



Ingredients Starting With B

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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

Babassuamidopropyl betaine

Okay

Made from babassu and betaine, and functions as an antistatic ingredient in both hair and skin products [Winter (7th edition) page 93].

See also: Babassu Oil Betaine

Source(s): Winter

Babassuamidopropyltrimonium methosulfate

Okay

Made from Babassu, and used as an anti-static ingredient, an emulsifier, and for hair conditioning.

See also: Babassu

Source(s): <http://www.cosmeticsdatabase.com/ingredient.php?ingred06=700611~hanks=1>

Babassu Oil (aka Orbignya Oleifera Oil)

Okay

An edible oil from the kernels of the babassu palm, *Orbignya barbosiana*, grown in Brazil. Can be used in foods, but it's an expensive oil [Winter pgs 91, 378].

Source(s): Winter

Badian (aka Anise)

Okay

An herb with a licorice flavor.

See also: Anise

Baking soda (aka Sodium bicarbonate)

Avoid

Baking soda is often used as a clarifier, because it's natural. However, for the sake of your hair, never use baking soda. It's highly destructive to your hair. It's basically salt, and salt is highly corrosive (if you've ever seen what it does to the metal of cars in places where they use salt to melt the snow, you can get some idea. And if you've ever eaten something really salty, it often makes your lips sore).

See also: Sodium bicarbonate

Balm mint

Caution

May cause skin irritation and/or sun sensitivity. Best not to use on a baby's skin. Pg 73

See also: Irritant

Source(s): Begoun

Balm mint oil

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

Balsam

Avoid

Tree resin. It can build up and harden on hair, making it brittle. 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

Balsam of Peru (aka Myroxylon pereirae)

Avoid

A naturally derived fragrance made from tree resin. A study done by the Mayo clinic lists this as #7 of the top ten ingredients that can cause irritation. Beauty Brains pg 156. *I'm putting this as an Avoid, because not only is it irritating, but it's also a resin, which are known to build up in the hair and make it brittle, dry, or sticky.—T*

See also: Irritant

Balsam oil

Avoid

Can quickly build up and make hair feel dry and brittle. Pgs 247, 254.

Source(s): Begoun

Bambusa vulgaris extract (aka Bamboo, Bamboo extract, Bambusa arundinacea Bambusa vulgaris extract)

Okay

An extract made from the whole bamboo plant. Bamboo is a member of the grass family with edible new shoots. Used for skin conditioning. [Winter (7th edition) page 97; Gottschalck page 236].

Source(s): Winter Gottschalck

Bambusa vulgaris sap extract (aka Bamboo sap extract)

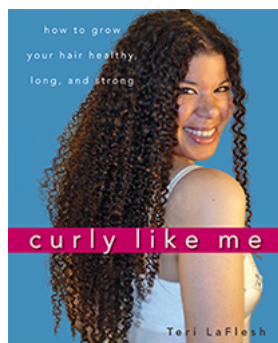
Okay

Made from just the sap of the bamboo plant, this is used as an emollient conditioning ingredient [Gottschalck page 236].

Source(s): Gottschalck

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Barley extract (aka *Hordeum vulgare extract*, *Hordeum distichon extract*)*Okay*

Extract from barley plants. Barley is in the grass family and has been used since prehistoric times. Used to make malt beverages and as a breakfast food [Winter (7th edition) page 98]. May be an antioxidant when ingested, but it can do nothing to heal hair [Begoun (Cosmetics) pg 1253].

Source(s): Begoun Winter <https://en.wikipedia.org/wiki/Hordeum>

Basil (aka *Basil extract*; *Basil leaf extract*; *Ocimum basilicum*; *Ocimum basilicum extract*)*Caution*

The extract from the leaves of the delicious herb, basil. May cause skin irritation and/or sun sensitivity. Best not to use on a baby's skin [Begoun (Hair) pg 94; Winter (7th ed) pg 100].

See also: Irritant

Source(s): Begoun Winter

Batyl alcohol*Okay*

"Derived from glycerin and used as a stabilizing ingredient and skin-conditioning agent."

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

Beeswax*Caution*

Thickener that can be emollient. —*This might be difficult to rinse out, depending on the formulation—T*

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

Behenalkonium betaine*Okay*

Smooths hair. Begoun pg 75.

See also: Quaternary Ammonium Compound

Source(s): Begoun

Behenamidopropyltrimonium Methosulfate*Okay*

This is used as a conditioning ingredient, and to keep product from separating.

