



Ingredients Starting With S

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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

Safflower oil (aka *Carthamus tinctorius* oil)

Good

Emollient oil expressed from the seeds of an herb that looks sort of like a thistle, with large bright orange or red flowers. Often found in creams, lotions, and hair conditioners. Considered safe to use as a cosmetic ingredient [Winter (7th edition) page 454].

See also: Emollient

Source(s): Winter <http://www.encyclopedia.com/doc/1P3-583526661.html>

Sage oil

Caution

May cause skin irritation and/or sun sensitivity. Best not to use on a baby's skin. [Begoun (Cosmetics) pg 94]. Sage oil contains thujones, which are known to be toxic [Hunting (Conditioning) pg 366].

See also: Irritant

Source(s): Begoun Hunting

Salicylic acid (aka *Methyl salicylate*)

Caution

Found naturally in willow bark as well as wintergreen leaves and other plants. It's a component of aspirin. It has a sweet taste and is used as a preservative as well as to remove dead skin [Winter (7th edition) page 456]. Anti dandruff ingredient (dissolves flakes). At 2% concentration, it could denature the hair shaft. Also, if it's in an acidic product base, it could denature the hair shaft [Begoun (Hair) page 93 & 493].

Source(s): Begoun Winter https://en.wikipedia.org/wiki/Salicylic_acid

Salix alba extract (aka *Willow bark extract*; *Salix nigra* extract)

Caution

Winter [(7th edition) page 549] lists willow bark extract in with willow leaf extract. An online search of WebMD shows that both the bark and leaves contain salicylic aspirin, a close relative of aspirin.

See also: Willow leaf extract

Source(s): Winter <http://www.webmd.com/vitamins-supplements/ingredientmono-955-willow%20bark.aspx?activeingredientid=955&activeingredientname=willow%20bark>

Salt

Avoid

(Such as Sodium Chloride or Potassium Chloride). Corrosive. Used as a cheap thickener or to keep product from separating. Can rough up cuticle and make hair dried out and brittle [Begoun (Hair) pg 304].

See also: Salts

Source(s): Begoun

Salts (aka *Ionic compounds*)

Okay

Many of the ingredients I look up call themselves "salts" of another ingredient. Now, I don't like to see the Sodium chloride type of salt in any product that I'm going to let stay in my hair for a while. But I also wanted to put in a more technical definition for those ingredients that were "salts of" something else, for those of you who want more information about what exactly that is. So I pulled out my old Chemistry text book and refreshed my memory:

Ions are particles with an electrical charge. An **ionic compound** in it's simplest form is often one positively charged ion, and one negatively charge ion held together by the attraction of their charges.

Salts are basically simple combinations of ions that are electrically balanced, so they are neutral when combined. For example, **Sodium chloride** is an ionic compound because it is made of Sodium (which is positive) and Chloride (which is negative), and it is also a salt, because it is neutral when put together [Chemistry: The Molecular Science by Olmsted & Williams (2nd ed.) pgs 64-66].

Salvia officinalis extract (aka *Clary sage extract*, *Salvia extract*, *Sage extract*, *Sauge Sclarée extract*)

Okay

An extract from the leaves of the sage plant, *Salvia officinalis*. This is the same plant that's used as a flavoring herb in the kitchen. Sage is put in hair products more as a marketing gimmick, because it's a natural ingredient, and has folkloric appeal as an astringent, or for it's scent. It's also known to darken hair — *though I'm sure there isn't nearly enough used in products to actually darken hair—T*. Sage extract may contain sage oil, some grades of which may be irritating, though there hasn't been reports of the extract being toxic. [Hunting (Conditioning) pgs 366-367, Hunting (Shampoo) pg 347].

See also: Extracts

Source(s): Hunting

Salvia sclarea leaf extract (aka *Clary sage*)

Okay

An aromatic herb frequently grown in Europe, often used as a spice in foods and beverages, or to help other scents last longer in formulations [Winter (7th edition) page 157 and 457].

Source(s): Winter

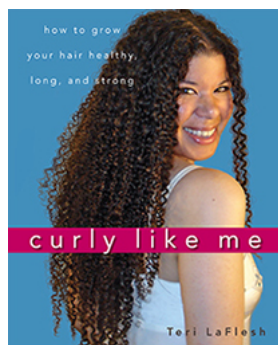
Saponification

Caution

To saponify is to turn the ingredient into soap. Usually this is done by combining fat and something alkali, such as mixing together lard and lye [Winter 7th ed. pg 457]. (*This is how my grandmother used to make laundry soap by mixing lard and lye—T*).

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See also: Soap
Source(s): Winter

Saponified butyrospermum parkii butter (*aka Saponified butyrospermum parkii (shea) butter*)

Avoid

I wasn't able to specifically find Saponified butyrospermum parkii (shea) butter in any of my reference books. However, this is a soap made from shea butter. A true soap is a fat mixed with an alkali (like sodium hydroxide). Products using a true soap do not have to list on their label what that soap is made with [Begoun (Don't Go to the Cosmetics Counter Without Me) page 1336]. This is worrying, since the alkali the soap is made from determines how harsh the soap is. The appeal of soaps is that it sounds natural, and because the product doesn't have to list the alkali used to create the soap, you get can put just the fat on the ingredients label, so it sounds extra natural and conditioning, when in fact the fat (in this case the shea butter) has been reacted with some alkali (which is unnamed) that could be really harsh and drying. Please check out Soaps and Saponification for more info.

See also: Soap Saponification

Source(s): Begoun Hunting Gottschalck

Saponin

Okay

Sugars found in plants. Saponins are able to foam in water, and can be used to keep products from separating into their oil and water components. Winter pg 450. May have anti-inflammatory and antioxidant abilities.

Source(s): Winter http://www.cosmeticscop.com/ingredient_dictionary.aspx?lid=532

Sarsaparilla

Okay

Can clean slightly, and can serve to keep products from separating. Pg 450.

See also: Saponin

Source(s): Winter

Saw palmetto

Okay

May help with hair growth when taken orally, but not yet substantiated. Pg 339.

Source(s): Begoun

Sd alcohol 40-2

Avoid

Denatured alcohol used as a solvent. It can be drying.

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

Sd alcohol

Avoid

Very drying alcohol.

Sea buckthorn oil (*aka Hippophae rhamnoides 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

Sea kelp (*aka Sea kelp extract; Macrocystis pyrifera extract*)

Okay

May have some water binding properties for hair [Begoun (Hair) page 578].

