



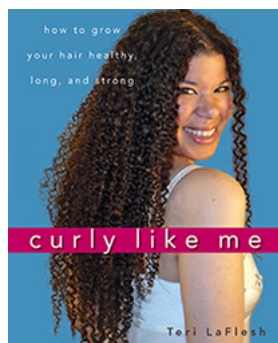
Ingredients Starting With H

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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

Hamamelis virginiana (aka Witch hazel extract)

Caution

Made from the leaves or twigs often collected in autumn from the Hamamelis virginiana plant, often growing as a small tree or large shrub. This is a popular ingredient found in many products.

May cause irritation or dryness because it contains a high percentage of ethanol alcohol (70-80%). However, the product that's usually bought in stores is actually Witch hazel water, which has 15% ethanol. Okay if it is in products you will rinse out. [Winter (7th ed., pg 549-550).

See also: Ethanol

Source(s): Winter

Hard water

Caution

Hard water is water that has an excess of calcium and magnesium ions in it. These are positively charged. Some types of cleansers (cleansers that work with a negative charge —known as Anionic surfactants) get partially deactivated in hard water. They get deactivated because there is an excess of positive charges in hard water from these calcium and magnesium ions, so they neutralize the negative charge needed for the cleanser to grab onto the water molecules to help wash the oily dirt away. To prevent this, other ingredients are often added to the product to "absorb" the Calcium and Magnesium (Chelating agents). This also explains why it feels like more shampoo is needed if you have hard water.

See also: Anionic surfactants Surfactants Chelating agent

Source(s): http://www.scienceinthebox.com/en_UK/glossary/surfactants_en.html

Hedychium coronarium (aka White Ginger)

Okay

Extract from the roots (rhizome) of the Hawaiian white ginger plant. Though ginger has often been thought to have medicinal powers [Winter (7th ed.) pgs 253,548] it has not been shown to do anything for the hair.

See also: Ginger

Source(s): Winter

Helianthus annuus seed extract (aka Sunflower seed extract)

Okay

Extracted from the seed of sunflower plants used for skin conditioning [Gottschalk page 1136].

Source(s): Gottschalk

Helianthus annuus seed oil (aka Sunflower seed oil)

Good

See Sunflower seed oil.

See also: Sunflower Seed Oil

Source(s): Begoun Hunting

Heliogenol

Okay

Made from sunflowers. Marketed as being able to keep color from fading, but it is not able to do this.

Source(s): Begoun

Hemp seed oil

Okay

Emollient oil.

Henna (aka Henna Extract; Mehndi; Mendee; Lawsonia inermis; Cassia obovata)

Avoid

Can build up over time and cause hair to become brittle or sticky [Begoun (Hair) pg 399]. Though it's known to be safe, and colorless versions are sold as being conditioning, to increase body, and emphasize highlights, it can cause brittleness in the hair with repeated use. This is because it coats the hair with a thin film of protein-like material. It's appeal is "folkloric", and is included in products for marketing appeal [Hunting (Conditioning) pg 228-230]. —I haven't been able to find out if henna extract builds up on the hair and makes it brittle in the way henna does. Because I'm paranoid, I want to err on the side of caution, so I try to avoid anything with henna in it.—T

Source(s): Begoun Hunting

Hexadecanol (aka Cetyl alcohol, 1-hexadecanol, palmityl alcohol, C16 alcohol)

Good

Used as an emollient. Has a waxy-floral scent. [Hunting (Conditioning) 147-148].

See also: Cetyl alcohol

Source(s): <http://www.thegoodscentscompany.com/data/rw1026181.html>

Hexadimethrine chloride

Okay

Hexadimethrine chloride is used as an antistatic ingredient [Gottschalk pages 1147-1148].

Source(s): Gottschalk

Hexamethyldisiloxane (aka Dimethicone; Linear polydimethylsiloxane)

Okay

This is the lightest of any of the silicones, evaporating as quickly as rubbing alcohol [Schueller, pg176]. Considered nontoxic and nonirritating to skin and eyes [Hunting (Conditioning) pg 181].

See also: Dimethicone
Source(s): Schueller Hunting

Hexyl cinnamal

Caution

Fragrance ingredient. Has a strong smell of cinnamon. Clear yellowish oily liquid. [Winter (7th edition) pages 154 & 281; Gottschalck page 1153]. Fragrances may cause irritation. It's best not to use them on a baby's skin .

See also: Irritant

Source(s): Winter Gottschalck

Hexyl cinnamic aldehyde

Okay

Gives product a floral-jasmine-waxy scent.

