



Ingredients Starting With C

 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](#)

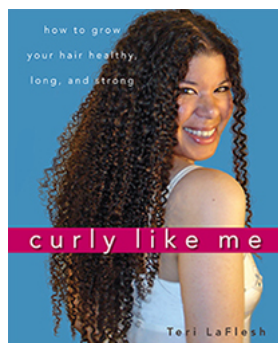
In the ingredient descriptions: **Good** means that I like to see this in a product's list of ingredients. **Okay** means this product appears safe for a curly person like me to use. **Caution** means that this ingredient may not be good in some hair care products, or for some people. **Avoid** means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

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.

C11-15 Pareth-3

[Okay](#)

Made from a mixture of Polyethylene glycol and Fatty alcohols. The higher the number, the thicker it is. Used to keep product from separating into its oil and water components [Winter 7th ed., pg 125; Gottschalck 12th ed., pg 677].

See also: Polyethylene glycol Fatty alcohol

Source(s): Winter Gottschalck

C11-15 Pareth-5

[Okay](#)

Made from a synthetic mixture of Polyethylene glycol and Fatty alcohols. The higher the number, the thicker it is. Used to keep product from separating into its oil and water components. Often found in skin care products [Winter 7th ed., pg 125; Gottschalck 12th ed., pg 677].

See also: Fatty alcohol Polyethylene glycol

Source(s): Gottschalck Winter

C11-15 Pareth-7

[Okay](#)

Made from a synthetic mixture of Polyethylene glycol and Fatty alcohols. The higher the number, the thicker it is. Used to keep product from separating into its oil and water components. Often found in hair care products [Winter 7th ed., pg 125; Gottschalck 12th ed., pg 677].

See also: Fatty alcohol Polyethylene glycol

Source(s): Gottschalck Winter

C11-15 Pareth-9

[Okay](#)

Made from a synthetic mixture of Polyethylene glycol and Fatty alcohols. The higher the number, the thicker it is. Used to keep product from separating into its oil and water components. Found in hair conditioner, shampoos, hair grooming aids, hair dyes, permanents, and hair lighteners [Winter 7th ed., pg 125; Gottschalck 12th ed., pgs 677-678].

See also: Fatty alcohol Polyethylene glycol

Source(s): Gottschalck Winter

C11-15 Pareth-12

[Okay](#)

Made from a synthetic mixture of Polyethylene glycol and Fatty alcohols. The higher the number, the thicker it is. Used to keep product from separating into its oil and water components [Winter 7th ed., pg 125; Gottschalck 12th ed., pg 677].

See also: Fatty alcohol Polyethylene glycol

Source(s): Gottschalck Winter

C11-15 Pareth-15

[Okay](#)

Made from a synthetic mixture of Polyethylene glycol and Fatty alcohols. The higher the number, the thicker it is. Used to keep product from separating into its oil and water components [Winter 7th ed., pg 125; Gottschalck 12th ed., pg 678].

See also: Fatty alcohol Polyethylene glycol

Source(s): Gottschalck Winter

C11-15 Pareth-20

[Okay](#)

Made from a synthetic mixture of Polyethylene glycol and Fatty alcohols. The higher the number, the thicker it is. Used to keep product from separating into its oil and water components, and to help ingredients dissolve easier into water [Winter 7th ed., pg 125; Gottschalck 12th ed., pg 678].

See also: Fatty alcohol Polyethylene glycol

Source(s): Gottschalck Winter

C11-15 Pareth-30

[Okay](#)

Made from a synthetic mixture of Polyethylene glycol and Fatty alcohols. The higher the number, the thicker it is. Used to keep product from separating into its oil and water components, and helps ingredients dissolve more easily in water [Winter 7th ed., pg 125; Gottschalck 12th ed., pg 678].

See also: Fatty alcohol Polyethylene glycol

Source(s): Gottschalck Winter

C11-15 Pareth-40

[Okay](#)

Made from a synthetic mixture of Polyethylene glycol and Fatty alcohols. The higher the number, the thicker it is. Used as a cleanser and to help ingredients dissolve more easily in water [Winter 7th ed., pg 125; Gottschalck 12th ed., pg 678].

See also: Fatty alcohol Polyethylene glycol

Source(s): Gottschalck Winter

C12-13 Pareth-3

[Caution](#)

C12-13 Pareth-3 is an ether (an ether is made from alcohol and sulfuric acid and is used mainly as a solvent) of polyethylene glycol made from a mixture of synthetic fatty alcohols and ethylene glycol. [Winter (7th edition) page 125 & 223 and Gottschalck page 679]. Per Gottschalck it's used to keep a product from separating.

See also: Polyethylene glycol Ethylene glycol Fatty alcohol Ether

Source(s): Winter Gottschalck

C12-13 Pareth-23

Caution

C12-13 Pareth-23 is a polyethylene glycol ether (ether is made from alcohol and sulfuric acid and can act as a solvent) used as a cleanser and to help dissolve in water substances which normally don't dissolve in water [Gottschalck page 680; Winter (7th edition) pages 223 & 486].