See also: Extracts

Source(s): Begoun

Selenium sulfide

Caution

Treatment for dandruff (Selsun Blue uses this). Good at killing microbes that can cause dandruff, though Ketoconazole is a little more effective. Can strip hair color out of hair.

Source(s): Begoun

Senega extract (*aka Polygala senega root extract; Snake root; Snakeroot extract*)

Avoid

See Polygala senega.

See also: Polygala senega

Serine

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

Sesame oil (*aka Sesamum indicum; Benne; Teel oil; Gingili oil*)

Good

An emollient oil that's made from pressing the seeds of the sesame plant (*Sesamum indicum*). This is a pale yellow liquid that's insoluble in water, and it tends to spoil pretty quickly. This may be even more conditioning than olive oil (but since it spoils much more quickly, may not be as practical) [Hunting (Shampoo) pg 352].

Source(s): Hunting

Sesamum indicum seed oil (*aka Sesame oil*)

Okay

Pale yellow emollient oil from edible sesame seeds. The oil acts as a skin softener, but can cause irritation in sensitive individuals [Winter (7th edition) page 461].

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

Shea Butter (*aka Karite, Butyrospermum parkii*)

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

Silaneidiol salicylate

Okay

Organic silicone, gives slip and conditioning. Pg 407.

See also: Silicone

Source(s): Begoun

Silicone

Good

A group of substances made from a type of sand (quartz, i.e., silica or silicon dioxide is the main component of white sand). Silicones give products a glossy, slippery feel without being greasy. Moisturizes hair. Many can hold up to be rinsed with water because they are water repellant. May build up and weigh down fine, limp hair. But for curly hair, this is perfect. Tightly curly hair needs to be protected in a moisturizing layer that helps keep it calm and weather-proofs it. There has been many rumors about silicones being bad for the hair, but the opposite has been scientifically proven. [Begoun pgs 88-89; Winter 7th ed., pg 465; Schueller pages 167-173]. For more information, check out: [Does Silicone Suffocate Hair or Are Silicones Bad for Long Hair?](http://thebeautybrains.com/2007/02/16/does-silicone-suffocate-hair/)

Source(s): Begoun Winter Schueller <http://thebeautybrains.com/2007/02/16/does-silicone-suffocate-hair/>
<http://www.happi.com/articles/2009/02/silicones-are-versatile-solutions-to-protect-hair>

Silicone quaternium-16

Okay

Silicone. Provides slip.

Silicone Quaternium-8

Okay

Functions as a hair conditioning ingredient [Gottschalck pg 1688].

See also: Silicone

Source(s): Gottschalck

Silk

Okay

Used to add conditioning to a product. It is not able to repair hair, since hair is dead.

Source(s): Begoun

Silk amino acids

Okay

Amino acids that are made from liquefying silk [Winter(7th ed.) pg 465]. A water soluble, amber liquid used as a humectant, but also used for its sales appeal [Hunting (Conditioning) pg. 370-371].

See also: Amino acids Humectant

Source(s): Winter Hunting

Silk powder

Okay

Synthetic powder used for absorption and slip.

Silk protein

Okay

Protein made from silk, that may be a humectant [Begoun (Cosmetics) pg. 1336].

See also: Protein Humectant Silk amino acids

Source(s): Begoun

Siloxane

Okay

Silicone. Provides slip to hair.

Silybum Marianum Ethyl Ester

Okay

Used as an emollient or for conditioning. Pg 460. Made from milk thistle oil that is reacted with ethanol. These tend not to be stable.

Source(s): Winter <http://www.wipo.int/pctdb/en/wo.jsp?IA=US2002021691&DISPLAY=DESC>

Simethicone

Okay

A thick white liquid, used to reduce foam. Sometimes used as a base for ointments. It's also used for gas [Winter pg 460].

See also: Silicone

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

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

Good

See Jojoba oil.

See also: Jojoba oil

Source(s): Winter Gottschalk

Slippery elm bark (aka Ulmus fulva)

Okay

This is the bark from an elm tree that grows in North America. It is fragrant and sticky, containing lots of gelatinous, gum-like substance as well as powder. It's used as a demulcent (a soothing, thick, oily or creamy substance for treating pain in irritated mucus surfaces) [Winter (7th edition) pages 188 & 468].

Source(s): Winter

Snakeroot extract (aka Polygala senega root extract; Snake root)

Avoid

See Polygala senega.

See also: Polygala senega

Soap

Avoid

Soaps are the oldest cleansers, usually made from an oil or fat, and a highly alkaline substance, like lye (sodium hydroxide) added to it. A more mild soap could be made from fatty acids added to it. Even soaps that are neutral are highly alkaline. They can have a pH of as high as 10 (skin has a pH of 5 to 6.5). [Winter 7th edition page 469]. Those with a pH below 8 are considered conditioning [Hunting (Shampoo) page 352]. These are very drying for the hair, and may even damage the cuticle, because they are very alkaline [Begoun pg 73]. For more information, see Soaps vs Surfactants?, or soap.

Soaps are used for their cleansing and foaming abilities, and are often put in products for marketing purposes (it sounds natural). They are known as irritants, but they are also known as being safe (besides the irritation). Shampoos used to be made with soap, but when the milder modern synthetic detergents became available, the detergents replaced the soaps. Soaps don't do nearly as well as the modern synthetic detergents in hard water, and can often leave a film [Hunting (Shampoo) pgs 352-353]. Per Begoun (Don't Go to the Cosmetics Counter Without Me) page 1336, true soaps do not have to list their ingredients on the label, and are made up of only fats

and alkali.

See *also*: Irritant Saponification

Source(s): Begoun Hunting Winter <http://thebeautybrains.com/2008/11/17/what-is-the-difference-between-soap-surfactants/> <https://en.wikipedia.org/wiki/Soap>

Soapbark

Okay

Can clean slightly, and can serve to keep products from separating. Pg 450.

See *also*: Saponin

Source(s): Winter

Soap Bark (aka Quillaja bark extract; Quillaja Saponaria; Quillay Bark; Panama Bark; China Bark)

Okay

See Quillaja bark.

See *also*: Quillaja bark

Soapwort

Okay

Can clean slightly. May have anti-inflammatory properties. Pg 270-271.

See *also*: Saponin

Source(s): Begoun

Sodium acetate

Caution

Sodium acetate is used as a preservative and to make cosmetic products more alkaline. This ingredient is often used for photography and for dyeing. Interestingly, Winter [7th edition, pg 469] says it's often found in foot warmers because it retains heat.

