



Ingredients Starting With A

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[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

Acai (aka Euterpe oleracea; Acai pulp oil)

Okay

A berry from palms from Brazil that is considered by some to be the most nutritious food from the Amazon, containing proteins, amino acids, and anti-oxidants. It is also promoted as an anti-aging product, so it appears in many skin care and hair care products [Winter (7th ed.,) pg 42].

Source(s): Winter

Acetamide MEA (aka Ethanolamine)

Okay

Used to condition hair because it's a humectant, and increases sheen. Increases the ease of wet-combing, and reduces static charge. this is also shown to increase the diameter of the hair fiber [Hunting (Conditioning) pg 94].— *Hunting says it increases the diameter of the hair, and that makes me nervous. A high pH makes hair swell, but as long as the product that this ingredient is in has a more balanced pH for the hair, then that should be fine.*— *T* Increases foam, and used as a thickener. There is concern that this should not be combined with nitrates, because it could create potential carcinogens. The FDA and CIR have concluded this ingredient safe for cosmetic use [Winter, Pg 43].

See also: Nitrosamines

 Source(s): Winter Hunting <http://www.realself.com/ingredient/acetamide-mea>

Acetamidopropyl Trimonium Chloride

Okay

Anti-static ingredient.

 Source(s): <http://ec.europa.eu/enterprise/cosmetics/cosing/index.cfm?fuseaction=search.details&id=31568>

Acetone

Avoid

Can be very irritating to scalp and damaging to hair shaft. Found in hair sprays and nail polish removers.

Acetylated

Okay

This basically means an ingredient has been concentrated by removing water from it. The water is removed using either Acetic anhydride or Acetyl chloride. Acetic anhydride by itself is known to be highly irritating, but products acetylated by it seem to be safe, such as Acetylated lanolin [Winter pg 45].

See also: Acetylated

Source(s): Winter

Acetylated lanolin

Okay

This is basically concentrated lanolin (lanolin with water removed). Used as an emollient. Repels water better than regular lanolin, because its water has been removed, so it's more concentrated. This means that when it's put on hair or skin, it prevents water loss, keeping the surface more moist. It's known to give a velvety feel to the product it's used in [Winter pg 45-46]. If you are allergic to lanolin, you will most likely be allergic to this as well.

See also: Acetylated

Source(s): Winter

Acetyl Tyrosine

Okay

Tyrosine is a non-essential amino acid that's also one of the building blocks of protein. It's put in skin creams to help the product penetrate the skin. It's often sold as a dietary supplement. It's primarily used in suntan products [Winter pg 45]. Used primarily as a skin conditioner. May also be used for tanning [Cosmetics Database].

See also: Amino acids

 Source(s): Winter <http://www.cosmeticdatabase.com/ingredient.php?ingred06=700091>

Achillea millefolium extract (aka Yarrow extract)

Okay

Extract from the yarrow plant (often with feathery strongly scented leaves) that's often used in hair care products and cleansing lotions [Winter 7th edition pg 47].

Source(s): Winter

Acrylamide/Ammonium Acrylate Copolymer

Caution

Film-forming/ plasticizing polymer. This is best avoided in shampoo and conditioners because they can build up and get sticky.

 Source(s): <http://ec.europa.eu/enterprise/cosmetics/cosing/index.cfm?fuseaction=search.details&id=31568>

Acrylates

Avoid

Film-forming/ plasticizing polymer. These are often put in products to add body and hold hair in place/ give it control. This is best avoided in shampoo and conditioners because they can build up and not only get sticky but can make your hair brittle [Begoun (Hair) page 87 & 91 and personal experience].

Source(s): Begoun

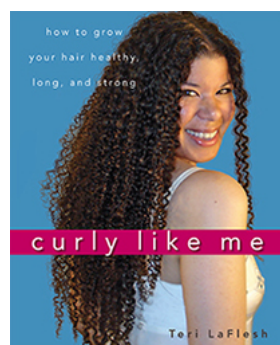
Acrylates/ Beheneth-25 methacrylate copolymer

Avoid

Used to increase the thickness of a product [Gottschalck page 45]. *I'm nervous (paranoid) about anything that*

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could build up or that sounds like it may be a fixative. The International Cosmetic Ingredients Dictionary and Handbook only says this is a thickener. But still, I don't trust anything that says acrylates. So I'm going to say to avoid it, but I wanted to let you know I'm being extra paranoid on this one, so you can make your own call. --T .
Source(s): Gottschalck

Acrylates/C10-30 Alkyl Acrylate Crosspolymer

Caution

Film-forming/ plasticizing polymer. This is best avoided in shampoo and conditioners because they can build up and get sticky.