See also: Amodimethicone

Source(s): [http://www.cosmeticsdatabase.com/ingredient.php?](http://www.cosmeticsdatabase.com/ingredient.php?ingred06=700650&refurl=/scoring/draw_company.php?comp_id=506&thanks=1)

[ingred06=700650&refurl=/scoring/draw_company.php?comp_id=506&thanks=1](http://www.cosmeticsdatabase.com/ingredient.php?ingred06=700650&refurl=/scoring/draw_company.php?comp_id=506&thanks=1) <http://bit.ly/crx5bN>

Behenic acid (aka *Docosanoic acid*)*Okay*

Fat found in seeds as well as animals. It's a fatty acid that's often used to make products look less transparent [Winter 7th ed., pg 102].

See also: Fatty acid

Source(s): Winter

Behenoyl PG-trimonium chloride. (aka *BPG TMC*)*Okay*

This is a Quaternary ammonium compound [Winter pg 100]. Used as anti-static ingredient, and as a hair conditioner.

See also: Quaternary ammonium compound

Source(s): Winter <http://www.masonsrfactants.com/Products/CationicSurfactantsInd.htm>

<http://www.cosmeticdatabase.com/ingredient.php?ingred06=700655&thanks=1>

Behentrimonium chloride*Good*

Used for detangling and as an anti-static ingredient and emulsifier [Begoun (Hair) pg 75; Winter pg 100].

This ingredient has been in one of my favorite, go to products for probably the last ten years.

*** Tried and true ingredient ***

See also: Quaternary Ammonium Compound

Source(s): Begoun Winter

Behentrimonium methosulfate (aka *BTMS*; *Behenyl Trimethyl Ammonium Methosulfate*)*Good*

Used to condition the hair as well as cut down on static, and it's found in hair conditioners, bath soaps, and shampoos. It comes from both plant and synthetic sources. [Gottschalk pg 258].

Source(s): Gottschalk

Behenyl alcohol (aka *Docosanol*)*Okay*

This is a fatty alcohol mixture made from Behenic acid (which is found in oils and fats). It's used as a thickener, to make the product less transparent, and to keep the product from separating. Not irritating or drying like the rubbing types of alcohol [Winter 7th ed., pg 102].

See also: Fatty alcohol Behenic acid

Source(s): Winter

Benzalkonium chloride (aka *BAK*)*Caution*

Preservative. May be a skin irritant, though this is a risk with all preservatives. It is far safer to use a product with a preservative than to use a product without one. Begoun (Cosmetics) pg 1254. Also used as a cleanser used in a wide range of products from hair products to lotions. Winter pg 101.

See also: Preservative

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

Benzoic acid*Okay*

Preservative that actually occurs naturally in barks such as cassia and cherry trees, as well as in raspberries, tea, and anise. Used in food flavorings. For some people it may cause allergic reactions [Winter (7th edition) pages 104-105]. However, this is in one of my favorite, go to conditioners that I've been using for well over ten years. It has not caused any problems as far as conditioning and defining my hair. That's why I'm calling it a

*** Tried and true ingredient ***

See also: Preservative

Source(s): Winter

Benzoin**Caution**

Benzoin is a substance different from Benzoin resin, the resin from the benzoin tree (according to Wikipedia - see link). Benzoin is an off white crystal with a light camphor-like smell. However, in products, they may mean what comes from the benzoin tree. In which case, check out Styra Benzoin.

See also: Styra benzoin

Source(s): <https://en.wikipedia.org/wiki/Benzoin>

Benzoin resin (aka *Styra Benzoin*)**Avoid**

Per Wikipedia, Benzoin resin is a resin obtained from the bark of several species of Styra trees. It's used in perfumes, some kinds of incense, as a flavoring, and even medicine (such as tincture of benzoin). Commonly (but incorrectly) called "benzoin", since benzoin is actually a chemical compound that does not contain the crystalline compound Benzoin. Benzoin resin is a common ingredient in making incense and perfumes because it has a sweet vanilla scent, plus it is a fixative. Gum benzoin is a major ingredient in church incense.

See also: Benzoin resin Balsam

Source(s): https://en.wikipedia.org/wiki/Benzoin_resin

Benzophenone-3 (aka *Oxybenzone*)**Okay**

Chemical UV absorbers. Weak sunscreen that does not block all sun's UVA rays. inadequate when used alone.

