Curly Like Me, the off-the-grid,

tightly curly hair, is ready for

Every purchase made from

this site (through Amazon)

helps support it — and it

doesn't cost you anything

extra.

how to grow

your hair healthy.

long, and strong

ordering. Grab your copy today!

like me

Welcome

Book

Geranium oil

Oily, colorless liquid with a sweet floral rose scent. A main component in the oils of: rose, geranium, citronella, lavender, and jasmine. May cause skin irritation. Best not to use on a baby's skin. [Winter (7th edition) pg 251]. See also: Irritant Source(s): Winter http://www.dermatology.org.uk/portal/downloads/Fragrance.doc

do-it yourself owner's manual for

Caution Fragrance oil from the leaves of the rose geranium (Pelargonium). May cause allergic reactions in those sensitive to geraniums [Winter pg 255]. May cause skin irritation and/or sun sensitivity. Best not to use on a baby's skin [Begoun pg 94].

(aka Pelargonium oil; Geranium maculatum oil)

See also: Irritant Source(s): Winter Begoun

(aka Zingiber officinale; Gan Jiang) Okay Rhizome (roots) of the plant are often used in cooking, and has been believed to have medicinal purposes, such

as reducing inflammation, as well as possibly stimulating blood circulation in the scalp and the oil-secreting glands. Not good for those who have skin problems. As with anything, too much can be irritating [Winter (7th ed.,) pgs 452, 253]. Source(s): Winter

Ginko biloba extract Okay

An ancient tree whose leaves are found in fossils. The fruit has a horrible odor when it falls from the tree and is allowed to rot on the ground - some say it smells like vomit. Per Winter[(7th edition) page 253] the tree is resistant to smoke, disease, and insects. It's used in perfumes as well as in insecticide and for skin-conditioning properties. Can also be an anti-inflammatory on the skin. Source(s): Winter

(aka Panax ginseng; Panax quinquefolium; Eleutherococcus senticosus) Ginseng

Ginseng is often used in hair products as a conditioner. It's known to have amino acids, essential oils, vitamins, and minerals. It's often used to relieve the pain from irritated or inflamed mucus membranes [Winter (7th Ed.) pgs

work frequently with Glucose such as candy-makers experience their fingernails getting loose, and sometimes even falling off (!). Because of this, I'm putting Glucose as a caution. —T

Glucose is often used in hair care products as a humectant, but it can make your hair feel sticky or stiff [Begoun Source(s): Begoun Winter http://www.cosmeticsdatabase.com/ingredient.php?ingred06=702598

**Glucose Glutamate** 

mild for skin [Hunting (Conditioning) pgs 214-215]. See also: Glutamic acid Glucose Source(s): Winter Hunting http://www.cosmeticsdatabase.com/ingredient.php?ingred06=702599 Glutamic acid (aka Glutamine)

Good An amino acid found in hair that's used as a humectant [Begoun (Hair) pg 84]. Sold as a crystalline white powder, this is a non-essential amino acid often made from vegetable protein. It's often used to enhance food flavors, and as an antioxident and humectant in cosmetics [Winter pg 258]. Made from Glutamine, Glutamic acid is an anionic amino acid known for being an effective humectant [Schueller pgs 153,156].

Gluten is a protein mixture that's found in wheat flour [Winter 7th ed., pg 256].

also put in products to keep the products from drying up in the container.

\* \* \* Tried and true ingredient \* \* \* See also: Amino acid Source(s): Begoun Winter Schueller Gluten (aka Triticum vulgare; Wheat gluten)

This is in one of my favorite, go to conditioners that I've been using for well over ten years, and another conditioner

Glycereth-26 Caution Glycereth-26 in polyethylene glycol mixed with glycerine. The thickness depends on the number after Glycereth. Polyethylene glycol is used in cosmetic products as a plasticizer (chemical added to resins and rubbers to make

moisture from the air to help keep products moist, and also helps products spread better [Winter (7th edition) page

them more flexible), to bind ingredients together, a solvent, and softener. Glycerine is an oily fluid that absorbs

Per Gottschalck (pages 1046-1047), it's used as a skin conditioner, a humectant ,as well as decreasing the

It's known to be non toxic, and doesn't cause skin irritation (Winter says it may be irritating to the mucas

Glycerin is a by-product of soap making. It's a sweet-tasting, oily liquid (but I don't recommend drinking it, or

but you need other ingredients to help keep your hair calm and together after this dries—T

course), made from adding something basic to a fat or an oil. It's a humectant because it absorbs water from the

air, and it can help products spread better[Winter (7th ed) pg 256]. —This is great for combing, but I've found that

once it dries, it's gone, so it shouldn't be too close to the top of the ingredient list (after water). You want it for slip,

membranes in concentrated solutions, but when used normally, it's non-irritating and non-allergenic.). (Fun fact: It's

thickness of a product. See also: Polyethylene glycol Glycerine

actually a byproduct of regular human metabolism). Glycerin is a clear, thick liquid which is completely water soluble. It occurs in nature in animal fats, and is often used to make glycerin soap (when a highly alkaline substance is added to it). It can also be made synthetically

[Hunting (Shampoo) pg 238-239].