Gottschalck [pgs 2484-2485] only says its used as a fragrance ingredient (as well as for buffering the pH). It's found in hair dyes along with shampoos, and other hair and personal grooming products, like deodorant.

See *also*: Nitrosamines

Source(s): Winter Gottschalck

Sodium ascorbyl phosphate

Okay

Per Winter [(7th edition) page 470], this is used as an antioxidant and skin conditioner often found in makeup and creams.

Source(s): Winter

Sodium benzoate (aka Benzoate of soda)

Okay

Preservative often used in food, but often also found in eye creams and toothpastes. It is sold as an odorless powder or as crystals [Winter 7th ed., pg 470].

See *also*: Preservative

Source(s): Winter

Sodium bicarbonate (aka Baking soda)

Avoid

An alkaline ingredient that can be drying to the hair and scalp.

See *also*: Baking soda

Source(s): Begoun

Sodium borate decahydrate (aka Borax)

Avoid

See Borax.

See *also*: Borax

Sodium C14-16 olefin sulfonate (aka C14-16 olefin sulfonate)

Avoid

Begoun says this is a strong, irritating, drying cleanser that can potentially strip color treated hair of its color [Begoun (Hair) pages 72, 99, 199]. However, Hunting [(Shampoo) page 355], says that it's considered a mild cleanser, available as a thin, clear, yellow liquid, and also available as a higher active slurry or a very active flake form. It is a high foaming, inexpensive, mild detergent. To be on the safe side I'm going to put this as an "avoid" for now because I haven't found a "tie breaker" source. Gottschalck [pages 2512-2513] basically only says this is a cleanser.

Source(s): Begoun Hunting Gottschalck http://www.cosmeticsinfo.org/ingredient_details.php?ingredient_id=384

Sodium carbomer

Caution

Film-former that also helps a product's ingredients stay mixed together. Winter pg 465. —*Since this is a film-former, it most likely will build up in the hair. Until I find out otherwise, I will put a Caution on it. This is fine in gels and hairsprays, but not good in a shampoo or conditioner.*—T

See *also*: Carbomer

Source(s): Winter

Sodium chloride (aka Table salt)

Caution

A corrosive in anything left in the hair. Used as a stabilizer, thickener, and cheap pH adjuster [Begoun].

When salt water dries, it pulls water from skin and hair, and therefore may irritate it. Winter (7th ed.) pg 472, says that salt workers have lots of skin rashes.

Avoid in leave-in conditioners because salt is corrosive. However, in shampoos, if it's near the bottom of the ingredients list, it should be fine. --T

Source(s): Begoun Winter

Sodium citrate

Okay

Mainly used to adjust the pH of a product, but can also function as an antioxidant and preservative.

Source(s): http://www.cosmeticscop.com/ingredient_dictionary.aspx?lid=532

Sodium cocamphoacetate

Okay

Okay cleanser [Begoun (Hair) page 199]. Winter (7th edition) page 472] says that this is used as a hair conditioner and a cleanser.

Source(s): Begoun Winter

Sodium cocly sarcosinate

Okay

Mild cleanser and foam creator.

Source(s): <http://chemicaland21.com/>

Sodium Cocobutteramphoacetate (aka Sodium Cocoa Butter Amphoacetate)

Okay

Made from Cocoa Butter and synthetic sources. It is an amphoteric compound, so it can act as both an acid and a base, so that it helps the product spread and function more efficiently. Often used in hair conditioners, cleansers, and to boost foam. It is a fatty acid (when combined with glycerine it will make fat) [Winter (7th ed., pg 237; Gottschalk pg. 2505].

See also: Fatty acids Cocoa butter Amphoteric Surfactant

Source(s): Winter Gottschalk

Sodium cocoate

Caution

Sodium cocoate is known to be a drying cleanser. — *If it's near the top of the ingredients list, avoid using this product. However, if it's listed near the bottom, like after the fragrances, then it's present in such a very tiny amount compared to the other ingredients, that it should be fine.*

Source(s): Begoun

Sodium cocoglyceryl

Okay

Okay cleanser.

Sodium cocoglyceryl ether sulfonate

Okay

Okay cleanser.

Source(s): Begoun

Sodium Coco-Sulfate (aka Sodium lauryl sulfate)

Avoid

Sodium Coco-Sulfate is basically the same thing as Sodium Lauryl Sulfate. This means it's a harsh cleanser. Both Sodium Coco-Sulfate and Sodium Lauryl Sulfate are made from coconuts, and go through nearly the same process. It's just that Sodium Lauryl Sulfate is a more purified version of Sodium Coco-Sulfate. This basically means Sodium Coco-Sulfate doesn't foam as well as Sodium Lauryl Sulfate, and the quality of Sodium Coco-Sulfate may vary a bit more, and isn't quite as strong as Sodium Lauryl Sulfate.

See also: Sodium lauryl sulfate

Source(s): <http://thebeautybrains.com/2008/05/21/are-natural-cleansers-better-for-your-hair-2/>

<http://community.livejournal.com/longhair/2356788.html>

Sodium cocoyl glutamate

Okay

Mild cleanser [Nnanna page 233].

See also: Amphoteric surfactant

Source(s): Nnanna

Sodium cocoyl isethionate

Okay

Mild cleanser made from coconuts. Might be too gentle to remove styling products [Begoun (Don't Go Shopping for Hair Care Products Without Me) pg 467, and Winter (7th edition pg 473].

See also: Nitrosamines

Source(s): Begoun Winter

Sodium dodecylbenzene sulfonate (aka Benzenesulfonic acid, dodecylbenzenesulfonic acid)

Avoid

Cleanser that may irritate the skin. Similar to sodium lauryl sulfate [Winter pg 468]. Used to cleanse and create lather, this ingredient is often used in dish washing liquids because they are cheap and powerful. They can dry out your skin and scalp, as well as cause irritation, unless other more conditioning ingredients are added to counteract this [Hunting (Shampoo) pg 358-359] — *If this is very low down on the ingredients list, (especially if it's listed after the fragrance) then there is very little of it in a shampoo, so in that case it's probably fine. But if it's near the top of the ingredients list, then the product should be avoided.*

See also: Sodium lauryl sulfate

Source(s): Winter Hunting

Sodium dodecyl sulfonate (aka Sodium lauryl sulfoacetate, SLSA)

Avoid

Drying cleanser and foam creator. Can strip hair of color.