Source(s): http://www.smartskinicare.com/skinprotection/sunblocks/sunblock_benzophenones-3-and-4.html

<http://cosmeticscop.com/>

Benzophenone-4 (aka *Sulisobenzene*)**Okay**

Chemical UV absorbers. Weak sunscreen that does not block all sun's UVA rays. inadequate when used alone.

Source(s): http://www.smartskinicare.com/skinprotection/sunblocks/sunblock_benzophenones-3-and-4.html

<http://cosmeticscop.com/>

Benzyl alcohol**Caution**

Used as a preservative or solvent in products. Made from pure alcohol and is a component of jasmine and hyacinth as well as other plants. It has a faint and sweet scent. Known to be corrosive and irritating to the skin [Winter (7th edition) page 105]. If it's low on the ingredient list, it's probably diluted enough that it wouldn't be a problem, however, use caution for anyone with sensitive skin, and think twice about using a product with this above fragrance on the ingredient list.

Source(s): Winter

Benzyl benzoate**Okay**

Often added to make a hard product more flexible, such as in nail polishes. Benzyl benzoate occurs naturally in Balsam Peru and Balsam Tolu, as well as other oils from flowers. It's a clear oily liquid, or can be in white crystals. It has a light floral scent [Winter pg 103-104].

Source(s): Winter

Benzyl salicylate**Caution**

Per Winter [(7th edition) page 106 & 222; Gottschalck page 275] this is used as a fragrance ingredient (it's a thick liquid that has a soft, nice scent) that's often mixed with alcohol or ether. Made from salicylic acid and benzyl alcohol where the water has been removed. Can cause irritation to skin. Per Gottschalck it's used as an ultraviolet light absorber. In small amounts (after fragrance/ low on ingredient list) it should be okay unless being used on someone with sensitive skin (like a baby's), in which case it should probably be avoided.

See also: Salicylic acid

Source(s): Winter Gottschalck

Bergamont**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

Bergamont oil (aka *Citrus aurantium bergamia oil*)**Caution**

Made from the pear-shaped sour citrus fruit found mainly in Southern Italy. The essential oil is squeezed from its skin. Can make scalp photosensitive. — *This may also be irritating for sensitive skin.* — T

See also: Lime oil Irritant

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

Beta-glucan (aka *Beta-glucans; Betaglucan*)**Okay**

Used as a thickener and a skin conditioner. Beta-glucan is found in cellulose (fiber from plants), such as in barley and oat fiber [Winter (7th edition) page 107]..

Source(s): Winter

Betaine**Okay**

Found in many vegetables and in beets, as well as animals. Used as an emulsifier (keeping product from separating), detergent, foaming helper, and thickener [Winter (7th edition) page 107].

Source(s): Winter

Betula alba extract (aka *European white birch extract*)**Okay**

Extract from the European white birch tree. The extract can be from the bark, leaves, buds, sap, or whole plant. Often used as a fragrance ingredient or skin conditioning. When the extract is from the leaves, it functions more as an astringent as well as for fragrance and conditioning [Gottschalck pgs 280-281].

Source(s): Gottschalck

BHA (aka *Salicylic acid*)**Caution**

Exfoliant. Fine on skin, but since hair is dead, just eats away the hair.

Source(s): Begoun

BHT (aka *Butylated Hydroxytoluene*)**Okay**

A preservative and antioxidant used in cosmetics as well as in food. May cause allergic reactions in some when

used in food [Winter (7th ed) pgs 108, 122-123].

See also: Preservative

Source(s): Winter

Biocide

Okay

An ingredient that's used to prevent the growth of organisms, such as fungi, yeast, or bacteria. Winter pg 106.

Source(s): Winter

Biosaccharide gum-1

Caution

A gum made from sorbitol, that's used as a skin conditioner [Winter pg 106]. —*I'm putting this as a caution because it's a gum, and I'm not sure if this is sticky and can build up in your hair or not* . —T

See also: Sorbitol

Source(s): Winter

Biotin (aka Vitamin H; Vitamin B Factor)

Okay

A whitish crystalline powder that's used as a moisturizer, and to add texture to a product. Every living cell has biotin in it in teeny amounts and is needed for growth [Winter (7th edition) page 109]. However, there isn't really any benefit to using biotin in the hair as hair is dead. It would be like soaking a wool sweater in biotin. The wool in the sweater isn't suddenly going to grow longer because it's soaked in biotin. Wool and hair are basically done deals once they grow out of the skin, and all the biotin in the world isn't worth simply preventing damage in the first place.