Source(s): Hunting Winter **Glycerine** 

**Glycerol** Okay See glycerin. See also: Glycerin

the oils are generally liquid. Some tropical oils are liquids in their sites of origin and become solids in cooler or different applications. These multitudinous fats and oils are used in cosmetics as emollients and lubricants as well as water-binding and thickening agents." Source(s): http://www.cosmeticscop.com/ **Glyceryl** isopalmitate

"Large group of ingredients that are composed of fats and oils. At room temperature, the fats are usually solid and

Source(s): Begoun Glyceryl myristate Emollient and thickening ingredient.

Source(s): Hunting

Good

See also: Lye

**Glyceryl** esther

Okay

Okay

Avoid

Emollient and thicker.

Glyceryl monothioglycolate

destroyed, and a severe loss of hair could occur. Pg 156

Glyceryl oleate (aka Glyceryl monooleate; GMO) Used to help keep products from separating into their oil and water components. Also used for its good conditioning properties. Heavier than Glyceryl stearate, it produces a smooth feel on hair and on skin. Known for being very mild. Made from Glycerol and Oleic acid. Amber in color that can either be liquid or somewhat solid. Not water soluble. Though it's very conditioning, it has a strong "oleic acid" smell. This, combined with its amber color makes it less desirable to use in products [Hunting (Conditioning) pg 217].

in. Known as being a safe food additive. It's lighter than Glyceryl oleate. Glyceryl stearate is made from Glycerol and Stearic acid. Insoluble in water [Hunting (Conditioning) pgs 218-219].

See also: Glycerol Stearic acid Glyceryl oleate

Source(s): Hunting Glyceryl undecylenate Okay Synthetic ingredient used for skin conditioning as an emollient and as an emulsifier [Gottschalck pg 1085] (keeps product from separating into its water and oil components). Source(s): Gottschalck **Glycine** 

Used for its conditioning properties, and is often used with other emulsifiers to keep a product from separating into

its oil and water components. It's a light weight conditioning ingredient that gives a dry, smooth feel when rubbed

Glycine soja (soybean) oil (aka Soybean oil; Soja bean oil) Caution Pale yellowish to brown-yellowish oil extracted from soybean seeds. Used as an emollient as well as to make margerine. Winter also says it may cause allergic reactions, breakouts, as well as hair damage [Winter (7th edition)] page 258 & 490]. I'm puzzled by her comment about hair damage, but I'll put it as a caution. Begoun [(Cosmetics)

Source(s): Winter Begoun Hunting

Glycine soja (soybean) seed extract

Source(s): Begoun

Okay

See also: Soy

Okay

Source(s): Gottschalck

Glycine soja flour (aka Glycine soya flour; Soybean flour; Soy flour) Avoid Soybeans that have been ground to a fine flour used as a thickener and as an abrasive (Gottschalck pg 1086-1087). Glycine soja milk (aka Glycine soya milk) Okay Made from soybeans. I looked in all my books, including <u>The International Cosmetic Ingredient Dictionary and</u>

Handbook, and this is not in there. However, they have many pages of Glycine soja in different forms, such as

Glycine soja extract (extract from the soybean plant), Glycine soja fiber (the fiber from the soybean) and Glycine

soja oil (the oil from soybeans). So I'm going to say, until I can find otherwise, but based on the pattern I'm seeing

Okay Made from Glycerin and Steric acid that's used to make products mix better together, or less transparent. It was found to be safe in the 1980s, but it may be examined again (by the CIR panel) to make a final decision [Winter 7th ed., pg 258].

in Gottshalck, that his is the milk made from soybeans, or soymilk --T

Good Used to make a product pearly-looking [Hunting (Conditioning) pg 240-241]. Thickener and emollient [BeautyBrains]. 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 \* \* \* Source(s): Hunting http://www.theBeautyBrains.com http://chemicalland21.com/specialtychem/perchem/ETHYLENE%20GLYCOL%20MONOSTEARATE.htm

**Grapefruit** (aka Citris Grandis) Caution Often used in cleansing products and skin care products [Winter (7th ed pg 157]. Can be drying to the hair and

Golden seal extract (aka Hydrastis canadensis; Yellow Root; Puccoon Root)