Source(s): Gottschalck Winter

C12-15 alkyl benzoate

Okay

Used as an emollient, lubricant, humectant and thickener.

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

C12-15 alkylsulfate

Avoid

Cleanser that can be drying and could strip hair of color. Pg 313.

Source(s): Begoun

C12-16 Pareth-9

Okay

A type of Polyethylene glycol made from a mixture of fatty alcohols and ethylene oxide. Used to keep the oil and water components of a product from separating [Gottschalk (12th ed) pg 682].

See also: Polyethylene glycol Ethylene oxide Fatty alcohol

Source(s): Gottschalk

C12-18 acid triglyceride

Okay

Used as an emollient, lubricant, humectant and thickener.

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

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

Avoid

In my research, this looks like the same thing as Sodium C14-16 olefin sulfonate. If so, this is a drying cleanser—T

See also: Sodium C14-16 olefin sulfonate

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

C16-15 Pareth-9

Okay

Made from a synthetic mixture of Polyethylene glycol and Fatty alcohols. Used to keep product from separating into its oil and water components [Gottschalk 12th ed., pg 682].

See also: Fatty alcohol Polyethylene glycol

Source(s): Gottschalk

C18-36 acid glycol ester

Okay

This is a Fatty acid [Winter 7th ed, pg 124].

See also: Fatty acid

Source(s): Winter

C18-36 acid triglyceride

Okay

Used as an emollient, lubricant, humectant and thickener.

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

Calcium behenate

Okay

Made from behenic acid and used as a wax [Winter 7th ed., pg 126]. This is classified as a soap, and it's used to thicken and keep products from clumping together [Gottschalk 12th ed, pg 374].

See also: Behenic acid Waxes

Source(s): Winter Gottschalk

Calcium gluconate

Okay

Calcium gluconate comes in the form of odorless white crystals, used as a buffer and firming ingredient, as well as to protect the appearance of a product [Winter (7th ed) pg 127].

Source(s): Winter

Calcium hydroxide

Avoid

Often found in "no-lye" relaxers and texturizers. It is still as harshly alkaline as lye. Highly caustic. Denatures hair and can dissolve it. Can cause severe burns on skin. Of the same pH found in oven cleaners, drain cleaners and hair removers. Pg 155.

See also: Lye pH

Source(s): Begoun

Calendula officinalis extract (aka Calendula extract; Marigold extract; Marigold oil)

Caution

Calendula is the extract that comes from marigolds, the same reddish-orange flowers often found in gardens and yards. There is little research to show it does anything for the skin (and since hair is dead, it can do nothing for it), but there is a bit that shows it may have some anti-inflammatory and antioxidant abilities. However, if you have ragweed allergies, putting this on your skin may cause a skin reaction [Begoun (Cosmetics 7th ed.) pg 1081].

Frequently used in "natural" creams, oils, lotions, powders, shampoos, suntan gels, soaps, and baby products, though using it for coloring is prohibited in the US [Winter 7th ed., pg 129].

Source(s): Begoun Winter http://www.cosmeticsdatabase.com/ingredient/725681/MARIGOLD_OIL/

Calphostin-C

Avoid

May increase growth phase of hair follicle, but it's considered toxic to healthy cells. Pg 234.

Source(s): Begoun

Camellia japonica (aka Green Tea; Camellia oleifera; Camellia sinensis)**Good**

Green tea comes from the leaves of an evergreen bush or small tree from Asia. In addition to the beverage, green tea is used as a scent in perfumes. As a beverage, it has been found to have anti-oxidant properties [Winter 7th ed., pg 130]. Soothing, and can reduce inflammation on the skin. It can't do anything for the hair, though [Begoun pg 202].

Source(s): Winter Begoun

Camellia oleifera (aka Green Tea; Camellia sinensis; Camellia japonica)**Good**

Green tea comes from the leaves of an evergreen bush or small tree from Asia. In addition to the beverage, green tea is used as a scent in perfumes. As a beverage, it has been found to have anti-oxidant properties [Winter 7th ed., pg 130]. Soothing, and can reduce inflammation on the skin. It can't do anything for the hair, though [Begoun pg 202].

Source(s): Winter Begoun

Camellia sinensis (aka Green Tea; Camellia sinensis leaf extract; Camellia oleifera; Camellia japonica)**Good**

Green tea comes from the leaves of an evergreen bush or small tree from Asia. In addition to the beverage, green tea is used as a scent in perfumes. As a beverage, it has been found to have anti-oxidant properties [Winter 7th ed., pg 130]. Soothing, and can reduce inflammation on the skin. It can't do anything for the hair, though [Begoun pg 202].

Source(s): Winter Begoun

Camphor**Caution**

May cause scalp irritation.

Source(s): Begoun

Cananga odorata (aka Ylang ylang)**Caution**

See Ylang ylang.

See also: Ylang ylang

Capric acid**Okay**

This is often made from plants, and is sold as a solid, stinky, crystalline mass that's used to make artificial fruit flavors in lipsticks, and perfumes [Winter pg 132].