Source(s): <http://ec.europa.eu/enterprise/cosmetics/cosing/index.cfm?fuseaction=search.details&id=31568>

Acrylates/Vinyl Isodecanoate Crosspolymer

Caution

Film-forming/ plasticizing polymer. This is best avoided in shampoo and conditioners because they can build up and get sticky.

See also: Ion Surfactant Anion Cation Non-ionic

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

Acrylates copolymer

Avoid

Film-forming and fixative (holds hair in place)/ plasticizing (chemical added to resins and rubber to make them more flexible) polymer (substance made from many small molecules making a substance made up of long chains that have strength, hardness, and elasticity). [Winter (7th edition) pages 51, 242, 421, . This is best avoided in shampoo and conditioners because they can build up and get sticky.

Source(s): Winter <http://ec.europa.eu/enterprise/cosmetics/cosing/index.cfm?fuseaction=search.details&id=31568>

Acrylic/Acrylate Copolymer

Caution

Film-forming/ plasticizing polymer. This is best avoided in shampoo and conditioners because they can build up and get sticky.

See also: Ion Surfactant Anion Cation Non-ionic

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

African wild honey (aka Honey)

Okay

The color and flavor of honey depends on what flowers it came from [Winter 7th edition page 282]. I'm assuming African honey comes from flowers growing in Africa, but when used in a hair care product, it functions as a humectant. However, it is not considered more effective than any other conditioning ingredient. It just has more marketing appeal [Hunting (Conditioning) page 231].

See also: Honey Humectant

Source(s): Winter Hunting

Agar

Okay

Seaweed extract used as a thickener and emulsifier.

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

Alanine

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.

Alcohol

Caution

This group of ingredients has a dual personality. One form of alcohol is emollient, moisturizing, and thickening; Cetyl alcohol and Stearyl alcohol are examples of these. The other half are very drying for skin and hair. SD alcohol, Ethanol, Ethyl alcohol, Methanol, Benzyl alcohol, Isopropyl alcohol, or Denatured alcohol are examples of the very drying "grain" type alcohols that should be avoided if possible. It's not as bad if it appears near the bottom of the ingredient list, because there is very little of it in the product to cause problems, but avoid if near the top of the list. Also, they aren't as bad if you have them in a product you will rinse out quickly.

See also: Cetyl alcohol Stearyl alcohol

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

Aleurites moluccana (aka Kukui)

Good

See Kukui nut oil.

See also: Kukui nut oil

Alfalfa extract (aka Alfalfa powder, Alfalfa leaf powder)

Okay

Extract of the plant *Medicago sativa*. This can be used as a flavoring ingredient in beverages that gives a maple-like flavor. Alfalfa is often grown as feed for livestock, as well as being a source of chlorophyll. Used in cosmetics for vitamins and protein [Winter pg 56]. May be a source of antioxidants in skin care products (but this can't help hair because hair isn't alive) [Begoun (Cosmetics) pg 1244].

See also: Extracts

Source(s): Winter Begoun

Alkyl Benzene Sulfonate (aka Dodecylbenzene Sulfonates, Alkylbenzene Sulfonates, LAS)

Avoid

"Can strip hair color. Strong, irritating, drying cleanser" [Begoun]. Though they are great at cleansing, they are irritating, and defatting. May also leave the skin feeling sticky, and perform poorly in hard water [Hunting (Shampoo) pg 133-134].

Source(s): Begoun Hunting

Alkyl Betaine

Okay

Mild cleanser.

See also: Amphoteric surfactant

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

Alkyldimethyl Amine Oxide

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>

Alkyl Sodium Sulfate

Avoid

Drying cleanser.