Source(s): Begoun

Sodium gluconate (aka Gluconic acid sodium salt)

Caution

Fermented glucose (glucose is a sugar). This is a white to yellowish powder that's used as a chelating agent (binds with metals so they can be rinsed away) and as a skin conditioner [Gottschalk pg 2525, Winter page 475]. This is often used in food as an emulsifier (keeps products from separating), a dietary supplement, or to keep tomatoes and apple slices firm. Odorless and tasteless. The Environmental Safety Group's Skin Deep Cosmetic Safety Database lists this as a "skin conditioner", and that it's considered safe in low concentrations. Winter says it also appears in metal cleaners, paint strippers and rust removers, along with being used in conditioners and facial moisturizers [Winter pg 468]. — *I'm going to put this as a caution. Winter says it's shown to have systemic effects in high doses (I'm sure this is with ingestion, which you (hopefully) will not do with shampoos), but that the FDA considers it okay for use as a food sequestrant (preservative, and to prevent unwanted reactions with metals in shampoos)—which may be the chelating that Gottschalk referenced. I'm still putting this as a caution because of how it's used in metal cleaners and rust strippers and such (however, it may be in those products as a chelating agent or preservative), so I'm thinking as long as it's in small amounts in a product, it should be okay. But I'm not 100% sure, so I'm leaving it as a caution, and giving you what I found out so you can decide if you're okay with it in your product.* — T

Source(s): Winter Gottschalk <http://www.codexalimentarius.net/gsfaonline/additives/details.html?id=286>

<http://food.oregonstate.edu/glossary/g/gluconate.html> <http://www.answers.com/topic/sodium-gluconate>

<http://www.codexalimentarius.net/gsfaonline/additives/details.html?id=286>

<http://www.cosmeticdatabase.com/ingredient.php?ingred06=706067-hanks=1>

Sodium hyaluronate

Okay

Humectant.

Sodium hydrogenated tallowoyl glutamate

Okay

Mild cleanser. Pg 233.

Source(s): Nnanna

Sodium hydroxide (aka Lye, Soda lye, Caustic soda)

Avoid

Known as "alkaline perms". Often found in relaxers and texturizers. Highly caustic. Denatures hair and can dissolve it. In smaller concentrations, it's used as a pH adjuster. In higher concentrations, such as in relaxers, it can cause severe burns on skin. Begoun pg 155. Of the same pH found in oven cleaners, drain cleaners and hair removers [Begoun (Hair) page 155]. *If you've ever relaxed your hair without gloves (hopefully not), and noticed your hands felt really slippery but it wouldn't wash off, here's why: "The reason sodium hydroxide feels slimy is because it is chemically reacting with the fatty acid esters and oils naturally found in your skin. Essentially, you're turning bits of your skin into soap. (The reaction is called saponification). And as you know, soap is slippery."* Per Winter [(7th edition) page 475-476], sodium hydroxide is used to keep ingredients that normally would separate together, as well as to make a product more alkaline. Winter also says the FDA banned using more than 10 percent of it in household liquid drain cleaners (so you know it has to be strong if more than 10 percent is to strong for a drain cleaner --T).

See also: Lye

Source(s): Begoun Winter <http://thebeautybrains.com/?s=panthenol&x=0&y=0>

Sodium isethionate

Avoid

Weird. When I looked this up in Winter [7th edition, page 476], it said ominously only "See Sodium Hydroxide." I looked it up in my big multi-volume Gottschalck, who usually has a little something to say on everything, but under Function it said only "Not Reported" [pages 2533-2534]. Now, there is a sodium cocoyl isethionate, which is considered a mild cleanser. The product I was looking at (L'Oreal's EverPure Shampoo) only says sodium isethionate on the label.

Source(s): Winter Gottschalck

Sodium lactate

Okay

Often used as a humectant, pH adjuster, and a preservative (in the same way sodium chloride is, but has half as much sodium as salt). Colorless and odorless. Produced from the fermentation of the sugars from corn or beets, usually using lactic acid. Sodium lactate has a neutral pH (7.0). Winter pg 470.

Source(s): Winter <http://www.sodium-lactate.com/>

Sodium Lauraminodipropionate

Okay

Gentle cleanser that may be too mild to wash away any styling products [Begoun (Cosmetics) pg 74]. Often found in baby shampoos [Hunting (Shampoo) pg143-144].

See also: Amphoteric surfactant

Source(s): Begoun Hunting

Sodium laureth sulfate (aka SLES, sodium lauryl ether sulfate)

Okay

Okay detergent cleanser. See sodium lauryl sulfate for information on the rumored health issues.

See also: Sodium lauryl sulfate

Sodium lauroyl glutamate

Okay

Mild cleanser. Pg 233.

Source(s): Nnanna

Sodium Lauroyl Lactylate

Okay

Used to keep oil and water from separating. It can be from plant, animal, or even synthetic sources. Similar to Lauric acid

See also: Lauric acid

Source(s): Gottschalck

Sodium lauroyl sarcosinate (aka Sodium lauryl sarcosinate)

Good

Gentle cleanser that may be too mild to wash away any styling products [Begoun (*Don't Go Shopping for Hair-Care Products Without Me* Pg 74). Gottschalck [pg 2547] lists this as both a conditioning agent and as a cleanser.

Source(s): Begoun Gottschalck

Sodium lauryl ether sulfate (aka SLES, Sodium laureth sulfate)

Okay

Okay detergent cleanser. See sodium lauryl sulfate for information on the rumored health issues.

See also: Sodium lauryl sulfate

Source(s): <http://www.snopes.com/inboxer/household/shampoo.asp>

Sodium lauryl glucose carboxylate

Okay

Used for cleansing [Gottschalck page 2548]. *I haven't been able to find out much more about this ingredient so far other than that it's a cleanser--T*

Source(s): Gottschalck

Sodium lauryl glucose carboxylate (& lauryl glucoside)

Okay

Sulfate-free cleanser often paired with lauryl glucoside. In this combination, it is a mild cleanser.

Source(s): <http://www.weleda.co.uk/a-z-html#S> <http://www.happi.com/articles/2008/09/the-surfactant-market>

Sodium lauryl sulfate (aka SLS, Sodium lauryl sulphate)

Avoid

Very commonly used drying detergent cleanser. May cause drying and irritation of the skin due to how drying it is [Winter (7th edition) page 478]. Used for it's excellent foaming as well as a powerful cleanser that cuts through oils and sebum. It is an almost colorless liquid, but it's also available as a powder, flake, or even a "noodle" form in highest concentrations [Hunting (Shampoo) page 363].

May strip hair color by causing hair shaft to swell, increasing the chances of pigment being released. "Rumors were circulating at one time that sulfates were causing cancer. According to snopes.com, SLS does not cause cancer. But it can be an irritant if left on the skin". For more information, check out: [Sulfates](#), as well as [Urban legends](#).