Source(s): Winter

Capric triglyceride**Okay**

Used as a thickener and emollient. Derived from coconut. Pg 1261.

Source(s): Begoun

Caprylic/ Capric triglyceride**Good**

This is made from a mixture of Caprylic and Capric acids. Used for heavy conditioning, and as an emollient. Considered nontoxic and nonirritating. This is a colorless to pale yellow, oily liquid that isn't very soluble in water. It's usually sold as a synthetic oil, though it does occur naturally in coconut oil and other similar oils [Hunting (Shampoo) pg 169].

See also: Capric acid Caprylic acid

Source(s): Hunting

Caprylic acid**Okay**

"Lubricant and emollient, often less oily or greasy than plant or mineral oils and, therefore, give the hair a soft, velvety feel without making it feel heavy or thick" [Begoun (Hair)]. A liquid oil that occurs naturally in sweat, milk, and in palm and coconut oil, though it's often made synthetically. Often used in perfumes [Winter pg 132].

Source(s): Begoun Winter

Capryl isostearate**Okay**

Light emollient with little oiliness. Often used as a substitute for cyclomethicones (silicones that give a slippery feel when wet, then evaporate).

See also: Ester

Source(s): <http://www.patentstorm.us/patents/6126951/fulltext.html>**Caprylyl glycol** (aka Capryl glycol)**Okay**

Used for conditioning and as an emollient that's made from both plant and synthetic sources [Gottschalck pg 423]. Made from capric acid and glycol [Winter 7th ed, pg 133].

See also: Glycol Capric acid

Source(s): Winter Gottschalck

Carbomer**Caution**

Gel-like thickeners that tend to flake in high concentrations [Begoun (Hair) Pg 575]. It can also be used to keep un-mixable ingredients (like oil and water) mixed together as well as helping increase the thickness of a product [Gottschalck pg 429].

Source(s): Begoun Gottschalck

Carrier ingredient (aka Backbone ingredient)**Okay**

These are ingredients that are carriers for the other ingredients. This means the bulk of the product will be made up of these "backbone" ingredients, and then the rest of the ingredients are added to it in much smaller amounts, like "flavoring", sort of like water is the carrier ingredient for the lemon juice and sugar that make lemonade.

Source(s): <http://thebeautybrains.com/2015/10/how-do-you-moisturize-curly-hair-episode-104/>**Carthamus tinctorius oil** (aka Safflower oil; Carthamus tinctorius seed oil)**Okay**

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].

Source(s): Winter

Casein (aka Milk protein; Milk conditioner)**Okay**

Casein is the protein that's found in milk. Actually, cow's milk only has about 3% casein in it, which is extracted by acidifying cow's milk. Often the casein is sold as a white powder or grainy solid that's really difficult to dissolve in water.

Since casein doesn't dissolve easily in water, it isn't absorbed into the hair, so it can't be used for conditioning. This means it's mostly put in to make the product opaque, as well as for its marketing appeal. However, if the casein is broken down through hydrolysis, turning it into hydrolyzed milk protein, then this actually is a good conditioning ingredient. Often, when a product says it has milk in it, the product may really have hydrolyzed milk protein in there to do the job [Hunting (Conditioning) pg 280].

Source(s): Hunting

Cassia**Okay**

Plant-based anti-inflammatory. Pg 236.

Source(s): Begoun

Castile soap**Caution**

A soap (soaps are made from a reaction between an oil and a strong alkali like sodium hydroxide) made from olive oil that can severely dry out the hair, and irritate the scalp [Begoun (Hair) 253].

Castile soap is a hard soap usually white, but sometimes off-white or even green. It's named after the region in Spain where it was first made using olive oil and sodium hydroxide [Winter pg 138].

See also: Soap Irritant Sodium hydroxide Olive oil

Source(s): Begoun Winter

Castor isostearate succinate (aka Zenigloss)**Okay**

Conditioning ingredient. Adds shine to hair.

Source(s): http://www.cosmeticsdatabase.com/ingredient.php?ingred06=701157&refurl=/product.php?prod_id=99990&hanks=1 <http://www.cosmeticsbusiness.com/story.asp?storyCode=871>

Castor oil (aka Palm Christi oil; Ricinus oil)**Caution**

Oil from the bean of the castor plant *Ricinus communis*. Used as an emollient, conditioner, and for its folkloric appeal. The oil is often removed from the beans by cold-pressing, solvents, or from hot water.

Surprisingly, when the oil is removed by extraction, it's often darker in color, and may contain ricin, one of the most highly toxic proteins known. Ricin is found in the castor plant seeds. However, castor oil itself shouldn't contain any ricin.

Castor oil is usually available as a colorless or pale, yellowish liquid with a particular odor. It isn't water soluble, but it is soluble in vegetable oils or ethanol [Hunting (Conditioning) pg 137-138].

Castor oil is used in all kinds of products ranging from bath oils, solid perfumes, shaving creams, lipsticks, as well as shampoos, hair dressings and conditioners. It forms a shiny, tough skin when dried. The toxin ricin should be left behind in the beans when the oil is removed. It's known to be soothing to the skin [Winter pg 138].