Source(s): Winter

Bisabolol (aka Levomenol)

Okay

Essential oil made from chamomile. Soothing, and can reduce inflammation on the skin. It can't do anything for the hair, though. Begoun, Pg 202

Source(s): Begoun <http://www.omikron-online.de/naturhaus/angebote/info/bisab.htm>

Bis-aminopropyl dimethicone

Okay

Bis-aminopropyl dimethicone's function is listed as a hair conditioning agent. This is a modified silicone [Gottschalk pg 289].

—*This is said to be much like Amodimethicone, and Amodimethicone is sold as a mixture with a few ingredients known to be irritating and/ or drying to the hair; this ingredient also makes me nervous. They may mean it's just a modified silicone, and that's how it's similar to Amodimethicone.*—T

However, this is in one of my favorite, go to conditioners that I've been using for well over five years. It has not caused any problems as far as conditioning and defining my hair. That's why I'm calling it a

** Tried and true ingredient **

See also: Amodimethicone

Source(s): Gottschalk <http://www.naturallycurly.com/curlreading/curl-q-a/curlchemist-amodimethicone-and-other-amine-functionalized-silicones>

Bisamo PEG/PPG 41/3 Aminoethyl PG-Propyl Dimethicone

Okay

Silicone used for hair conditioning [Gottschalk 12th ed., pg 288-289].

This is interesting. In Winter [pg 109, (7th ed.)], she says that Bisamo PEG/PPG 41/3 Aminoethyl PG-Propyl Dimethicone is found in sweat. But the purpose of this ingredient when it's included in a product is to fight fungus. And it is supposed to smell like perspiration (even though what I have heard is that sweat itself isn't supposed to have a smell, it's what happens to it after the microbes get hold of it and it's their waste products that make it funky. But I can't remember where I've heard that from now.

See also: Silicone

Source(s): Gottschalk Winter <http://www.theBeautyBrains.com>

Bis-diglyceryl polyacryladipate

Okay

Emollient and thickener.

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

Bisphenyl propyl dimethicone

Okay

Colorless silicone fluid, low viscosity and volatility.

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

Bisulfite perms

Avoid

Often known as "neutral" perms. These use sodium sulfite to break the bonds of the hair. These are less effective than perms or relaxers. However, anything that is strong enough to change the chemical bonds in hair will be damaging to hair.

Source(s): Begoun

Borago officinalis (aka Borage)

Okay

Made from the herb *Borago officinalis*. It is somewhat emollient, and contains potassium and calcium [Winter pg 112].

Source(s): Winter

Borax (aka Sodium borate decahydrate)

Avoid

"Borax is a mineral composed of sodium, boron, oxygen, and water. It has fungicide, preservative, insecticide, herbicide, and disinfectant properties. Borax functions as a bleaching agent by converting some water molecules into hydrogen peroxide (H2O2), which generates free-radical damage and is a problem for skin. The pH range of borax is about 9 to 11; therefore, it can be a significant skin irritant when used in cosmetics."

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

BPG TMC Conditioner

Okay

See Behenoyl PG-trimonium chloride.

See also: Behenoyl PG-trimonium chloride

Source(s): <http://www.masonsurfactants.com/Products/CationicSurfactantsInd.htm>

Brassica (aka Mustard oil)

Caution

This is an oil from the seeds of a mustard plant. It's usually yellowish green with a very strong smell. It can intensely irritate the skin to the point that it can cause blisters if it isn't diluted. May cause allergic reactions [Winter pgs 114 and 359].

See also: Irritant

Source(s): Winter

Brassicamidopropyl dimethylamine

Caution

This is used in products as a hair and skin conditioner made from both plant sources (from a plant in the Brassicaceae family—the same family as mustard, broccoli, cabbage) and synthetic sources [Gottschalk 12th ed., pg 315].

Marketed as a conditioning ingredient that is better than Cetrimonium chloride, Behentrimonium chloride, and Stearamidopropyl dimethylamine. It is also said to make combing easier. —*Since I'm paranoid, I never like to take the word of the actual manufacturer of an ingredient when they tell me it's great. I doubt they would say it's a bad ingredient.*

I haven't found any objective information yet on this ingredient, so I researched what it's made from. From what I've gathered (and from pulling out my trusty Organic Chemistry text book), this is very much like Stearamidopropyl dimethylamine but made with a different, yet similar component. It's like using the same train with a different engine. So instead of a Stearic fatty acid (the Stearamidopropyl part), it's made from Brassica oil (the Brassicamidopropyl part).