See also: Irritant

Source(s): Begoun Winter Hunting <http://www.snopes.com/inboxer/household/shampoo.asp>
<http://urbanlegends.about.com/library/weekly/aa090998.htm>

Sodium lauryl sulfoacetate (aka Lathanol LAL, SLISA, Dodecyl sodium sulfoacetate, Dodecyl sodium sulfoacetate)

Caution

Winter [7th edition page 478] only says about Sodium lauryl sulfoacetate "see Sodium Lauryl Sulfate". Sodium lauryl sulfate is known to be harsh and drying to the hair, so I would guess this is too but I'm only guessing on that. Gottschalck (pg 2550) only says that it's a cleansing agent.

See also: Sodium lauryl sulfate

Source(s): Gottschalck Winter

Sodium lauryl sulphate (aka Sodium lauryl sulfate, SLS)

Avoid

See Sodium lauryl sulfate

See also: Sodium lauryl sulfate

Sodium metabisulfite

Avoid

Reducing and bleaching ingredient. Very alkaline and could damage hair. Pg 15.

Source(s): Begoun (Beauty)

Sodium methyl cocoyl taurate

Okay

Considered a mild foaming and cleansing ingredient. Used to boost foam as well as for conditioning. It's a white paste with "a fatty odor". It performs better in hard water than sodium cocoyl sarcosinate, which it's similar to. [Hunting (Shampoo) page 364]. Cleanser found in bath soaps, shampoos, and other hair products [Winter (7th edition) page 478].

Source(s): Winter Hunting

Sodium myreth sulfate

Okay

Gentle cleanser. Pg 399.

Source(s): Begoun

Sodium myristoyl glutamate

Okay

Mild cleanser. Pg 233.

Source(s): Nnanna

Sodium PCA

Okay

Humectant.

See also: Humectant

Sodium perborate

Avoid

Drying to hair and can have a bleaching action.

Source(s): Begoun

Sodium polystyrene sulfonate

Avoid

Sticky ingredient that can cause hair and scalp dryness, plus strip hair color with repeated use.

Source(s): Begoun

Sodium stearyl glutamate

Okay

Mild cleanser.

Source(s): Nnanna

Sodium sulfate (aka Salt cake; Disodium sulfate)

Avoid

Sodium sulfate is used to increase the thickness of a product, and is often used in making soaps, dyes, and detergents. May be found irritating if left on the skin [Winter (7th edition) page 484; Gottschalck pages 2588-2589].

See also: Salt

Source(s): Winter Gottschalck

Sodium sulfite

Avoid

This is the ingredient used in "neutral" perms. It breaks 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 [Begoun (Hair) page 155-156; Gottschalck page 2589].

Source(s): Begoun Gottschalck

Sodium thioglycolate

Avoid

This is the more damaging of the thioglycolates. These are sometimes known as an "acid perm", this is often used to make straight hair curly. Anything that is strong enough to change the chemical bonds in hair will be damaging to hair. They are less damaging than lye products. This should never be used on hair that has been relaxed with lye chemicals, otherwise most bonds in the hair would be destroyed, and a severe loss of hair could occur. Pg 156.

See also: Lye

Source(s): Begoun

Sodium thiosulfate

Avoid

Chemical used to straighten or curl hair. Can swell hair shaft. Anything that is strong enough to change the chemical bonds in hair will be damaging to hair. They are less damaging than lye products. This should never be used on hair that has been relaxed with lye chemicals, otherwise most bonds in the hair would be destroyed, and a severe loss of hair could occur. Can denature hair. This occasionally appears in shampoos. Reducing agent.

Begoun pgs 410, 414.

See also: Lye Reducing agent

Source(s): Begoun <http://www.newton.dep.anl.gov/askasci/chem00/chem00275.htm>

Sodium xylene sulfonate (aka SXS, Sodium xylenesulfonate, Sodium xylene sulphonate)

Okay

Hydrotrope: Helps increase the ability of water to dissolve other molecules. It makes ingredients compatible within the product. This has no detergency on its own, so must be used with other cleansers.

Source(s): http://www.greatvistachemicals.com/surfactants_and_oleochemicals/sodium_xylene_sulfonate.html
http://msds.chem.ox.ac.uk/SO/sodium_xylene_sulfonate.html Winter <http://sci-toys.com/ingredients/xylenesulfonate.html>

Soluble Collagen (aka *Tropocollagen*)

Okay

A good moisturizer. Actually contains a very small amount of protein. It is water-soluble. Since Collagen by itself isn't water soluble, and therefore isn't moisturizing, it's most likely that it's Soluble collagen that's actually being used [Hunting (Conditioning) pages 349-352 & 161-162].

See also: Collagen

Source(s): Hunting

Sorbic acid

Caution

Sorbic acid is used as a preservative (mold and yeast inhibitor) and as a humectant (glycerine replacement). This is a white powder made from mountain ash berries, but can also be synthetic. Produces a velvety feel when rubbed on the skin, but can be sticky in large amounts. Also may cause skin irritation in people with sensitive skin [Winter (7th edition) page 488].

See also: Preservative

Source(s): Winter

Sorbitan

Caution

Sorbitan refers to the mixture of ethers (solvents made from the distillation of alcohol with sulfuric acid) made from sorbitol that's had the water removed through heating [Winter (7th edition) page 488 & 223, Hunting (Conditioning) page 381-382].

See also: Sorbitol Ether

Source(s): Winter Hunting

Sorbitol

Good

This functions much like glycerin by adding slip to a product, as well as being a humectant and a thickener [Begoun (Cosmetics) pg 1339]. This occurs naturally in fruits and berries, but it can also be synthetically made from the hydrolyzed corn starch. Sorbitol is also a sweetener in food. It helps cosmetics from drying out in their containers [Hunting (Conditioning) pg 385-386].

See also: Glycerin Humectant Hydrolyzed

Source(s): Begoun Hunting

Sorbitol esters (aka *Sorbitan esters; Sorbitan derivatives*)

Okay

Sorbitol esters are emollient ingredients, used for their conditioning properties. They also weakly help keep oil and water mixtures together [Hunting (Conditioning) page 381].