—*I'm going to put this as a caution for now because there could be some residual toxin from the bean left over in the oil. It seems the oil is safe to use as long as it's extracted properly.*—T

Source(s): Hunting Winter

Cation**Okay**

A positively charged ion (an atom or group of atoms with a charge). These are often used in fabric softeners.

See also: Ion Surfactant Anion

Source(s): <http://www.answers.com/topic/surfactant>http://www.scienceinthebox.com/en_UK/glossary/surfactants_en.html**Cellulose****Okay**

Plant fiber. Often used in products to keep them from separating into its oil and water components. Winter pg 140.

Source(s): Winter

Ceramide**Okay**

Fats that are found in skin. In a large quantity can be moisturizing. Begoun, pg 438.

Source(s): Begoun <http://www.cosmeticscop.com/>**Ceteareth-20****Okay**

Thickens product, and keeps ingredients mixed together.

Source(s): <http://www.cosmeticscop.com/>**Cetearyl alcohol****Good**

Used as an emollient, emulsifier, conditioner, and thickener. Not the same as SD alcohol or ethanol. 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. This is actually a mixture of cetyl alcohol and stearyl alcohol [Hunting (Conditioning) pg 142]. *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.*—T ***Tried and True ingredient***

See also: Fatty alcohol Cetyl alcohol Stearyl alcohol Carrier ingredient

Source(s): Hunting <http://www.cosmeticscop.com/>**Cetearyl glucoside****Okay**

Made from cetearyl alcohol and glucose. Emulsifier.

Source(s): Begoun

Ceteth-2 (aka Polyethylene (2) Cetyl Ether; PEG-2 Cetyl Ether)**Okay**

Used to keep the product mixed so it does not separate into its oil and water components, as well as a thickener.

Made from a mixture of Cetyl Alcohol, Lauryl Alcohol, Stearyl Alcohol, and Oleyl Alcohol, mixed with a gas (Ethylene Oxide) [Winter (7th ed.,) pg 142].

Hunting says that this ingredient is made from Cetyl Alcohol and Ethylene Oxide, but anyway.... This comes as a white, waxy solid which is water soluble. Found to be emollient and non-irritating to skin. Ceteth-2 is often used because it is found to be mild, and stable at various pH levels. It is easier to mix into ingredients than Steareth-2 [Hunting (Conditioning) pg 144].

See also: Ethylene oxide Cetyl alcohol Lauryl alcohol Stearyl alcohol Oleyl alcohol Steareth-2

Source(s): Winter Hunting

Cetrimonium Bromide

Caution

Detergent used as a disinfectant and cleanser in shampoos and skin cleansers. May also be used in deodorants to cut down on perspiration odor. Can be irritating to skin and eyes. [Winter 7th ed., pg 143, Begoun (Hair) pg 75].

See also: Quaternary Ammonium Compound

Source(s): Winter Begoun

Cetrimonium chloride

Okay

Used for detangling and smoothing hair. It also functions as an anti-static and emulsifier (keeps product from separating). This also inhibits the growth of organisms (like fungi, bacteria or yeast) in the product [Gottschalck pg 331].

See also: Quaternary Ammonium Compound Biocide

Source(s): Gottschalck

Cetrimonium methosulfate

Okay

Mild quat. Provides thickening, softening and conditioning. Antimicrobial, anitistatic, emulsifying, hair conditioning and surfactant.

See also: Quat

Source(s): <http://ec.europa.eu>

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

Good

Common ingredient used as an emollient, thickener, and keeping the product mixed together. Considered a "backbone" ingredient - [per The Beauty Brains link] this is used as a (common) carrier for the other ingredients. Non-greasy. Can be made from coconut fatty alcohol, or synthetically. Not found to be an irritant. Begoun (Cosmetics) pg 1264. Also used to increase foam, and to make a product less transparent. Used in a wide range of products, from hair conditioners to facial cleansers [Gottschalck pg 332]. Cetyl alcohol is the oldest known of the various fatty alcohols. It's been around since 1813. It is known as being a very safe ingredient, and is very compatible with other ingredients [Hunting (Conditioning) pgs 147-148]. *I often use this as an ingredient to help weigh down my hair without being greasy or sticky.—T*

This is in two of my favorite, go to conditioners that I've been using for well over ten years, and it's also in another conditioner I use frequently 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 Carrier ingredient

Source(s): Begoun Gottschalck Hunting <http://thebeautybrains.com/2015/10/how-do-you-moisturize-curly-hair-episode-104/>

Cetyl dimethicone

Good

Silicone used for antifoaming, as an emollient, and to moisturize by keeping water from evaporating. [Gottschalck pages 494-495]. *Makes product slippery so comb (or Denman) glides more easily through your curls.—T*

See also: Silicone

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

Cetyldimonium phosphate (aka Hydroxyethyl cetyldimonium phosphate)

Okay

I haven't found much on this, so it may actually be Hydroxyethyl cetyldimonium phosphate.—T

See also: Hydroxyethyl cetyldimonium phosphate

Cetyl esters (aka Cetyl esters wax)

Okay

Cetyl esters is a synthetic wax used to replace spermaceti (wax that once came from sperm whales). Used as an emollient, thickener, keeping products from separating, and to make them more opaque.