Source(s): Begoun

Allantoin

Okay

Made from urea. Soothing, and can reduce inflammation on the skin. It can't do anything for the hair, though. Can soothe the skin—but rinsed away when it's in shampoo before it can do anything for it. Pg 202

See also: Urea

Source(s): Begoun

Allspice

Caution

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

Source(s): Begoun

Almond extract

Caution

May cause skin irritation and/or sun sensitivity. Best not to use on a baby's skin. Pg 92

Source(s): Begoun

Aloe (aka Aloe Barbadensis/ Aloe Barbadensis leaf juice)

Okay

Soothing, and can reduce inflammation on the skin. It can't do anything for the hair, though [Begoun Pg 202 }

This is in one of my favorite, go to conditioners that I've been using for well over ten years (even though I'm sure it's in there in a very teeny amount). 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: Waxes

Source(s): Begoun

Aloe barbadensis (aka Aloe barbadensis leaf extract ; Aloe barbadensis leaf juice; Aloe vera)

Okay

Succulent plant known as the first-aid plant. Also used because it's believed to have softening benefits for skin. The clear jelly-like liquid from the leaves is often used for the treatment of burns and injuries. Per Winter [(7th edition) pages 58-59] "There is no scientific evidence that aloe vera has any benefits in cosmetics according to the American Medical Association." Begoun ([Cosmetics) page 1246] agrees that "there is no real evidence that aloe vera (Aloe barbadensis) helps the skin in any significant way.". Remember, since hair is dead, it can't be repaired. Source(s): Winter Begoun

Aloe vera (aka Aloe barbadensis; Aloe barbadensis leaf extract)

Okay

Succulent plant known as the first-aid plant. Also used because it's believed to have softening benefits for skin. The clear jelly-like liquid from the leaves is often used for the treatment of burns and injuries. Per Winter [(7th edition) pages 58-59] "There is no scientific evidence that aloe vera has any benefits in cosmetics according to the American Medical Association." Begoun ([Cosmetics) page 1246] agrees that "there is no real evidence that aloe vera (Aloe barbadensis) helps the skin in any significant way.". Remember, since hair is dead, it can't be repaired. Source(s): Winter Begoun

Alpha-amyl cinnamic aldehyde (aka Amyl cinnamal)

Caution

Fragrance. Pale yellow liquid with a floral/ jasmine scent. Fragrances may cause irritation. It's best not to use them on a baby's skin.

See also: Irritant

Alpha amyl innamic aldehyde

Caution

Synthetic essential oil, greenish to yellowish in color. Strong jasmine scent. Fragrances may cause irritation. It's best not to use them on a baby's skin.

See also: Irritant

Source(s): <http://www.dermatology.org.uk/portal/downloads/Fragrance.doc>

Alpha hydroxy acids (aka AHA)

Caution

Exfoliators. Great on skin, but since hair is dead, could potentially eat away the hair.

Source(s): Begoun

Alpha-Isomethyl Ionone (aka Cetone)

Caution

Fragrance ingredient [Gottschalck page 1314]. This is a synthetic version of the fragrance and flavoring ingredient Ionone. It's a very pale yellow to colorless liquid with a woody, or floral scent. Alpha-Isomethyl Ionone is used in many products such as bubble baths, hair products, aftershave, moisturizers and perfumes. The amount of it that can be put in a skin-care product is limited because it can cause irritation.

See also: Ionone

Source(s): Gottschalck http://www.cosmeticsinfo.org/ingredient_more_details.php?ingredient_id=1788

http://www.cosmeticsinfo.org/ingredient_details.php?ingredient_id=1788

Alpha lipoic acid

Okay

Has no effect on hair.

Source(s): Begoun

Alpha-tocopherol (aka Vitamin E)

Okay

Emollient oil.

See also: Vitamin E

Aluminum stearate

Okay

Used for lubrication, emulsifying, and thickening the oil portion of the product. It can also be used as an opacifier.

Source(s): <http://www.CosmeticsInfo.org>

Amia seed oil (aka *Amlaica embilicus seed oi, Indian gooseberry oil*)

Okay

Oil made from the seeds and pulp of the fruit of a small leafy tree that grows in India. Rich in vitamin C. Known as the world's oldest hair conditioning oils.

Source(s): http://www.vaipani.com/herb_info.htm

Amine functional siloxane

Caution

This is a group of modified Silicones (this means that other molecules have been added to the silicones that change its function or characteristics) that are known to have excellent hair and skin conditioning abilities, but can cause skin irritation. Some of the silicones in this group are Amodimethicone, Amodimethiconol, and Trimethylsilylamodimethicone [Schueller pgs 179-180].