See also: Irritant

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

Hexylene glycol

Okay

Excellent humectant. Also adds a slip to the product.

Hibiscus sabdariffa extract

Okay

The petals of this often showy flower in the Malvaceae family are used in teas to soothe inflammation [Winter (7th edition) page 281]. However, this doesn't mean it can do anything for your hair. The only thing that can repair breakage is prevention.

Source(s): Winter

Hinokitol (aka Hinoki oil)

Caution

Often marketed as a product to stop hair loss, but no evidence to support this. May be a scalp irritant. Pg 379.

Source(s): Begoun

Hippophae rhamnoides oil (aka Sea Buckthorn oil)

Okay

Oil from a seaweed used as an emollient and for conditioning. It keeps the surface from drying out [Winter pg 284].

Source(s): Winter http://www.cosmeticsdatabase.com/ingredient.php?ingred06=702863&refurl=/product.php?prod_id=90915&-hanks=1

Histidine

Okay

"Amino acid found in hair. This can be a humectant, but it can't repair hair, since hair is dead. Pg 84. "

See also: Amino acid

Source(s): Begoun

Honey (aka Miel)

Okay

Honey is used for flavoring, and as an emollient in cosmetics. Honey is made from the nectar that bees collect from flowers [Winter pg 284] (and carry back to their hives in their stomach), where it's processed by other bees and stored in honeycombs to thicken [eBee Honey.com].

Honey is a water-soluble humectant that's made up of simple sugars, and nearly 20% water. It may also contain pollen, gums, tiny amounts of minerals, and even vitamins. It's flavor and composition varies depending on the flowers the bees visit.

Though honey is a humectant, there is no evidence that it works any better than any other sugars or humectants. It's main appeal in a product is most likely folkloric because it's natural and familiar (and tastes good) [Hunting (Conditioning) pg 231].

—You might to avoid a product with this high on the list of ingredients because honey is very sticky, and might make it really hard to get a comb through your hair if there's a lot of it in a conditioner—T

See also: Humectant

Source(s): Winter Hunting

Honeysuckle Extract (aka Lonicera Caprifolium Extract)

Okay

Honeysuckles usually have tubular flowers and many varieties are fragrant. Often used in perfumes, as well as helping with rashes such as poison oak. The flowers are harmless, but the fruits are considered toxic when eaten [Winter 7th ed., pg 282].

Source(s): Winter

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

Okay

Please see Barley extract.

See also: Barley extract

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

Okay

Please see Barley extract

See also: Barley extract

Horseradish

Caution

Can be drying to the hair and irritating to the scalp. [Begoun] (Hair) Pg 73.

See also: Irritant

Source(s): Begoun

Horsetail (aka Equisetum arvense)

Caution

Extract made from the horsetail plant. The herb is known to help get rid of excess oil in hair and skin [Winter 7th edition, pg 284]. May cause skin irritation and/or sun sensitivity. Best not to use on a baby's skin. [Begoun Pg 94].

See also: Irritant

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

Huile Mineralé (aka Paraffinum liquidum; Mineral oil; Liquid Petrolatum; Paraffin oil; White oil)

Okay

See Mineral oil.

See *also*: Mineral oil

Humectant

[Okay](#)

An ingredient that attracts water to it. Used as a moisturizer.

Hyaluronic acid

[Okay](#)

Humectant ingredient.

Hydrastis canadensis extract (aka Golden seal)

[Okay](#)

See Golden seal

See *also*: Golden seal

Hydrogenated

[Okay](#)

See Hydrogenation

See *also*: Hydrogenation

Hydrogenated castor oil

[Okay](#)

Hydrogenated castor oil is often used as a wax. This is castor oil that's been thickened in the same way vegetable oil is hydrogenated to become margarine [Winter pgs 138, 289, 291-292].

See *also*: Hydrogenation Castor oil

Source(s): Winter

Hydrogenated lanolin

[Okay](#)

Thickener with a soft, waxy feel.

Hydrogenated lecithin

[Okay](#)

Often found in skin conditioners, per Winter [(7th edition (pages 288, 290, 324))]. This is the a liquid oil (lecithin - often made from egg yolks and soybeans) that's been turned into a semi-solid fat at room temperature by adding hydrogen gas to it under high pressure (like how margarine is created).

See *also*: Lecithin Hydrogenation

Source(s): Winter

Hydrogenated Palm Glycerides

[Okay](#)

Thickener and emollient.