Sold as a white wax that's insoluble in water, but it is soluble in mineral and vegetable oils. It's similar to cetyl alcohol, but it's a bit more emollient [Hunting (Conditioning) pg 148-149].

See also: Waxes

Source(s): Hunting

Cetyl hydroxyethylcellulose

Caution

Used to keep products from separating as well as a thickener. This is an ether made from hydroxyethylcellulose and cetyl alcohol. Ethers are often used as solvents and may cause some mild skin irritation [Winter pg 144; Gottschalck page 497].

See also: Hydroxyethylcellulose Cetyl alcohol Ether

Source(s): Winter Gottschalck

Chamomile extract (aka Chamomile Recutita flower extract; Camomile; Anthemis nobilis; Ormenis multicaulis; Matricaria recutita; Chamomilla recutita)

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].

See also: Irritant

Source(s): Begoun (Cosmetics) Winter <http://www.encyclopedia.com/doc/1E1-chamomil.html>

Chamomilla recutita (aka Camomile; Anthemis nobilis; Ormenis multicaulis; Matricaria recutita; Chamomilla recutita flower extract)

Caution

See Chamomile extract.

See also: Chamomile extract

Chelating agent**Okay**

Examples are tetrasodium EDTA and tetrahydroxypropyl ethylenediamine. These bind with metal ions or compounds and keeps them from sticking to hair (or other surfaces), so they can be rinsed away. Keeps ingredients from binding with trace elements (such as metals), or other elements that could cause unwanted changes in the color, texture or odor of a product.

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

Chenopodium quinoa extract (aka Quinoa extract)**Okay**

Made from the leaves and flowers of the quinoa plant. Contains amino acids used for hydrating and softening

[Winter pg 436].

See also: Quinoa Extract

Source(s): Winter

Chinchona**Okay**

Homeopathic remedy for ringing in the ears, but no research to show it works in hair. Pg 537

Source(s): Begoun

Chitin**Caution**

This is a sugar made from the exoskeletons of marine invertebrates. It's used to thicken products, but it's also used as an abrasive. Gottschalk pg 347.

See also: Irritant

Source(s): Gottschalk

Chitosan**Caution**

Made from crab shells (chitin) which can cling to hair and make it feel thicker. Pg 394. —*This might not be what tightly curly hair needs, however.*—T It's also used as a film former and to hold hair in place. Gottschalk pg 347.

See also: Film former Chitin

Source(s): Begoun Gottschalk

Chitosan Lactate**Caution**

Made from Chitosan. Used as a film former and fixative (holds hair in place). Gottschalk pg 347. *I'm putting this as a caution if it appears in shampoos or conditioners because it can build up in our hair, and make it more difficult to comb. It's fine in gels and such, because they are supposed to be making your hair stick together.* — T

See also: Chitosan Film former

Source(s): Gottschalk

Chitosan Lauroyl glycinate**Okay**

Hair conditioner. Humectant. Also helps keep product mixed together. Gottschalk pg 347-348.

See also: Chitosan Humectant Emulsion stabilizer

Source(s): Gottschalk

Chitosan PCA**Okay**

Thickens and gives slip to a product (Begoun). Humectant and film-former. Often found in hair dyes, conditioners and shampoos. Gottschalk pg 348.

See also: Chitosan Humectant Film-former

Source(s): Begoun Gottschalk

Chlorhexidine**Avoid**

A white powder often used to sterilize the skin in liquid cosmetics. May irritate the skin because it's very alkaline [Winter pg 147]. This is mainly used as an antiseptic.

Source(s): Winter <http://organizedwisdom.com/Chlorhexidine>

Chlorhexidine digluconate**Avoid**

A white powder often used to sterilize the skin in liquid cosmetics. May irritate the skin because it's very alkaline [Winter pg 147].

See also: Chlorhexidine

Source(s): Winter

Chlorhexidine dihydrochloride (aka Chlorhexidine)**Avoid**

Derived from Methanol, the salt of Chlorhexidine, and Hydrochloric acid. Used as a solvent [Winter pg 147].

See also: Chlorhexidine

Source(s): Winter

Chlorphenesin**Okay**

Preservative.

See also: Preservative

Chlorphenesin**Okay**

Preservative. This is in one of my favorite, go to conditioners that I've been using for well over ten years. It has not caused any problems as far as conditioning and defining my hair. That's why I'm calling it a

*** Tried and true ingredient ***

See also: Preservative

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

Cholesterol**Okay**

Functions as a stabilizer, humectant and emollient.

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

CI 14700 (aka *FD&C Red #4, Red 504*)

Okay

Red color once approved for food use, but FDA has prohibited it for use in food. Research indicates it has low irritation in cosmetic products.