An ester is made from an alcohol and an acid by removing water. Sorbitol is a humectant alcohol (not the bad kind of alcohol) that's similar to glycerine. Sorbitan is made from sorbitol that's had the water removed [Winter (7th edition) pages 222, 488, 489; Gottschalck page 2624]. Sorbitol esters seem to fall under the sorbitan derivatives category, which Hunting [(Conditioning) pages 381-383] talks about at length. Per Hunting, sorbitol esters are made when sorbitol is heated with fatty acid (or ester) and water is removed, creating a sorbitan mixture of different types of sorbitols. How this is processed, and the amount and quality of the fatty acid used (as well as the quality of sorbitol) will affect the final result. These can be further reacted to remove more water, which creates sorbitan esters.

See also: Sorbitol Ester

Source(s): Winter Gottschalck Hunting

Soy (aka *Soja; Soya*)

Okay

Proteins made from soy milk and soy beans. According to Winter (7th edition pg 489), these proteins are being used more and more in anti-aging cosmetics and have been shown to have antioxidant properties as well as anti-cancer properties. This makes it great for skin care products, but it can't heal hair.

Source(s): Winter

Soya (aka *Soy; Soja*)

Okay

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Source(s): Winter

Soy protein

Okay

Can lightly moisturize, but can not repair hair.

Spironolactone

Okay

Effective anti-androgen when used topically. Appears in hair-growth products. Pg 552.

Source(s): Begoun

Squalene

Okay

Good emollient that can come from shark liver or from plants.

Source(s): http://www.cosmeticscop.com/ingredient_dictionary.aspx?lid=532

Starch (aka *Farnia*)

Caution

This can coat hair and make it feel thicker. May tame fly-aways [Begoun (Hair) pg 437]. Starch is a carbohydrate that can come from many different plants. The most common are wheat, rice, corn, tapioca, potatoes, or even sweet potatoes. When starches are put in hot water, the grains swell. They are often used in products as an absorbent, or to lessen the strength or concentration of the product [Hunting (Conditioning) pgs 390-391]. —*This might not be the best ingredient for thick curls. It might make the product its in not slippery enough to get a comb through. It may be too pasty for thick curls.*—T

Source(s): Begoun Hunting

Steapyrium Chloride

Okay

Used for conditioning and as an emulsifier. Known as being mild, and is stable even in an acidic pH [Hunting (Conditioning) pg 391]. Antistatic ingredient [Begoun (Cosmetics) pg 1340].

See also: Quaternary Ammonium Compound Antistatic

Source(s): Hunting Begoun

Stearalkonium Chloride (aka Stearyl Dimethylbenzylammonium Chloride, SDBAC)

[Okay](#)

Clings to hair to make it feel thicker. Also used as an antistatic ingredient [Begoun (Cosmetics) pg 1340]. Makes hair easier to comb and adds shine. It was found safe in the '80s, but it's being reconsidered [Winter pg 490] — *I'm putting this as okay for now, since I haven't heard any reports recently saying it's bad, and Begoun, who is careful to note unsafe products, doesn't say anything about this being a problem in her book, though Hunting mentions nitrosamines were found in products with it, among other ingredients, so that's why it was under investigation—T*. Used for conditioning and as an emulsifier. Known to make wet-combing easier, as well as softens the hair [Hunting (Conditioning) pgs 391-392].

See also: Quaternary Ammonium Compound Antistatic

Source(s): Begoun Winter Hunting

Stearamidopropyl dimethylamine

[Caution](#)

Used to keep product from separating, but it can also be used to add slip and conditioning. Made from Stearic fatty acid. Dimethylamine can be slightly corrosive and irritating if it isn't neutralized properly (according to my trusty Organic Chemistry text book, Dimethylamines are very alkaline [pg 983]). This comes in a tan, waxy solid. It's known to cling well to the hair without being greasy [Hunting (Conditioning) pg 395 and Winter pgs 491, 208].

—I have to say that this is in most of my favorite products that I've been using for years, and my hair is fine. I'm thinking this has been neutralized enough so it isn't corrosive and is conditioning instead. This ingredient often gives enough slip to a conditioner that I can comb my hair with it, and not need another slippery ingredient in the product. However, I'm going to put it as a "caution" so you can decide for yourself—T

This is in one of my favorite, go to conditioners that I've been using for well over ten years, and another I've been using for about five years. It has not caused any problems as far as conditioning and defining my hair.

See also: Stearic acid

Source(s): Winter Hunting

Stearamidopropyl dimethylamine lactate

[Okay](#)

This is used for conditioning and as an emulsifier (keeps a product from separating into its oil and water components). Known for being easy to rinse from hair [Hunting (Conditioning) pg 395].

Source(s): Hunting

Steareth- 2 (aka PEG-2 Stearyl Ether)

[Okay](#)

Emollient, emulsifier and thickener. Known to be mild. Similar to Stearyl Alcohol, but slightly easier to work with [Hunting (Conditioning) pg 396].

See also: Stearyl alcohol

Source(s): Hunting

Steareth- 3 (aka PEG-3 Stearyl Ether)

[Okay](#)

A type of Polyethylene glycol (ether) made from Stearyl alcohol used to keep a product from separating into its oil and water components [Gottschalk (12th ed) pg 2652].

See also: Polyethylene glycol Ether Stearyl alcohol

Source(s): Gottschalk

Steareth- 4 (aka PEG-4 Stearyl Ether)

[Okay](#)

A type of Polyethylene glycol (ether) made from Stearyl alcohol used to keep a product from separating into its oil and water components. Used in many products including soaps, detergents, shampoos, bath oils, and hair conditioners [Gottschalk (12th ed) pg 2652].

See also: Polyethylene glycol Stearyl alcohol Ether

Source(s): Gottschalk

Steareth- 5 (aka PEG-5 Stearyl Ether)

[Okay](#)

A type of Polyethylene glycol (ether) made from Stearyl alcohol used to keep a product from separating into its oil and water components. Often found in moisturizing lotions [Gottschalk (12th ed) pg 2652].

See also: Polyethylene glycol Stearyl alcohol Ether

Source(s): Gottschalk

Steareth- 6 (aka PEG-6 Stearyl Ether)

[Okay](#)

A type of Polyethylene glycol (ether) made from Stearyl alcohol used to keep a product from separating into its oil and water components. Found mainly in bath oils and skin care products [Gottschalk (12th ed) pg 2652].

See also: Polyethylene glycol Ether Stearyl alcohol

Source(s): Gottschalk

Steareth-10 (aka PEG-10 Stearyl Ether)

[Okay](#)

A type of Polyethylene glycol (ether) made from Stearyl alcohol used to keep a product from separating into its oil and water components, as well as having slight conditioning and thickening properties. This is a mild, white-ish wax-like soft solid which disperses in water. Found in tons of products such as moisturizers, hair products, baby products, facial cleansing products, makeup, hair conditioners, and even lipstick [Gottschalk (12th ed) pg 2653, Hunting (Conditioning) pgs 396-397].

