



Ingredients Starting With R

 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

Raspberry extract (aka Raspberry juice; Rubus ideaus fruit extract)

Okay

Raspberry extract; Raspberry juice; Rubus ideaus (raspberry) fruit extract Juice from raspberry fruits is often used as a flavoring for lipsticks, food, and medicines. It's used to add astringent properties to products [Winter (7th edition) page 444].

Source(s): Winter

Red 33 (aka D&C Red #33, CI 17200)

Okay

Red coloring ingredient used in lipstick and blush.

See also: CI 17200

Source(s): <http://householdproducts.nlm.nih.gov/cgi-bin/household/brands?tbl=chem&id=684>

Reducing agent

Caution

A substance that gives or donates electrons easily, causing chemical reactions to take place. Reducing agents (such as sodium hydroxide, calcium hydroxide, guanidine hydroxide and thioglycolates) are used to break the disulfide bonds (bonds in the hair that give the hair its shape and strength).

See also: Thioglycolates

Source(s): <http://medical-dictionary.thefreedictionary.com/reducing+agent>

Resins

Avoid

Brittle substance often made from the hardened plant secretions, or may be made synthetically. They are often found in cosmetics because they can add gloss, adhesiveness, and water repelling qualities. How toxic they are depends upon the type of resin [Winter (7th ed) pg 446].

Being paranoid, I'm going to put this as an avoid because of its brittleness and that it may cause hardening—T

Source(s): Winter

Retinyl palmitate

Caution

A form of vitamin A with palmitic formed by the reaction between an acid and an alcohol with the elimination of water. Sometimes it's mixed with vitamin D2. Often found in makeup, hair products, bath products, suntan gels, nail products and creams. Safe so long as it makes up 1 percent or less of a product. However, it's on the Canadian hotlist [Winter (7th edition) page 447].

Source(s): Winter

Rice Bran Oil (aka Oryza Sativa Bran Oil)

Okay

The oil that comes from the pressed broken coats of rice grains. Often used to make detergents [Winter 7th ed., pg 448].

Source(s): Winter

RNA

Okay

Can not repair hair. For more information, see RNA.

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

Rooibos (aka Aspalathus linearis)

Okay

Rooibos is an African tea from a shrub in the pea family with leaves that are aromatic when dried. Sometimes used as a skin conditioner [Winter pg 89].

Source(s): Winter

Rosa mosqueta (aka Rose hip oil)

Okay

Emollient oil. Has antioxidant properties for skin only.

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

Rose

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

Rose hip oil

Okay

Emollient oil. Has antioxidant properties for skin only.

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

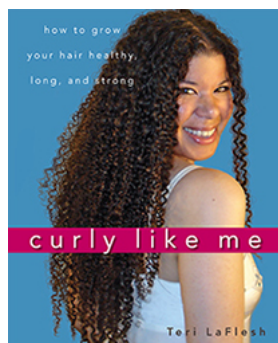
Rosemary leaf extract (aka Rosmarinus officinalis leaf extract; Rosemary oil)

Caution

Rosemary leaves are used for flavor and fragrance. Rosemary is a shrub with narrow, pungent, dark green leaves and purple-blue flowers. It has a folkloric reputation for stimulating hair growth [Winter pg 443].

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!



Every purchase made from this site (through Amazon) helps support it — and it doesn't cost you anything extra.

There is conflicting information about whether it's irritating to skin or eyes. Water soluble liquid that's available in oil or alcohol soluble versions, as well as a powder. Not only has it been used as a hair tonic and growth stimulant, but it's supposed to prevent dandruff and even premature baldness, as well as enhance highlights. The leaves are known to have relatively high levels of antioxidants. However, in the very tiny amounts found in hair care products, the chances of it being able to do anything are slim [Hunting (Conditioning) pgs 364-365].

Known as being an antioxidant for skin, but it's fragrant components may cause skin sensitization, irritation, and even toxic reactions [Begoun (Cosmetics 7th ed.,) pg 1145]. *Best if used just in products you'll rinse out, like shampoos.--T*

See also: Extracts

Source(s): Winter Hunting Begoun

Rosemary oil (aka Rosemary leaf extract)

[Caution](#)

See Rosemary leaf extract

See also: Rosemary leaf extract

Rosmarinus officinalis leaf extract (aka Rosemary leaf extract)

[Okay](#)

See Rosemary leaf extract.

See also: Rosemary leaf extract

Royal Jelly (aka Royal Jelly Extract)

[Okay](#)

Royal jelly is the secretion from the throat glands of honeybee workers that's given to all the larvae in the colony, including queen larvae. It is a nutritious mixture of fat and proteins, and is often included in products as a magic ingredient [Winter 7th ed., pg. 451].

Basically, if you are a bee larva, this would be a vital ingredient to you (except in this form not so good because of all the other ingredients you'd be ingesting, and the royal jelly is present in such tiny and diluted quantities anyway), but as a person, not so much.

Source(s): Winter

Rubus ideaus fruit extract (aka Raspberry extract; Raspberry juice; Rubus ideaus (raspberry) fruit extract)

[Okay](#)

Juice from raspberry fruits is often used as a flavoring for lipsticks, food, and medicines. It's used to add astringent properties to products [Winter (7th edition) page 444].

Source(s): Winter

References:

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

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

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

Begoun, Paula. *The Beauty Bible.*
Renton: Beginning Press, 2002.

Begoun, Paula. *Don't Go to the Cosmetics Counter Without Me.*
Renton: Beginning Press, 2003.

Bellum, Sarah, ed. *The Beauty Brains: Real Scientists Answer Your Beauty Questions*
New York: Brains Publishing, 2008.

Gottschalk, Tari E. and McEwen, Gerald N, Jr. PhD, eds. *International Cosmetic Ingredient Dictionary and Handbook, Tenth Edition 2004, Volumes 1-4.*
Washington D. C.: The Cosmetic, Toiletry, and Fragrance Association, 2004.

Halal, John *Hair Structure and Chemistry Simplified, Fifth Edition*
Albany: Milady, 2002.

Hunting, Anthony L.L. *Encyclopedia of Conditioning Rinse Ingredients.*
Cranford, NJ: Micelle Press, Inc., 1987.

Hunting, Anthony L.L. *Encyclopedia of Shampoo Ingredients.*
Cranford, NJ: Micelle Press, Inc., 1983.

Johnson, Dale H. (Ed.). *Hair and Hair Care, Cosmetic Science and Technology Series. Vol. 17.*
New York: Marcel Dekker, 1997. Print.

Nnanna, Ifendu A. and Jiding Xia., eds. *Protein-Based Surfactants: Synthesis: Physicochemical Properties, and Applications (Surfactant Science)*
Madison Heights: CRC, 2001.

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.

Schueller, Randy and Perry Romanowski, eds. *Conditioning Agents for Hair and Skin.*
New York: Marcel Dekker, Inc., 1999.

Winter, Ruth M.S. *A Consumer's Dictionary of Cosmetic Ingredients: Complete Information About the Harmful and Desirable Ingredients Found in Cosmetics and Cosmeceuticals*
New York: Three Rivers Press, 2005.

Zviak, Charles., ed. *The Science of Hair Care (Dermatology)*
New York: Marcel Dekker, Inc., 1986.

[Privacy Policy](#)

Copyright © 2023 TightlyCurly.com. All Rights Reserved.