Source(s): <http://householdproducts.nlm.nih.gov/cgi-bin/household/brands?tbl=chem&id=782>
<http://www.cosmeticsdatabase.com>

CI 15510 (aka *Orange 4*)

Okay

Cosmetic colorant.

CI 15985 (aka *Yellow 6*)

Caution

See Yellow 6.

See also: Yellow 6

CI 17200 (aka *D&C Red # 33, Red 33 Lake, Red 33*)

Okay

Red coloring ingredient used in lipstick and blush.

Source(s): <http://householdproducts.nlm.nih.gov/cgi-bin/household/brands?tbl=chem&id=684>

CI 19140 (aka *Yellow 5*)

Okay

Cosmetic colorant [Winter pg 549].

See also: Preservative

Source(s): Winter

CI 42053 (aka *Green 3; Fast Green*)

Okay

See Green 3.

See also: Green 3

CI 42090 (aka *Blue 1*)

Okay

FD & C coloring ingredient often found in shampoos, bath products, and skin care products. Known to be very soluble in water, but can be affected by light [Winter pg 111, 527].

Source(s): Winter

CI 47005 (aka *Yellow 10*)

Okay

See Yellow 10.

See also: Yellow 10

CI 60730 (aka *Ext. D&C Violet No. 2; Ext Violet 2*)

Caution

See Ext Violet 2

See also: Ext Violet 2

CI 714700 (aka *Red 4*)

Okay

Coloring ingredient.

Cinnamic alcohol

Caution

Hyacinth scent. A component in natural fragrances, such as cinnamon leaves, hyacinth oil, Balsam of Peru. 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>

Cinnamic aldehyde

Caution

Yellowish, oily liquid. Very strong spicy scent like cinnamon. A component of cinnamon oil. 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>

Cinnamidopropyltrimonium chloride

Okay

Conditioning ingredient.

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

Cinnamon

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

CIR Expert Panel (aka *CIR*)

Okay

This is a panel that reviews the safety of ingredients used in cosmetics. It was established in 1976 by the Personal Care Products Council (called the Cosmetic, Toiletry, and Fragrance Association (CTFA) at the time). The decisions made by this panel is then available for the public [Winter 7th ed., pg 155].

Source(s): Winter

Citral

Okay

This is a food and beverage flavoring that's also used in perfumes, furniture polish, and soaps for its lemony scent. Occurs naturally in citrus fruits, as well as peaches, and ginger, but it may also be made synthetically [Winter pg 157]

Source(s): Winter

Citric acid

Okay

Very popular acid used in cosmetics. It is made from citrus fruits by fermenting their sugars. Used as a pH adjuster to make products more acidic. It is also used as a preservative and to keep the product it is in from foaming too much, as well as an astringent. It may also be used to increase flexibility or stretchability of a product [Winter 7th ed., pg 156].

See also: Preservative

Source(s): Winter

Citronella

Caution

Common name for a native grass from India. The oil from it is yellowish. Often used as an insect repellent.

Fragrances may cause irritation. It's best not to use them on a baby's skin.

See also: Irritant

Source(s): <http://chemicaland21.com/specialtychem/perchem/CITRONELLAL%20HYDRATE.htm>

Citronellol

Caution

Fragrant chemical that occurs naturally in many plant oils (such as citronella oil, lemon oil, lemongrass oil, rose oil and geranium oil). Pale yellow oily liquid that has a scent of "sweet, rose, leather, musty, and floral." A mild irritant [Winter (7th edition) page 156]. It's best not to use them on a baby's skin.

See also: Irritant

Source(s): Winter <http://www.epa.gov>

Citrulline

Okay

An amino acid that's used mainly to condition skin [Winter pg 157].

See also: Amino acids

Source(s): Winter

Citrus

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

Citrus Amygdalus Dulcis (Sweet Orange) Seed Oil (aka Sweet Orange Seed Oil)

Caution

Okay, this is odd. I think this is a mistake, and what this really is is for *Prunus Amygdalus Dulcis*, Sweet Almond Oil. There is no such thing as Citrus Amygdalus Dulcis Seed Oil. However, there is a Citrus Aurantium Dulcis (Orange) Fruit Extract.

Citrus Amygdalus Dulcis (Sweet Orange) Seed Oil was listed as an ingredient of a shampoo. When I went to look it up, there is no record of this particular ingredient. Not even in the International Cosmetic Ingredient Dictionary and Handbook.

See also: Citrus Aurantium Dulcis (Orange) Fruit Extract

Source(s): Winter Gottschalk

Citrus aurantium oil (aka Petitgrain oil)

Avoid

Fragrant oil made from the unripe fruit, leaves, and twigs of the bitter orange tree. It has a bittersweet scent often used in flavoring food. According to Winter (7th edition, page 403), it "supposedly dissolves in sweat, and under the influence of sunlight becomes an irritant. May cause allergic skin reactions."