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

Hydrogenated Palm Glycerides Citrate

[Okay](#)

Used to give product consistency. Emulsifier: keeps oil and water components from separating. Made from hardened palm oil, glycerine and citric acid.

Source(s): http://www.faceproducts-online.co.uk/ingredients_info.php?IngredientId=72

Hydrogenated Polydecene

[Okay](#)

Synthetic emollient and conditioner.

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

Hydrogenated tallowol glutamate acid

[Okay](#)

Mild cleanser. Pg 233

Source(s): Nnanna

Hydrogenation

[Okay](#)

Hydrogenation is the process commonly used to turn an oil that's liquid at room temperature into a solid or semi-solid at room temperature. This is done by adding extra hydrogen gas into the oil at a high pressure. This is how margarine or vegetable shortening is made from vegetable oil [Winter pg 291-292].

See *also*: PEG Hydrogenation

Source(s): Winter

Hydrogen peroxide

[Avoid](#)

Bleaching and damaging. Very harsh on the skin. Click here for more information on hydrogen peroxide

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

Hydrolysed wheat protein pg-propyl silanetriol (aka Hydrolyzed wheat protein pg-propyl silanetriol)

[Okay](#)

Hair and skin conditioner made from hydrolyzed wheat protein and silicone. Often used in makeup, shampoos, hair conditioners, and even mascaras [Gottschalck (12th ed) pg 1241].

See *also*: Hydrolyzed wheat protein Silicone

Source(s): Gottschalck

Hydrolyzed

[Okay](#)

A substance is often hydrolyzed so that it can be more water soluble. A hydrolyzed substance means that it has gone through a process so that it's liquefied, or turned partly to water. This reaction uses acids, bases, or enzymes. It often results in making a simpler compound from a more complex one (hydrolysis takes place when we digest food) [Winter pg 292]; [Hunting (Conditioning) pg 234].

Source(s): Winter Hunting <http://www.chemistryexplained.com/Hy-Kr/Hydrolysis.html>

Hydrolyzed Avena sativa (oat) protein (aka Hydrolyzed oat protein)

[Okay](#)

Wheat protein turned partly into water created by a reaction with acid, an enzyme or another chemical reaction to break the wheat protein down into a simpler compound [Winter 7th edition page 290-291]. Serves as a humectant.

See *also*: Hydrolyzed Humectant

Source(s): Winter Hunting

Hydrolyzed Brazil nut protein[Okay](#)

Protein from the oil of the Brazil nut that's been processed so it's been partially broken down to make it more water soluble [Winter 7th ed.,pgs 116, 290].

See also: Hydrolyzed Protein Brazil nut oil

Source(s): Winter

Hydrolyzed collagen[Okay](#)

Animal collagen that's been made more water soluble through a process that liquefies, or turns it partly to water, using acids, bases, or enzymes [Winter (7th edition) page 290].

Source(s): Winter

Hydrolyzed Elastin (aka *Elastin*)[Okay](#)

Known for being a great moisturizing and conditioning ingredient. It's a humectant, and it also has marketing appeal because it's a natural ingredient. It help improves the feel of hair that's been damaged. It's known for improving the glossiness, body, and makes hair easier to comb. It may also reduce the irritation caused by other ingredients in the product.

Elastin is a protein that's found in animal connective tissue that's needed to be elastic. In order for it to work in hair, it has to be water-soluble. To make it water soluble, it's broken down (hydrolyzed) by a mild base or heat. It's available as a yellow or dark yellow, clear liquid or powder [Hunting (Conditioning) pages 236-237].

See also: Protein Elastin Hydrolyzed

Source(s): Hunting

Hydrolyzed keratin (aka *Hydrolyzed animal keratin*)[Okay](#)

Keratin (a protein found in hair, skin ,horns, hooves, feathers, and nails) that's been turned partially to water by means of acid, enzyme, or some other way to make it water soluble [Winter (7th edition) page 291]. Functions as a skin, hair, or nail conditioner [Gottschalck page 1223].

See also: Hydrolyzed Keratin

Source(s): Winter Gottschalck

Hydrolyzed Silk (aka *Hydrolyzed Silk Protein*)[Okay](#)

See Hydrolyzed Silk Protein.

See also: Hydrolyzed Silk Protein

Hydrolyzed Silk Protein (aka *Hydrolyzed Silk*)[Okay](#)

This is a form of protein made from broken down silk proteins. These aren't known to work as well as keratin derived proteins. These do not coat the hair very well [Hunting (Conditioning) Pages 349-352].

See also: Protein

Source(s): Hunting

Hydrolyzed soy protein[Okay](#)

Often used in hair and skin conditioners. Made from liquefied soy protein. Winter pg 293.

