



# Ingredients Starting With O

 Translate: Select a language
[Welcome](#)
[Tightly Curly Method](#)
[Book](#)
[Recommended Products](#)
[Teri's Hair](#)
[Photos](#)
[Blog](#)
[Ingredients Dictionary](#)
[Resources](#)
[Answer Bank](#)
[About Us](#)
[Media Page](#)
[What's New](#)

In the ingredient descriptions: **Good** means that I like to see this in a product's list of ingredients. **Okay** means this product appears safe for a curly person like me to use. **Caution** means that this ingredient may not be good in some hair care products, or for some people. **Avoid** means this ingredient may hurt your hair. If you see this ingredient in a hair product, it's best to put it down and walk away.

## Please select a letter to search for ingredients:

0 1 2 3 4 5 6 7 8 9 A B C D E F G H I J K L M N O P Q R S T U V W X Y Z

### Oak bark

**Caution**

May cause skin irritation and/or sun sensitivity. Best not to use on a baby's skin. Pg 94.

See also: Irritant

Source(s): Begoun

### Oat bran extract (aka Avena sativa; Oatmeal husk (extract))

**Okay**

Oat bran is made from the broken-up seed coat of the Avena sativa plant [Winter 7th ed., pg 379].

When oat is turned into flour, the husk is removed in this process. It's this husk that's then used to make Oat bran extract. The husk is a good source of a polysaccharide (pentosan), however, since it's being used in a rinse, it's usually rinsed out of the hair before it can do much [Hunting (Conditioning) pg 293].

See also: Oats Polysaccharide Starch

Source(s): Winter Hunting

### Oat flour (aka Avena sativa; Oatmeal)

**Okay**

Oat flour is made from the ground-up seeds of the Avena sativa (oat) plant. The flour is often light beige to slightly green, with a slight scent and starchy taste. Often used for its soothing properties [Winter 7th ed., pg 379].

Oat flour contains vitamin E, and more fat than other cereals. It may have some emollient properties [Hunting (Conditioning) pg 293].

See also: Starch Oats Vitamin E

Source(s): Winter Hunting

### Oat peptide (aka Avena sativa peptide)

**Okay**

Oat peptide is a string of amino acids made from the broken or ground up seeds of the Avena sativa (oat) plant. Though peptides serve an important function of communication in the body, there is nothing they can do for hair, since hair is dead.

See also: Oats Peptide

### Oats (aka Avena sativa; Oat bran; Oat flour; Oatmeal)

**Okay**

Oat bran, Oat flour, and Oatmeal are all made from the broken or ground up seeds of the Avena sativa plant. The flour is often light beige to slightly green, with a slight scent and starchy taste. Often used for its soothing properties [Winter 7th ed., pg 379].

Source(s): Winter

### Occlusive

**Okay**

When used to describe an ingredient, it means that it's moisturizing because it prevents water loss.

### Ocimum basilicum (aka asil extract; Basil leaf extract; Ocimum basilicum extract)

**Caution**

See Basil.

See also: Basil

### Octamethylcyclotetrasiloxane

**Okay**

See Octamethylcyclotetrasiloxane.

See also: Octamethylcyclotetrasiloxane

### Octamethylcyclotetrasiloxane (aka Octamethylcyclotetrasiloxane)

**Okay**

Colorless, odorless, non-oily feeling silicone. One of the most highly studied chemicals in products being sold. Safety assessments have shown it safe for regular product use. —I found this ingredient looking up the ingredients of a conditioner. I think they meant octamethylcyclotetrasiloxane, because "octamethylcyclotetrasiloxane" doesn't seem to exist except on their ingredients label. —T

See also: Silicone

Source(s): http://www.sehsc.com/d4.asp

### Octyl dimethyl PABA

**Okay**

Sunscreen that may cause scalp irritation. There is no way to know if sunscreens are in any way effective on hair, since there is no FDA regulation for sun protection in hair products. Pg 408.

Source(s): Begoun

### Octyliminodiopropionate

**Okay**

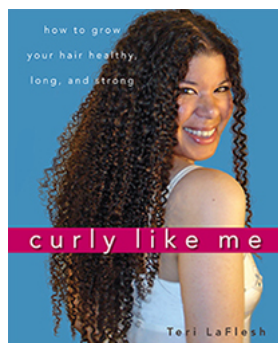
Gentle cleanser that may be too mild to wash away styling products.

See also: Amphoteric surfactant

Source(s): http://chemicaland21.com/specialtychem/perchem/LAURYL%20BETAINE.htm

## Available now!

Curly Like Me, the off-the-grid, do-it yourself owner's manual for tightly curly hair, is ready for ordering. Grab your copy today!



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

**Octyl palmitate**[Okay](#)

Used as an emollient, and to thicken products. Winter pg 373, Begoun pg 1313.

Source(s): Begoun Winter

**Octyl palmitrate**[Okay](#)*—I haven't been able to find out much information on this ingredient, and I wonder if this isn't a misspelling of octyl palmitate. I'm still looking for more information.—T***Oils**[Okay](#)

Such as Vaseline, mineral oil, plant oils, shea butter, lanolin, castor oil): These are emollient oils, and have great conditioning ability for hair, but use caution when putting them on your scalp. They can clog hair follicles, which can stunt the growth of healthy hair. Pg 163.

Source(s): Begoun

**Olea Europaea (Olive) Fruit Extract** (aka Olive Oil; Olive fruit oil; Olea Europaea Oil)[Good](#)

See Olive Oil.