Source(s): Winter

Citrus Aurantium Bergamia (aka Bergamot orange; Bergamot)

Caution

Pear-shaped sour citrus fruit found mainly in Southern Italy. Valued for the essential oil squeezed from its skin. —

This may also be irritating for sensitive skin. —T

See also: Irritant

Source(s): <http://www.britannica.com/EBchecked/topic/61711/bergamot-orange>

<http://www.answers.com/topic/bergamot>

Citrus Aurantium Dulcis (Orange) Fruit Extract (aka Valencia orange)

Caution

Extract from oranges. Generally considered safe but may be irritating to sensitive skin because it is acidic. Found in lots of products, from skin products, cleansers, hair products [Gottschalk pg 604] --*This is fine in rinse-out products like shampoo, but I don't like to see citrus ingredients in a combing conditioner, especially not near the top or middle as they can be really drying for the hair.--T*

See also: Irritant

Source(s): Gottschalk http://www.cosmeticsinfo.org/ingredient_details.php?ingredient_id=1818

Citrus dulcis essential oil (aka Citrus Aurantium dulcis oil; Orange essential oil)

Caution

Citrus Aurantium dulcis (orange) oil is derived from the whole plant, functioning mainly as a fragrance ingredient [Gottschalk page 606]. *I'm putting it as a caution because if this appears too high up in an ingredient list, I've found orange oil to be too acidic in some products, but if this is made with the whole plant, it may not be nearly as acidic as oil made from the fruit or rind--T*

Source(s): Gottschalk

Citrus Grandis (aka Grapefruit)

Caution

Often used in cleansing products and skin care products [Winter (7th ed pg 157)]. Can be drying to the hair and irritating to the scalp. May cause skin irritation and/or sun sensitivity. Best not to use on a baby's skin [Begoun (Hair) Pgs . Pg 73, 94]. --*Best to avoid this in products you'll leave in, like in combing conditioners, but should be okay if it's not at the top of a shampoo or something you'll rinse out. --T*

See also: Lime oil Irritant

Source(s): Winter Begoun

Citrus Medica Limonum Fruit Oil (aka Lemon Fruit Oil; Lemon Oil; Fo Shou Gan; Cedro Oil)

Caution

The oil made from the pressed peels of lemons that evaporates on exposure to air. Used for food flavorings and in perfume. May cause an allergic reaction. especially if exposed to sunlight. It has been recommended by the International Fragrance Association that anywhere lemon oil will be in contact with skin that will not be rinsed off should not be more than 2% of the product it is in. There have also been recent research that shows it may have beneficial antioxidant properties for the skin [Winter 7th ed., pg 325].

Source(s): Winter

Clary sage (aka *Salvia sclarea* leaf extract)[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

Clay[Caution](#)

Does not moisturize hair. It may actually chip away at the cuticle, making your hair drier (note: clay plus wax is very difficult to get out of the hair). Pg 278

Source(s): Begoun

Clove[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

Clover Blossom[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

Coal Tar[Caution](#)

Used as a treatment for dandruff (Ionil-T, Pentrax, T-Gel, Tegrin uses this). Kills microbes that can cause dandruff. Best for stubborn dandruff. Controversial ingredient because studies have shown it to be carcinogenic for those breathing it for decades. No evidence yet there is harm in shampoos. Drying for scalp and hair. Also produces photosensitivity.

A thick liquid or tar made from coal. Products made with Coal Tar may cause irritation, allergic reactions, hives, and even acne. For the countries that do consider Coal Tar products dangerous, the danger is minimal so long as the product with it in there is rinsed off, then it's felt to be okay [Winter (7th ed) pg 159].

Source(s): Begoun Winter

Cocamide DEA (aka *Cocamide diethanolamide*)[Caution](#)

Cocamide DEA is used to create lather, for controlling the thickness of a product, and even for some (very slight) conditioning. It's nontoxic, but may be a mild skin and eye irritant. Though there is some concern that it may possibly be a source of nitrosamines, which have been shown to cause cancer in laboratory animals, it's been used for over 40 years in cosmetics and personal care products and considered safe.

Cocamide DEA is derived from coconut oil, and is a clear, light yellow liquid that's water soluble [Hunting (Shampoos) pgs 182-184].

Source(s): Hunting

Cocamide MEA[Caution](#)

Cocamide MEA is used to create lather and stabilize the bubbles in a product, improve the thickness, and for some conditioning. It's nontoxic, but may be a mild skin and eye irritant.

It is a waxy, off-white solid that's sold in blocks or flakes. It performs similarly to Cocamide DEA, except that it's solid, and used where a product needs heavy-duty thickening [Hunting (Shampoo) pg 184].

Source(s): Hunting

Cocamidopropyl betaine (aka *Coco betaine*)[Okay](#)

Gentle cleanser that may be too mild to wash away any styling products by itself [Begoun (Hair) pg 74]. This is very often the main cleansing ingredient in baby shampoos. Often used to increase the suds in a product, though it is a mild foamer. Also used for its cleansing properties and its ability to increase the thickness of a product, as well as reduce the irritation from a harsher cleanser that may also be in the shampoo. Cocamidopropyl betaine is known to be practically nontoxic and nonirritating to the skin, which is what makes it great for reducing the irritation in harsher cleansers it's combined with. It also has some moisturizing properties.