See also: Hydrolyzed

Source(s): Winter

Hydrolyzed sweet almond protein[Okay](#)

Protein extracted from almonds that has been liquified.

See also: Protein Hydrolyzed

Hydrolyzed vegetable protein[Okay](#)

Liquified vegetable protein. Pg 293.

See also: Hydrolyzed

Source(s): Winter

Hydrolyzed vegetable protein PG-Propyl silanetrol (aka *Keravis*)[Okay](#)

Hair conditioning ingredient. A mixture of hydrolyzed vegetable protien and silicone. Helps lubricate the hair.

See also: Hyrolyzed vegetable protein

Source(s): <http://www.cosmeticsdatabase.com/ingredient.php?ingred06=719730-hanks=1>

<http://www.crodausa.com/datasheets/FeatureArchive/PCFeatureKeravis.htm>

Hydrolyzed wheat protein (aka *Hydrolyzed Avena sativa protein*)[Okay](#)

Wheat protein turned partly into water created by a reaction with acid, an enzyme or another chemical reaction to break the wheat protein down into a simpler compound [Winter 7th edition page 290-291]. Serves as an emollient and moisturizer. May cause an allergic reaction to those sensitive to wheat proteins.

See also: Protein Hydrolyzed

Source(s): Barel Winter <http://leodora.com/2007/01/19/hydrolyzed-wheat-protein/>

Hydrolyzed wheat protein pg-propyl silanetriol (aka *Hydrolysed wheat protein pg-propyl silanetriol*;

Hydrolyzed wheat protein hydroxypropyl polysiloxane)

[Okay](#)

Hair and skin conditioner made from hydrolyzed wheat protein and silicone. Often used in makeup, shampoos, hair conditioners, and even mascaras [Gottschalck (12th ed) pg 1241].

See also: Silicone Hydrolyzed wheat protein

Source(s): Gottschalck

Hydroxycitronellal[Caution](#)

Synthetic, clear to yellow, oily liquid. Used in perfumes. Has a sweet, floral, lily scent. It's also used to help make fragrances last longer in products. Fragrances may cause irritation [Winter (7th edition) page 293]. It's best not to use them on a baby's skin.

See also: Irritant

Source(s): Winter <http://chemicalland21.com/specialtychem/perchem/CITRONELLAL%20HYDRATE.htm>

<http://www.dermatology.org.uk/portal/downloads/Fragrance.doc>.

Hydroxyethylcellulose**Okay**

Thickener made from plants, often used as an emulsifier. This is known to be very mild, even in high concentrations [Hunting (Conditioning) pgs 239-240].

Source(s): Hunting

Hydroxyethyl cetyldimonium phosphate**Okay**

This is used as a hair conditioning ingredient, to cut down on static electricity, and also as a surfactant (this helps oil rinse away in water). Winter [pg 295] identifies this as a Quaternary ammonium compound.

See also: Quaternary ammonium compound

Source(s): Winter [http://www.cosmeticsdatabase.com/ingredient.php?](http://www.cosmeticsdatabase.com/ingredient.php?ingred06=703056&refurl=%2Fproduct.php%3Fprod_id%3D57966%26)

ingred06=703056&refurl=%2Fproduct.php%3Fprod_id%3D57966%26

Hydroxyisohexyl 3-cyclohexene carboxaldehyde (aka Lyrall)**Caution**

Fragrance ingredient [Winter (7th edition) page 294] with floral/lily/lilac scent. Fragrances may cause irritation. It's best not to use them on a baby's skin.

See also: Irritant

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

Hydroxypropyl guar (aka Guar gum, 2-hydroxypropyl ether)**Okay**

Used as a thickener, as well as keeping a product from separating into its oil and water components. Sold as a white powder that dissolves easily in water. When it dissolves in water, it makes a thick liquid [Hunting (Conditioning) pg 240]. Made from the ground seed tissue of plants from India, it has from five to eight times more thickening ability than starch [Winter (7th edition) page 265].

Source(s): Hunting Winter

Hydroxypropyl methylcellulose (aka Hydroxy propyl methyl cellulose, Hypromellose, HPMC)**Okay**

Water soluble, semisynthetic emulsifier (keeps product from separating into its oil and water components).

Thickener. Sometimes used to lubricate glass eyes being placed into the socket.

Source(s): <http://www.ncbi.nlm.nih.gov/pubmed/16052145?dopt=Abstract> <http://www.ginshicel.cn/MHPC.html>

Winter pg 297

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