See also: Amodimethicone Amodimethiconol Trimethylsilylamodimethicone Silicone

Source(s): Schueller

Amines

Caution

Ingredients made from ammonia. Winter Pg 68, Begoun pg 1282.

See also: Formaldehyde-releasing preservative Nitrosamines Preservatives.

Source(s): Winter Begoun

Amino acids

Okay

Amino acids are the building blocks that proteins are made from. There are many different types of amino acids, and each one functions slightly differently, though they all work on hair in basically the same way. Amino acids actually function in hair products as humectants more than anything else. (*— However, hair is dead, so these can't repair it any more than dumping bricks on a broken wall will fix the wall or pouring yarn on a sweater will fix your sweater.—*)

Amino acids are prepared by breaking down a protein (through hydrolysis) that's taken from a natural source (such as silk protein, collagen, or keratin), or the protein is made synthetically.

Amino acids are either mixtures of several different aminos, or they are a single amino acid (such as Cysteine or Proline). They are extremely water soluble. Amino acids are small enough to penetrate the hair shaft—and though they can't repair hair—they do help moisturize it.

Amino acids are usually added to products in such tiny amounts that there isn't enough of them present to do much for the hair. Often they are included for their marketing appeal more than for anything else [Hunting (Conditioning) pg 109].

See also: Protein

Source(s): Hunting

Aminomethyl propanediol

Okay

Used to adjust pH.

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

Aminomethyl propanol (aka AMP)

Okay

Used as an emulsifier. Winter pg 70.

Source(s): Winter

Amlica embilicus seed oil (aka *Amla seed oil, Indian gooseberry oil*)

Okay

Oil made from the seeds and pulp of the fruit of a small leafy tree that grows in India. Rich in vitamin C. Known as the world's oldest hair conditioning oils.

Source(s): http://www.vaipani.com/herb_info.htm

Ammonium chloride

Avoid

A salt used as an acidifier in various products such as permanent wave solutions, eye lotions, bubble baths and shampoos. Also used to keep snow from melting on ski slopes. [Winter (7th edition) page 70]. Per Gottschalck [page 152], this is also used as a fragrance ingredient and to increase the thickness of a product. *As this is a salt, it's drying and can even be corrosive. Avoid in any product you'll leave in your hair. --T*

Source(s): Winter Gottschalck

Ammonium laureth sulfate (aka *Ammonium lauryl Ether sulfate, ALES*)

Okay

Gentle cleanser.

Source(s): <http://www.cosmeticscop.com/> <http://thebeautybrains.com/2006/07/09/beauty-q-a-does-sls-dry-your-hair/>

Ammonium lauryl sulfate (aka ALS)

Caution

Okay cleanser, but borderline. Not super gentle, but not as harsh as sodium lauryl sulfate.

See also: Sodium lauryl sulfate

Source(s): Begoun <http://thebeautybrains.com/2006/07/09/beauty-q-a-does-sls-dry-your-hair/>

Ammonium salt

Avoid

Ammonium salt is actually an umbrella term for any salt made with ammonia and some other ingredient. There isn't actually a specific "ammonium salt", but there are many different ammonium salts made from the reaction of ammonia with an acid, such as ammonium chloride (see link below), ammonium nitrate, or ammonium sulfide [Winter (7th edition) pages 71-73; Gottschalck pages 151-163]. *This salt must absolutely be avoided, especially in products that will not be rinsed off. --T*

See also: Ammonium chloride

Source(s): Winter Gottschalck <https://www.accessscience.com/content/ammonium-salt/028800>

Ammonium thioglycolate

Avoid

This is the more "gentle" 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

Ammonium xylesulfonate

Avoid

Laquer solvent. Will strip color from hair and may swell the hair shaft. Causes dryness.
Source(s): Winter

Amodimethicone (aka Amine functional siloxane)