According to Winter [pg 491], Hunting (Conditioning) [pg 395] and my Organic Chemistry book, it seems that the important element is actually the dimethylamine component. This is known to be pretty alkaline, and so can be corrosive if it isn't properly neutralized. I am putting the same cautions with this as I did with Stearamidopropyl dimethylamine (which is in products I've used and been really happy with the results, though cautious about this ingredient), except slightly more cautious this time because it's made with Brassica oil, a mustard oil, which is known to cause severe skin irritation when applied directly to the skin.—T

See also: Stearamidopropyl dimethylamine Brassica

Source(s): Winter Hunting Gottschalk

http://www.inolex.com/cosmetic_ingredients/conditioning_ingredients/ProCondition_22

Brazil nut oil (aka Bertholletia excelsa)

Good

Oil that's used for hair and skin conditioning. It comes from the nuts of the Brazil nut tree [Winter 7th ed., pg 116].

Source(s): Winter

BTMS-50

Okay

This is a mixture of Behentrimonium methosulfate, Cetyl alcohol, and Butylene glycol. —*This means it is conditioning, has some weight to it, but also some slip.—T*

See also: Behentrimonium methosulfate Cetyl alcohol Butylene glycol

Source(s): <http://www.lotioncrafter.com/store/Lotioncrafter-BTMS-50-pr-16226.html>

BTMS conditioner (aka Behentrimonium methosulfate)

Okay

See Behentrimonium methosulfate.

See also: Behentrimonium methosulfate

Source(s): http://www.masonsurfactants.com/Products/Maquat_BTMS85_PC.htm

Burdock extract

Okay

Mild anti-inflammatory. Not useful in shampoos because it is rinsed away when you rinse off the shampoo.

See also: Extracts

Source(s): Begoun

Burdock root

Okay

Soothing, and can reduce inflammation on the skin. It can't do anything for the hair, though. Pg 202

Source(s): Begoun

Butter

Okay

The cosmetic definition is a substance that is "solid at room temperature but melt[s] at body temperature"[Winter pg 119].

See also: Preservative

Source(s): Winter

Butyl acetate

Avoid

Solvent. Often used in nail polish and nail polish removers. Pg 119

Source(s): Winter http://www.cosmeticscop.com/ingredient_dictionary.aspx?lid=498

Butylated hydroxytoluene

Caution

Preservative—may irritate scalp, though this is a risk with nearly all preservatives. It's thought to be far safer to use a product with a preservative than to use a product without one (without preservatives, the product would spoil, grow moldy, or be filled with bacteria).

See also: Preservative

Source(s): Begoun

Butylene glycol (aka 1,3 Butanediol)

Good

Excellent humectant, and it adds slipperiness. Very similar to propylene glycol [Begoun 1259, 1326]. This is known to be nearly nontoxic and nonirritating to regular skin. It's sold as a colorless solid that's water soluble. Butylene Glycol is thicker and less of a humectant than Propylene Glycol. Many times plant extracts are dissolved in Butylene Glycol. It also has some antimicrobial abilities, especially good at killing molds, but only when present in high amounts [Hunting (Conditioning) pg 130].

This is in one of my favorite, go to conditioners that I've been using for well over ten years. It has not caused any problems as far as conditioning and defining my hair. That's why I'm calling it a

*** Tried and true ingredient ***

See *also*: Humectant Propylene glycol

Source(s): Begoun Hunting

Butyl methoxydibenzoylmethane (aka Avobenzene)

[Okay](#)

Sunscreen.

Butyloctanol

[Okay](#)

This is a type of silicone that provides slip to a product.

See *also*: Silicone

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

Butylparaben

[Okay](#)

Common paraben preservative. See parabens.

See *also*: Parabens

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

Butylphenyl methylpropional

[Caution](#)

Synthetic fragrance [Gottschalck pages 362-363] with a floral-fresh scent. Fragrances may cause irritation. It's best not to use them on a baby's skin.

See *also*: Irritant

Source(s): Gottschalck <http://www.CosmeticsInfo.org>

Butyrospermum parkii butter (aka Shea butter, Karite butter)

[Okay](#)

Edible, slightly yellow to ivory colored emollient fat from the nut of the West African karite tree. Used for moisturizing and softening [Winter 7th edition page 463-464, Begoun (Cosmetics) page 1335)].

See *also*: Emollient

Source(s): Winter Begoun

Buxus chinensis (aka Jojoba oil; Jojoba liquid wax; Simondsia chinensis)

[Good](#)

Please see Jojoba oil.

See *also*: Jojoba oil

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