See also: Olive Oi

**Olea europaea fruit oil** (aka Olive Oil; Olive fruit oil; Olea europaea (olive) fruit oil)[Good](#)

See Olive Oil

See also: Olive oil

Source(s): Hunting

**Olealkonium Chloride**[Okay](#)

This is a Quaternary Ammonium Compound that's used for hair conditioning, to reduce static electricity in the hair, and also for some disinfecting properties. It can be produced from animal, plant, or even from synthetic sources [Gottschalck 12th ed., pg 1704]

See also: Quaternium ammonium compound

Source(s): Gottschalck

**Oleamidopropyl betaine**[Okay](#)

Cleanser, used for detangling and conditioning

Source(s): <http://www.answers.google.com>**Olefin sulfonate**[Avoid](#)*—If this is another way of saying sodium c14-16 olefin sulfonate, then this should be avoided. I'm still looking into this one.—T*

See also: Sodium C14-16 olefin sulfonate

**Oleic acid**[Okay](#)

Better at moisturizing than vegetable oils. Made from the fats and oils of plants or animals. It starts off as colorless, but when it's exposed to air it turns yellow to brown and has a rancid smell. Considered safe for use in cosmetic products, and is found in soaps, face creams, hair pomades, liquid makeup, shampoos and liquid lip colors [Winter pg 375].

Source(s): Winter

**Oleth-5**[Okay](#)

Oily, pale yellow ingredient found in fish oils. Frequently used in cosmetics. Pg 376

Source(s): Winter

**Oleth-10**[Okay](#)

Oily, pale yellow ingredient found in fish oils. Frequently used in cosmetics. Winter pg 376

Source(s): Winter

**Oleth-20**[Okay](#)

An oily liquid used to keep the product from separation. Also used as a mild cleanser [Winter page 376].

Source(s): Winter

**Oleyl alcohol**[Okay](#)

Fatty alcohol from inedible beef fat. Also found in fish oil.

Source(s): <http://answers.yahoo.com>**Oleylamphopolycarboxyglycinate**[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>**Olive fruit oil** (aka Olea Europaea Fruit Oil; Olive oil)[Good](#)

See olive oil.

See also: Olive oil

**Olive Oil** (aka Olea Europaea)[Good](#)Excellent moisturizing plant oil. It can penetrate the hair's cortex, so it may make hair stronger. However, 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 *This is the oil I sometimes use to put on my ends if they are feeling a little dry. Oh, the Beauty Brains site quoted from an article from the Journal of Cosmetic Science 52, pgs 169-184, 2001 as their reference. However, when I checked out this article, it was about coconut oil instead, so I'm not sure what study they are quoting. However, I still love olive oil—T*

See also: Olive oil

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

#### Olive Oil Unsaponified

*Good*

This means that the olive oil has not been turned into soap (usually by adding something alkaline to it like lye) [Winter pg 384, 457].

See also: Olive Oil Saponification

Source(s): Winter

#### Omithine HCL

*Okay*

Used mainly for skin conditioning.

Source(s): [http://www.cosmeticsdatabase.com/ingredient.php?](http://www.cosmeticsdatabase.com/ingredient.php?ingred06=704353&refurl=%2Fproduct.php%3Fprod_id%3D170354%26)

[ingred06=704353&refurl=%2Fproduct.php%3Fprod\\_id%3D170354%26](http://www.cosmeticsdatabase.com/ingredient.php?ingred06=704353&refurl=%2Fproduct.php%3Fprod_id%3D170354%26)

#### Orange

*Caution*

Can be drying to the hair and irritating to the scalp. Pg 73.

See also: Irritant

Source(s): Begoun

#### Orange oil

*Caution*

May cause skin irritation and/or sun sensitivity. Best not to use on a baby's skin. Pg 94.

See also: Irritant

Source(s): Begoun

#### Orbignya Oleifera Oil (aka Babassu; Babassu Oil; Orbignya Oleifera Seed Oil)

*Okay*

See Babassu Oil.

See also: Babassu Oil

#### Oregano

*Caution*

Can be drying to the hair and irritating to the scalp. Pg 73.

See also: Irritant

Source(s): Begoun

#### Oryzanol (aka Orizanol)

*Caution*

Found in many plants that's used for flavoring and perfumes. It's also used for its antistatic properties as well as for conditioning. It's processed from rice bran oil using ferulic acid and terpene alcohol in a process that eliminates water (ester) [Winter (7th edition) page 387; Gottschalck page 1740]. *Though some scary sounding acid/alcohols are used to make this, it sounds like the resulting product is considered conditioning as the acid and alcohol are chemically changed in the reaction with each other. --T*

See also: Ester

Source(s): Gottschalck Winter

#### Oryza Sativa (aka Rice; Red Rice)

*Okay*

Oryza Sativa is rice. Often used as an emollient in soaps and makeup because it has fatty acids. Oils, fats, rice brans, rice germ oil, and even waxes can be made from it [Winter 7th ed., pg 387]. Considered to be an invasive plant in some states.

Source(s): Winter <http://plants.usda.gov/java/profile?symbol=ORSA>

#### Oryza Sativa oil

*Okay*

Rice oil.

#### Ozokerite

*Okay*

Wax used to thicken products.

Source(s): Begoun

#### References:

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

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

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

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

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

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

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

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

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

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

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

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

Quadflieg, Jutta Maria. *Fundamental properties of Afro-American hair as related to their straightening/relaxing behaviour*.  
Diss. U of Rheinisch-Westfälischen Technischen Hochschule Aachen, 2003.

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

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

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

Privacy Policy

Copyright © 2023 TightlyCurly.com. All Rights Reserved.