Good ed., pg 130]. Soothing, and can reduce inflammation on the skin. It can't do anything for the hair, though [Begoun

Source(s): Begoun Winter

**Guanidine carbonate** 

This is mixed with calcium hydroxide to form guanidine hydroxide, a common ingredient in relaxers. Pg 155 See also: Guanidine hydroxide Source(s): Begoun **Guanidine hydroxide** 

ingredients from separating, as well as toothpastes, conditioners, and lotions. It thickens five to eight times more than starch and is considered safe. In fact, it's found to have irritation-reducing properties in cosmetics. [Winter (7th edition) page 265; Hunting (Conditioning) page 224]. Source(s): Winter Hunting

**Guar hydroxypropyltrimonium chloride** 

leaving this on your hair, this may gum up. —T

See also: Quaternary Ammonium Compound

Guar powder (aka Guar gum powder)

Source(s): Begoun Johnson

Ground gum powder from the seeds of a guar bean. Used as a thickener, and keeps the products ingredients mixed together. Source(s): http://www.altrafine.com/guar gum powder.html

Applewhite, Thomas H., ed. Proceedings of the World Conference on Lauric Oils: Sources, Processing, and

Barel, André O., Marc Paye, and Howard I. Maibach., eds. Handbook of Cosmetic Science and Technology,

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.

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 Fragance 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.

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.

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

Good 253, 188]. See also: Amino acids Source(s): Winter Glucose Caution Glucose occurs naturally in blood, but is also found in fruit and corn. It's sweeter than table sugar, and is used as an energy source for plants and animals. It's often used to sweeten food. According to Winter [pg 257], those who (Hair) pg 657]. See also: Glutamic acid Glucose

> Okay Glucose Glutamate is used as a humectant, a conditioner for both skin and hair, and also to cut down on static electicity. It's found naturally in blood, as well as in corn and grapes. It's much sweeter than table sugar [Winter pg 257]. Known to leave a film on hair that makes it smoother, shinier, and easier to comb. Made from a reaction between Glucose and Glutamic Acid. This is a sticky, white-ish paste that's water soluble, and known to be pretty

Okay

See also: Protein

Source(s): Winter

I've been using regularly for about five years. It has not caused any problems as far as conditioning and defining my hair. That's why I'm calling it a

Source(s): Winter Gottschalck Glycerin (aka Glycerine, Glycerol) Good Glycerin is used as a humectant, and also to add slip in a conditioner to make the product easier for combing. It's

256, 417 & 419].

Okay See glycerin. See also: Glycerin

Okay Emollient and thickener. **Glyceryl** isostearate

Sometimes known as an "acid perm", this is often used to make straight hair curly. Anything that is strong enough

should never be used on hair that has been relaxed with lye chemicals, otherwise most bonds in the hair would be

to change the chemical bonds in hair will be damaging to hair. They are less damaging than lye products. This

**Glyceryl palmitate** Okay Emollient and thickening ingredient. **Glyceryl stearate** 

See also: Glycerol Oleic acid Glyceryl stearate

Okay An amino acid found in hair. This can be a humectant, but it can't repair hair, since hair is dead. Per Begoun: "Proteins are assembled from amino acids, and in theory amino acids have a better affinity for hair because they are smaller and have a better chance of penetrating the cuticle layer and providing water-binding properties deeper inside the shaft. But that's only theory. Most cosmetic chemists believe that because amino acids are so small, they are also quite unstable and easy to rinse away and, therefore, they never get a chance to penetrate and do their thing" [Begoun (Hair) page 84]. See also: Amino acid

page 1339] only says that it's an emollient oil. Hunting [(Conditioning) page 386 & 388] says soybean oil is either

crushed or solvents are used to produce soybean oil, so it may be the solvents used that could cause hair

Extract made from the seeds of the soybean plant, which is a bushy plant in the pea family. The oil from the

soybean is pale yellowish, used to make margarine, soaps, and shampoos [Winter 7th edition, pg 490 and

damage. However, Hunting only says that the oil is emollient and conditioning, and is not water soluble.

Gottschalck pg 1089]. Source(s): Winter Gottschalck

Glycine soya milk (aka Glycine soja milk)

See also: Glycerin Stearic acid Ethylene glycol

**Glycol stearate** (aka Ethylene glycol monostearate)

Source(s): Winter Hunting

Glycolic acid

Source(s): Begoun

See also: Humectant

**Glycosphingolipids** 

See also: Humectant

**Goji berry extract** 

(Hair) Pgs . Pg 73, 94].

Source(s): Begoun Winter

**Grapefruit Extract** (aka Citrus Paradisi)

Drying to hair and irritating to scalp. Pg 415.