See also: Polyethylene glycol Stearyl alcohol Ether

Source(s): Gottschalk Hunting

Steareth-11 (aka PEG-11 Stearyl Ether)

[Okay](#)

A type of Polyethylene glycol (ether) made from Stearyl alcohol used to keep a product from separating into its oil and water components [Gottschalk (12th ed) pg 2653-2654].

See also: Polyethylene glycol Stearyl alcohol Ether

Source(s): Gottschalk

Steareth-13 (aka PEG-13 Stearyl Ether)

[Okay](#)

A type of Polyethylene glycol (ether) made from Stearyl alcohol used to keep a product from separating into its oil

and water components [Gottschalk (12th ed) pg 2654].
 See also: Polyethylene glycol Stearyl alcohol Ether
 Source(s): Gottschalk

Steareth-14 (aka PEG-14 Stearyl Ether)

Okay

A type of Polyethylene glycol (ether) made from Stearyl alcohol used to keep a product from separating into its oil and water components. Often found in facial cleansing products [Gottschalk (12th ed) pg 2654].
 See also: Polyethylene glycol Stearyl alcohol Ether
 Source(s): Gottschalk

Steareth-15 (aka PEG-15 Stearyl Ether)

Okay

A type of Polyethylene glycol (ether) made from Stearyl alcohol used for cleansing as well as keeping a product from separating into its oil and water components. Mostly found in colognes [Gottschalk (12th ed) pg 2654].
 See also: Polyethylene glycol Stearyl alcohol Ether
 Source(s): Gottschalk

Steareth-16 (aka PEG-16 Stearyl Ether)

Okay

A type of Polyethylene glycol (ether) made from Stearyl alcohol used for cleansing as well as keeping a product from separating into its oil and water components. It is a white-ish waxy solid that's water soluble. Similar to Steareth-20. Found in moisturizers, hair grooming products, hair conditioners and shampoos [Gottschalk (12th ed) pg 2654; Hunting (Conditioning) pg 397].
 See also: Polyethylene glycol Stearyl alcohol Ether
 Source(s): Gottschalk Hunting

Steareth-20 (aka PEG-20 Stearyl Ether)

Okay

A type of Polyethylene glycol (ether) made from Stearyl alcohol used for cleansing, slight conditioning, as well as keeping a product from separating into its oil and water components. A white-ish waxy solid that's water dispersible. Found in a ton of products, such as moisturizers, hair products, facial cleansers, makeup, and hair grooming products [Gottschalk (12th ed) pg 2654-5; Hunting (Conditioning) pgs 397-398].
 See also: Polyethylene glycol Stearyl alcohol Ether
 Source(s): Gottschalk Hunting

Steareth-21, -25, -27, -30, -40, -50, -100

Okay

Oily liquids used as cleansers and emulsifiers (keeps ingredients from separating into their oil and water components). The higher the number, the more solid. The lower, the more liquid. Pgs 491-492.
 See also: Polyethylene glycol Stearyl alcohol Ether
 Source(s): Winter

Stearic acid

Okay

Functions as a lubricant and emollient. It's less greasy than plant or mineral oils, so it conditions with a velvety feel, without making hair greasy [Begoun (Cosmetics) page 1340].
 Source(s): Begoun

Stearyl glutamic acid

Okay

Mild cleanser.
 Source(s): Nnanna

Stearyl alcohol (aka Octadecyl alcohol, C-18 alcohol)

Good

Functions as a lubricant, thickener, and emollient. This is a "Backbone" ingredient, which means it usually makes up the bulk of the product and acts as a carrier for the other ingredients. It's less greasy than plant or mineral oils, so it conditions with a velvety feel, without making hair greasy. Also used to keep product from separating. Similar to Cetyl alcohol.

This is a white, waxy solid that's insoluble in water. *Trivia*: It's often blended with Cetyl alcohol, and then it's known as Cetearyl alcohol. Natural stearyl alcohol comes from tallow, but a synthetic form is also available. [Begoun (Cosmetics) pg 1340, Hunting (Conditioning) pgs 400-401].

This is one of the ingredients I like to see near the top of a conditioner's ingredient list. When left in very curly hair it adds needed weight without being greasy, and it also seems like my hair combs way better (and feels sort of glassy-smooth) when it's the first ingredient. This may be my favorite ingredient to see at the top of a conditioner ingredients list now.—T

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

* * * Tried and true ingredient * * *

See also: Fatty alcohol Cetyl alcohol Cetearyl alcohol
 Source(s): Begoun Hunting

Stearyl betaine

Okay

Gentle cleanser that may be too mild to wash away styling products.
 See also: Amphoteric surfactant
 Source(s): <http://chemicaland21.com/specialtychem/perchem/LAURYL%20BETAINE.htm>

Styrax (aka Storax)

Caution

Made from a sweet oriental gum that's used in perfumes. It comes from the resin from the bark of an Asian tree. Contains styrene and cinnamic acid. Can be used in food and beverages as flavoring, however, it can cause an allergic reaction when applied to the skin [Winter pg 91]. — *I'm putting this as a caution, because it may irritate sensitive skin. If it's very low on an ingredients list, there probably isn't enough in a product to cause a problem for the average user (but if you have sensitive skin, or are thinking of using this on a baby, or if it's higher on an ingredients list, you probably don't want to use it. —T*
 Source(s): Winter

Styrax benzoin (aka Benzoin resin, Benzoin, Benzoin Gum)

Avoid

Per Wikipedia, Benzoin resin is a resin obtained from the bark of several species of *Styrax* 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. Per Gottschalck [pg 2678], it functions as an adhesive, film former, fragrance, and skin conditioning often found in body and hand products, such as night skin creams.

See also: Benzoin resin Balsam

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

Styrene

Avoid

Film-forming/ plasticizing polymer. This is best avoided in shampoo and conditioners because they can build up and get sticky. Colorless to yellowish, oily liquid with a strong smell, used to make plastics and cosmetic resins [Winter pg 500].

Source(s): Winter

Styrene/acrylamide copolymer

Caution

Film-forming/ plasticizing polymer. This is best avoided in shampoo and conditioners because they can build up and get sticky [Begoun (Hair) page 91; Winter (7th edition) page 500].

Source(s): Begoun Winter

Styrene acrylates copolymer (aka Styrene acrylate copolymer)

Avoid

Used to hold hair in place. In small amounts may leave a smooth feel to the skin [Gottschalck page 2679] Per Winter [(7th edition) page 242 and 500], it may also be used to make the product less transparent.

