to air. It's used for conditioning properties, and because it is a natural ingredient, so it has sales appeal [Hunting (Conditioning) pgs 167-168].

Surprisingly, Winter says that this oil is abrasive. It's used to thicken a product and to cut down on static. It may even cause acne [Winter (7th ed.) pg 554].

Source(s): Winter Hunting

### **Zea Mays Starch** (aka Corn Starch; Starch)

#### **Caution**

See: Starch

See also: Starch

### **Zinc**

#### **Caution**

Used as an astringent. May cause scalp dryness. Pg 422

Source(s): Begoun

### **Zinc Chloride** (aka Zinc Butter, Zinc (II) Chloride)

#### **Avoid**

A zinc salt used as an astringent and disinfectant [Winter Pg 551]. —*In researching this, it looks like it is often prepared using hydrochloric acid. According to the Chemical Safety Data site (and also Wikipedia), in higher concentrations it dissolves silk, cellulose and skin. It's known as being acidic and corrosive. It's also harmful for the environment. Until I find out more information, I'm going to keep the "Avoid" label on it —T*

Source(s): Winter [http://en.wikipedia.org/wiki/Zinc\\_chloride](http://en.wikipedia.org/wiki/Zinc_chloride)  
[http://ptcl.chem.ox.ac.uk/~hmc/hsci/chemicals/zinc\\_chloride.html](http://ptcl.chem.ox.ac.uk/~hmc/hsci/chemicals/zinc_chloride.html)

### **Zinc omadine** (aka Zinc pyrithione)

#### **Okay**

Treatment for dandruff (Head & Shoulders uses this). Good at killing the microbes that cause dandruff, though Ketoconazole is a little more effective.

Source(s): Begoun

### **Zinc oxide**

#### **Okay**

Functions as a sunscreen, thickener, whitener, lubricant. Low risk of skin irritation.

Source(s): <http://www.cosmeticscop.com/>

### **Zinc pyrithione** (aka Zinc omadine)

#### **Okay**

Treatment for dandruff (Head & Shoulders uses this). Good at killing the microbes that cause dandruff, though Ketoconazole is a little more effective.

Source(s): Begoun

### **Zingiber officinale** (aka Ginger)

#### **Okay**

See Ginger.

See also: Ginger

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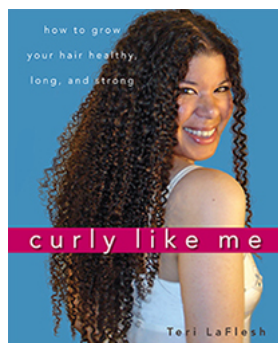
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## Available now!

*Curly Like Me*, the off-the-grid, do-it yourself owner's manual for tightly curly hair, is ready for ordering. Grab your copy today!



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