Green 3 (aka Cl 42053; Fast Green)

Extracted from grapefruit seeds. [Winter (7th ed.) pg 262].

See also: Irritant

Source(s): Winter

**Grapefruit juice** 

See also: Irritant

Source(s): Begoun

Okay

Avoid

Okay

pg 202].

Avoid

Avoid

Caution

References:

**Applications** 

Second Edition

AOCS Publishing, 1994.

Marcel Dekker, Inc., 2001.

See Lycium barbarum fruit extract.

See also: Lycium barbarum fruit extract

Caution

**Glycols** 

Humectants.

Okay

Okay

Okay

Okay

Humectant.

Made from soybeans. I looked in all my books, including The International Cosmetic Ingredient Dictionary and Handbook, and this is not in there. However, they have many pages of Glycine soja in different forms, such as Glycine soja extract (extract from the soybean plant), Glycine soja fiber (the fiber from the soybean) and Glycine soja oil (the oil from soybeans). So I'm going to say, until I can find otherwise, but based on the pattern I'm seeing in Gottshalck, that his is the milk made from soybeans, or soymilk --T See also: Soy Source(s): Gottschalck Glycol distearate (aka Ethylene glycol distearate)

Glycol distearate is a white-ish waxy solid that's not soluble in water. It's used to make products pearly-looking.

Harmless if pH of the product is high (more neutral or alkaline). In a product with a lower pH, may "exfoliate" hair.

Inferior grades of this product may contain significant levels of Ethylene glycol [Hunting (Shampoo) pg 240].

digestive problems [Winter pg 264-265]. —Though Golden seal has a reputation for being medicinal, this doesn't mean it can do anything at all for your hair (since hair isn't living, there is nothing that can be put on it to "heal" it)— See also: Extracts Source(s): Winter

irritating to the scalp. May cause skin irritation and/or sun sensitivity. Best not to use on a baby's skin [Begoun

purposes, especially internal issues. However, the FDA has found this extract not to be as safe as claimed for

This root has been used by Native Americans, early pioneers, as well as modern herbalists for numerous medicinal

Green coloring found in bath products, shampoos, shaving products, conditioners, and even in colognes [Winter (7th ed.) pg 263]. Source(s): Winter Green Tea (aka Camellia oleifera; Camellia sinensis; Camellia japonica) Green tea comes from the leaves of an evergreen bush or small tree from Asia. In addition to the beverage, green tea is used as a scent in perfumes. As a beverage, it has been found to have anti-oxidant properties [Winter 7th

hydroxide. Known as "alkaline perms". Often found in "no-lye" relaxers and texturizers. It is still as harshly alkaline as Iye. Pg 166. — Highly caustic. Denatures hair and can dissolve it. Can cause severe burns on skin. Of the same pH found in oven cleaners, drain cleaners and hair removers.—T Source(s): Begoun (aka Hydroxypropyl guar; 2-Hydroxypropyl ether) Okay Thickening ingredient made from the ground seed tissue of plants. It's often found in beverages to keep the

Conditioning and detangling ingredient. Good in products that will be rinsed off. Water soluble quaternary

ammonium compound, made from guar gum [Begoun (Hair) page 75]. Per Johnson [page 76], this is a great

thickener. — This is an ingredient that was in a conditioner that flaked up when I used enough product to keep my

curls clumped. If you are going to rinse the product out of your hair, this ingredient is fine. If you are planning on

This is created in relaxers by mixing calcium hydroxide with guanidine carbonate, which forms guanidine

Okay

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

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

and Desirable Ingredients Found in Cosmetics and Cosmeceuticals

**Privacy Policy** 

Copyright © 2023 TightlyCurly.com. All Rights Reserved.

New York: Three Rivers Press, 2005. Zviak, Charles., ed. *The Science of Hair Care (Dermatology)* New York: Marcel Dekker, Inc., 1986.

**Recommended Products** ingredient in a hair product, it's best to put it down and walk away. Teri's Hair Photos Blog **Ingredients Dictionary** Resources Gelatin **Answer Bank** Okay **About Us** can repair it). Pg 643. Media Page Source(s): Begoun What's New **Geraniol** Caution Available now!

0123456789ABCDEFGHIJKLMNOPQRSTUVWXYZ Fine in hair, and in high concentrations can be conditioning. However, it doesn't repair hair (hair is dead. Nothing

Tightly Curly Method 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 Please select a letter to search for ingredients:

> Diss. U of Rheinisch-Westfälischen Technischen Hochschule Aachen, 2003. Winter, Ruth M.S. A Consumer's Dictionary of Cosmetic Ingredients: Complete Information About the Harmful