Caution

Used for conditioning, and makes it easier for a comb to glide through the hair. A type of silicone [Begoun (Cosmetics) pg 1247]. Amodimethicone is only used as a mixture with Tallowtrimonium chloride and Nonoxynol-10. This makes it an emulsion, so it can be used in a water-based products (Amodimethicone by itself is not water soluble). This is one of the lighter silicones because it's a mixture, and studies have found that it tends not to build up in the hair with repeated use [Hunting (Conditioning) pg 110]. This belongs to the Amine functional group of siloxanes. Though considered excellent hair conditioners, they are known to be irritating to the skin [Schueller pgs 179-180].—*I'm putting this as a caution because one of the ingredients in this mixture, Tallowtrimonium chloride, has Isopropanol in it, which can be drying, and it's also very irritating to eyes and skin. This would be fine in something you would rinse out, or if it's pretty far down on the ingredient list. But I'd be really cautious about using this if it's near the top of the ingredients list on a child, or if you have very sensitive skin.*—*T*
See also: Silicone Tallowtrimonium chloride Emulsion Nonoxynol-10 Amine functional siloxane
Source(s): Begoun Hunting Schueller http://asksilicone.com/pdfs/Amino_Silicones.pdf.
<http://www.naturallycurly.com/curlreading/curl-q-a/curlchemist-amodimethicone-and-other-amine-functionalized-silicones>

Amodimethiconol (aka Amine functional siloxane)

Caution

This belongs to a group of silicones that are known to have excellent hair and skin conditioning abilities, but can cause skin irritation [Schueller pgs 179-180].
See also: Silicone Amine functional siloxane
Source(s): Schueller

Amphoteric

Okay

Having characteristics of both an acid and a base. Can react with either acids or bases, or can act like either one (meaning it can donate or accept ions).
See also: Ion
Source(s): <http://www.answers.com/topic/amphoteric> <http://www.everythingbio.com/glos/definition.php?word=amphoteric>

Amphoteric Surfactant

Good

These are very mild cleansers. Every molecule of an Amphoteric Surfactant has components on it that allow it to have different charges (positive, negative, or neutral), depending on the pH of the medium they are in. Since these are so mild, they may not be able to totally clean the hair [Begoun (Hair) pgs 72-75, 80].
See also: Ion Surfactant Anion Cation Non-ionic
Source(s): Begoun http://www.scienceinthebox.com/en_UK/glossary/surfactants_en.html

Amlyl cinnamal (aka Alpha-amyl cinnamic aldehyde)

Caution

Fragrance. Pale yellow liquid with a floral/ jasmine scent. Fragrances may cause irritation. It's best not to use them on a baby's skin.
See also: Irritant
Source(s): www.cosmeticsinfo.org

Amlyl cinnamate

Caution

Fragrance. Amber/ balsam/cocoa bean/ orchid scent. Fragrances may cause irritation. It's best not to use them on a baby's skin.
See also: Irritant
Source(s): <http://www.theGoodScentsCompany.com>

Angelica

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

Anion

Okay

A negatively charged ion (an atom or group of atoms with a charge).
See also: Ion Surfactant Anionic surfactant
Source(s): http://www.scienceinthebox.com/en_UK/glossary/surfactants_en.html

Anionic surfactants

Okay

Cleansers with a negative charge. These are the most common type of cleanser used. Shampoos are often made from anionic surfactants.
See also: Ion Hard water
Source(s): http://www.scienceinthebox.com/en_UK/glossary/surfactants_en.html

Anisaldehyde

Caution

Synthetic fragrance that smells like licorice. Fragrances may cause irritation. It's best not to use them on a baby's skin.
See also: Irritant

Anise (aka Aniseed)

Caution

Herb with edible leaves, seeds and flowers that taste a little like licorice. Related to fennel. May have strong antioxidant and antibacterial properties, but may be a skin irritant and cause photosensitivity.
See also: Irritant
Source(s): <http://www.cosmeticscop.com/> <http://www.wisegEEK.com/what-is-anise.htm>

Anthem. nobilis (aka Chamomile flower extract; Chamomile extract)

Caution

Perennial herb in the aster family with an apple-like aroma. Chamomile tea is made from the flowers. It has some antioxidant, anti-inflammatory, and antimicrobial properties. Unfortunately, it may cause skin irritation and/or sun sensitivity, especially for those who are allergic to plants in the daisy family. Best not to use on a baby's skin. [Begoun (Cosmetics 7th ed..), pg 1085].