Source(s): Gottschalck Winter

Sucrose Cocoate

Okay

Made from Coconut Acid and known for being a mild cleanser and foam builder, as well as for conditioning and keeping the product from separating into its oil and water components. Not known to cause irritation. It's sold as a brown, thick, pasty liquid that's water soluble [Hunting (Shampoo) pg 379-380; Gottschalk pg 2685].

See also: Coconut Acid

Source(s): Hunting Gottschalk

Sulfates (aka Sulphates)

Caution

These are usually compounds that are used for cleansing. They work by breaking up oils and helping them rinse away with water. There are different types of sulfates, some are gentle (like ammonium laureth sulfate), and some can be harsh (sodium lauryl sulfate). There are myths that sulfates cause cancer. There is no proof to this, but this is not to say that sodium lauryl sulfate isn't a known potent irritant (especially when used in higher concentrations), because it is, as well as being harsh and drying for hair. [Winter pg 73, Beauty Brains pgs 41-42, Begoun (Beauty) pgs 1337-1337]

You can also check out Paula Begoun's research into sulfates.

See also: surfactants Sodium lauryl sulfate Sodium laureth sulfate Ammonium lauryl sulfate Ammonium laureth sulfate

Source(s): Winter Beauty Brains Begoun <http://www.cancer.org> <http://www.cosmeticscop.com>

Sulfonated Castor Oil (aka Sulfated Castor Oil; Turkey Red Oil)

Avoid

Drying and can strip hair of color. Harsh cleanser. Sulfonated Castor Oil is sometimes used to remove hair dye [Begoun pg 522; Winter pg 49, (7th ed) pg 502].

See also: Sulfonated Oil

Source(s): Begoun Winter <http://www.porwal.net/turkeyredoil.htm>

Sulfonated Oil (aka Sulfated oils)

Avoid

Strips hair color and can damage hair [Begoun (Hair) pg 322]. This is a Sulfonated oil, which is made by reacting oils with sulfuric acid. This is known to strip color from both natural and colored hair, so it's often used to remove dye from the hair (Sulfonated Castor Oil is used for this) or to lighten it for highlights. May even dry out the skin if used on it. Sulfonated oils are used to keep the product from separating, and to help wet the hair faster. Therefore, they are often found in soapless shampoos, hair sprays [Winter (7th ed.) pgs 502, 512].

See also: Sulfonated Castor Oil

Source(s): Begoun Winter

Sulfonic acid

Avoid

Drying to hair and can potentially strip hair color. Pg 488.

Source(s): Begoun

Sulfur

Avoid

Treatment for dandruff (Sebulex uses this). Good at killing the microbes that can cause dandruff, but sulfur can damage the hair shaft. Can be an irritant and very drying to hair, and can strip it of color. Pg 400.

Source(s): Begoun

Sunflower Seed Oil (aka Helianthus Annuus Seed Oil)

Good

Edible moisturizing oil made from sunflower seeds. It doesn't penetrate like olive oil, coconut oil, avocado oil, or meadowfoam seed oil. Polyunsaturated oil. More open structure so it doesn't pass through the layers of cuticle easily. It has little effect on the cuticle, so you still need a slippery ingredient in the conditioner to comb through hair. And nothing can repair hair once it's been damaged. Beauty Brains book pg 7 (quoting from an article from the Journal of Cosmetic Science 52, pgs 169-184), 2001)

See also: Ion Cation Anion Amphoteric Nonionic

Source(s): Beauty Brains <http://www.britannica.com/EBchecked/topic/573851/sunflower-oil>

Superfating

Good

Defined as containing extra fat or oil. For example, soap has been superfatted when all the fat doesn't react with the lye as it's being made, leaving behind extra fat in the soap, for additional moisturizing. — *Please do keep in mind that because soap uses lye, it is known to be harshly alkaline and drying, even with extra fat or oil in it —T*

Source(s): <http://www.merriam-webster.com/medical/superfatted> <http://www.colebrothers.com/soap/oils.html>

Superoxide dismutase**Okay**

Anti oxidant. Sometimes marketed as growth ingredient, but no evidence to support this.

Source(s): Begoun

Surfactant (aka Surface active agent)**Okay**

An important component in nearly all shampoos and cleansers. Used to help wet the surface better. They are also used to help remove dirt and oils from the surface to be cleaned. Keeps dirt and oil suspended in water so they can be rinsed away. The surfactant is able to get oil and oily dirt to rinse away with water because each molecule of the surfactant has a water-loving (hydrophilic) head, and a water-hating (hydrophobic) tail. Oils are attracted to the tail, and water is attracted to the head. Therefore, the surfactant molecules are able to grab the oil with one end, and the water with the other, so that the oil can be washed down the drain with the water.

Some surfactants are used as emulsifiers. Since they have both an oil-loving end and a water-loving end, they are able to hold oil and water together in a product, so the oil and water components don't separate.

There are four major types of surfactants: Cationic, Anionic, Nonionic, and Amphoteric:

Cationic surfactants: These have a positive charge. Often used as an antistatic or for sanitizing. Used as friction reducers in conditioners and fabric softeners.

Anionic surfactants: These have a negative charge. They are strong cleansers—often used as stain removers in household detergents.

Nonionic surfactants: These don't have an electrical charge. They aren't effected by hard water, and dissolve oil and grease well, so are often used as oven cleansers to remove baked on grease.

Amphoteric surfactants: Can be negatively or positively charged depending on the situation. These are frequently used in cosmetics and shampoos because they are very mild [Winter pgs 502-503].

For more information, see Surfactants and How surfactants work.

See also: Ion Cation Anion Amphoteric Nonionic

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

Sweet almond oil (aka *Prunus amygdalus*; *Prunus dulcis*)**Good**

Moisturizing oil made from pressing the seeds from the almond tree. Colorless to pale yellow, nearly scentless, oily liquid. Not water soluble. Used in soaps, emollients, and perfumes [Winter (7th edition) page 506].

See also: Sweet almond oil

Source(s): Winter

Symphytum officinale (aka *Comfrey root*; *Comfrey root extract*)**Okay**

The roots and rhizomes of the comfrey plant are what is often used for extracts. Often used in eye makeup, lotions, cleansers, and facial products. Herbalists have recommended using comfrey externally for rapid healing of bruises, wounds and even bones, as well as for compresses, however, it can't repair hair and is now considered toxic to take internally, but should be fine topically [Winter (7th ed.) pg 169].

Source(s): Winter

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