Small daisy-like flowers with white petals and yellow centers actually make an essential oil that's pale blue. Is often put in hair rinses to highlight yellows in blond hair, or as a skin freshener, and even used as flavorings. However, it may cause contact dermatitis, and even an upset stomach if ingested [Winter 7th ed., pg 144].

Source(s): Winter

Anticaking agent

Okay

Ingredients that keep powders or grainy substances from clumping in a product.

Source(s): <http://www.cosmeticsinfo.org/glossary.php?glossary=A#anticaking-agent>

Antistatic

Okay

Used to control fly-away hairs.

Apricot kernel oil (aka Apricot oil; *Prunus armeniaca*)

Good

Oil made from the orange-colored fruit of the *Prunus armeniaca* tree [Winter 7th ed., pg 83]. A non-fragrant emollient oil made from the pressed pits of the apricot fruit [Begoun (Cosmetics) 7th ed., pg 1071].

Source(s): Winter Begoun

Apricot oil (aka Apricot kernel oil; *Prunus armeniaca*)

Good

Please see Apricot kernel oil.

See also: Apricot kernel oil

Aqua (aka Water)

Okay

See Water.

See also: Water

Aqueous extracts (aka Extracts)

Caution

This term is often used to mean solutions made from plants that have been processed so it's easy to use in personal care products. Since many plants aren't soluble in water, they must be processed with solvents. The solvents may be water, alcohols (like denatured ethanol or isopropanol), glycols, oils, or mineral oils. These are not generally listed with the extract on the product label, which is of concern to the FDA. Often, when many plant extracts are put into a product, they are joined by "and" as they are listed on a product label, instead of each one being listed separately (though this is not approved of by the CTFA). This is done to make the extracts seem like one ingredient, and is therefore put higher up in a product's ingredient list than if it had been listed on its own (implying there is more extract in the product).

After the plants or plant parts are collected, they are often air-dried, ground up, and extracted with a solvent. The extract is filtered, concentrated, and sometimes more solvent is added. Afterward, a preservative is added, often it's a paraben.

Natural extracts in personal products are usually there for marketing appeal. There is little chance they can actually do anything in the product, because they are so diluted by the time they are in the product. If any of the extracts actually *were* active in the product, the product would then have to be classified as a drug.

Often extracts are put in the product for "conditioning", or another vague cosmetic claim. Then it is up to the person using (or purchasing) this product to interpret what that claim means to them [Hunting (Conditioning) pgs 200-202].

Source(s): Hunting

Arachidic acid

Okay

From peanut oil. Used as an emollient and thickener.

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

Arachidyl alcohol

Okay

"Waxy substance used as a thickening agent and emollient in cosmetics"

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

Arachidyl propionate

Okay

"Waxy substance used as a thickening agent and emollient in cosmetics."

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

Arachis hypogaea extract

Okay

Extract from the peanut plant. It can be emollient and anti-inflammatory for skin.

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

Argania spinosa oil (aka Argan oil; *Argania spinosa*; Argan nut oil; *Argania spinosa* kernel oil)

Good

Argan oil is an emollient oil (similar to peanut oil) made from the pressed fruits (nuts) of the argan tree, which is native to Morocco and per Winter [(7th edition) page 85; Begoun (Cosmetics) page 1250] the tree can live up to two hundred years. For centuries Moroccans have used the oil in their diet and for skin care. Winter says it's one of the rarest oils in the world, and it's harvested by a very labor-intensive process. It's mostly Moroccan women who harvest the fruits, and then shell and crush the fruits before they are pressed. Apparently it's known to be really good for the skin, with a high antioxidant content as well as lipids. However, know that nothing can repair hair once it's damaged. Not even argan oil, even though it sounds like it will do a great job at moisturizing it.

Source(s): Begoun Winter

Argan oil (aka *Argania spinosa* oil; Argan nut oil; *Argania spinosa* kernel oil)

Good

Argan oil is an emollient oil (similar to peanut oil) made from the pressed fruits (nuts) of the argan tree, which is native to Morocco and per Winter [(7th edition) page 85; Begoun (Cosmetics) page 1250] the tree can live up to two hundred years. For centuries Moroccans have used the oil in their diet and for skin care. Winter says it's one of the rarest oils in the world, and it's harvested by a very labor-intensive process. It's mostly Moroccan women who harvest the fruits, and then shell and crush the fruits before they are pressed. Apparently it's known to be really

good for the skin, with a high antioxidant content as well as lipids. However, know that nothing can repair hair once it's damaged. Not even argan oil, even though it sounds like it will do a great job at moisturizing it.

Source(s): Winter Begoun

Arginine

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

Arginine HCL (aka Arginine hydrochloride)

Okay

Used for skin and hair conditioning that can come from either animal or synthetic sources [Gottschalk (12th ed.) pg 200].

To get more technical, this is an amino acid salt, which means it is made from an amino acid, and the amino acid is the part with a positive charge and HCL is the part with a negative charge to make the entire molecule neutral.

See also: Amino acids Salts

Source(s): Gottschalk

Arnica Extract (aka Arnica cordifolia; Wolfsbane; Arnica Montana; Arnica Montana Flower Extract)

Caution

The dried heads of a daisy-like flower are what is usually used in cosmetics. May cause skin irritation and/or sun sensitivity. Best not to use on a baby's skin. [Begoun (Hair) Pg 94].

According to Winter [7th ed., pg 86], the flower heads have long been used as a skin astringent, however, it is known as an active irritant, and should never be used on broken skin.

See also: Irritant

Source(s): Begoun Winter

Ascophyllum nodosum extract (aka Algae extract, Brown algae extract, Algues Brunes extract, Algin extract)

Okay

A form of seaweed. There are over 20,000 different species of seaweed that we know of. Many of them have medicinal purposes and may contain proteins, vitamins, as well as function as emollients or antioxidants in hair and skin-care products [Begoun (Cosmetics) pgs 1244-1245, 1250].

See also: Extracts

Source(s): Begoun

Ascorbic acid (aka Vitamin C)

Caution

This is used as a preservative and antioxidant often found in cosmetic products. The white to yellowish powder will get darker when its exposed to air. According to Winter [7th edition page 88] "Reasonably stable when it remains dry in air, but deteriorates rapidly when exposed to air while in solution." According to Gottschalk, page 210, it functions not only as an antioxidant but as a pH adjuster (makes product slightly acidic), a fragrance ingredient, and as a skin-conditioner.

Source(s): Winter Gottschalk <http://www.everything2.com/>

Ascorbyl glucoside

Okay

A form of vitamin C mixed with glucose.

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

Ascorbyl palmitate

Okay

A form of vitamin C.

See also: Vitamin C

Aspalathus lineris (aka Rooibos)

Okay

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

Source(s): Winter

Aspartic acid

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

Astrocaryum murumuru seed butter (aka Palm oil; Elaeis melanococca oil;)

Good

Please see Palm oil.

See also: Palm oil

Avena sativa (aka Avena sativa kernel extract; Oat bran; Oat flour; Oatmeal)

Okay

Please see Oats.

See also: Oats

Source(s): Gottschalk http://www.ewg.org/skindeep/ingredient/701947/DICAPRYLYL_MALEATE/

Avena sativa peptide

Okay

Please see Oat peptide.

See also: Oat peptide

Avobenzene (aka Butyl methoxydibenzoyl methane)

Okay

Sunscreen.

Avocado (aka Persea gratissima)

Caution

Though believed to be moisturizing, it can be drying to the hair and irritating to the scalp. Pg 73.

Source(s): Begoun

Avocado oil (aka Persea gratissima)

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 (quoting from an article from the Journal of Cosmetic Science 52, pgs 169-184), 2001] ; Winter (7th edition) page 92].

Source(s): Beauty Brains Winter <http://www.theBeautyBrains.com> <https://www.cosmeticscop.com/cosmetic-ingredient-dictionary.aspx>

Awapuhi extract (aka Wild ginger; Zingiber)

Caution

Hawaiians used the rhizomes of the wild ginger to their scent native cloth, tapa, as well as medicinally for cuts and bruises, and other skin diseases [Winter pg 91]. A plant in the Zingiber family used mainly for its rhizomes (thick bulb-like roots). Research has shown that when taken orally, ginger may have some anti-carcinogenic and anti-inflammatory properties. However, when used on the skin, it can be irritating. Though it seems to have some medicinal properties, it can do nothing for hair [Begoun (Hair) pg 97 & (Cosmetics) pgs 1252,1285].

Source(s): Begoun Winter

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