This is a clear, yellowish liquid that's water soluble. It may contain some sodium chloride, though there are versions available with a low salt content [Hunting (Shampoo) pgs 184-185].

See also: Amphoteric surfactant

Source(s): Begoun Hunting

Cocamidopropyl hydroxysulfonate[Okay](#)

Lather creator.

Source(s): Begoun

Cocamidopropyl hydroxysultaine[Okay](#)

Lather creator. Pg 74

Source(s): Begoun

Cocamphocarboxyglycinate-propionate[Okay](#)

Gentle cleanser that may be too mild to wash away any styling products. Begoun pg 74.

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

Cocamphodiacetate (aka *Disodium cocamphodiacetate*)[Okay](#)

This is a shortened version of Disodium cocamphodiacetate, which is a mild cleanser made from coconut oil [Winter pg 212]. —*When this is put in water, the "sodium" portion of this ingredient separates from the cocamphodiacetate portion, leaving the cocamphodiacetate to do the work.*—T

Source(s): Winter http://www.cosmeticscop.com/ingredient_dictionary.aspx?lid=502

Cocoa butter (aka *Theobroma cacao*)[Caution](#)

Cocoa butter is used for conditioning and as an emollient. It's a yellowish- white, solid fat pressed from roasted cocoa (chocolate) beans. It's not water soluble, and has a slight chocolate taste and scent. Surprisingly, it may

cause allergic skin reactions for some, but it's also used in foods]. This fat melts at body temperature, and is mainly used for candy and chocolate-making, but may also be used as a lubricant and conditioner [Winter 7th ed., pg161, 518; Hunting (Conditioning) pg 159].
Source(s): Winter Hunting

Cocoamine 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>

Cocoamphocarboxyglycinate

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>

Cocoamphopolycarboxyglycinate

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>

Cocoa seed butter (aka Theobroma cacao seed butter; Theobroma oil)

Caution

Cocoa butter is used for conditioning and as an emollient. It's a yellowish- white, solid fat pressed from roasted cocoa (chocolate) beans. It's not water soluble, and has a slight chocolate taste and scent. Surprisingly, it may cause allergic skin reactions for some, but it's also used in foods [Winter 7th ed., pg161, 518].

See also: Emollient Cocoa butter

Source(s): Winter

Coco betaine (aka Cocamidopropyl betaine)

Okay

See Cocamidopropyl betaine.

See also: Cocamidopropyl betaine

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

Coco-betaine (aka Cocamidopropyl betaine; coco betaine)

Okay

See Cocamidopropyl betaine.

See also: Cocamidopropyl betaine

Cocodimethylamine 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>

Coco-glucoside

Okay

Coco-glucoside is a cleansing ingredient per Winter [(7th edition) page 162]

Source(s): Winter

Cocoiminoglycinate

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>

Cocoiminopropionate

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>

Coconut (aka Noix de Coco)

Okay

Coconut is the edible fruit of the coconut palm. The inner white edible layer is often dried, and sap from the coconut tree can even be fermented into a type of wine. The oil is used often in soaps and shampoos because it lathers easily and makes a good skin cleanser.

Per Begoun [(Cosmetics) page 1266] "Has degreasing and cleansing properties, which is why detergent cleansing agents are frequently derived from coconut oil."

See also: Coconut oil

Source(s): Winter Begoun

Coconut acid

Okay

Cleansing and foaming ingredient that may also help water wet the hair more efficiently, as well as help thicken the product. Found in shampoos, detergents, cold creams, and bath soaps. Fatty acids made from Coconut oil. One of the main components of Coconut Acid is Lauric acid, which is known to be irritating to the skin and eyes.

Though coconuts are not grown in the US, the majority of shampoos contain cleansing agents made from either Coconut Acids or Lauric Acids because it is inexpensive to obtain, and they react easily to make various other materials and ingredients. They also foam quite well. When Coconut Acid is added to a shampoo, it usually so that a soap can be formed. The soap may then be created by adding some sort of base to it, (like even sodium hydroxide, so beware of "soap" shampoos for this reason). However, [Winter (7th ed.,) pg 162; Hunting (Shampoo) pg 188].

See also: Coconut oil Fatty acids Soap

Source(s): Winter Hunting

Coconut oil (aka Cocos nucifera)

Good

Coconut oil is white, semisolid fat made by pressing coconut kernels. Often used in soaps, shampoos, and shaving, and it lathers easily. Very good moisturizing oil. Can penetrate the cortex, so it may be able to make hair stronger. Not as much effect on cuticle, so you still need a slippery ingredient in the conditioner to comb through hair. Also, it can't repair hair. Once hair has been damaged, nothing can repair it [Winter (7th ed., pg 162; Beauty

Brains book pgs 5, 27; Hunting (Shampoos) pages 188-189].

Beauty Brains quoted from an article from the Journal of Cosmetic Science 52, pgs 169-184, 2001 that did a study and found coconut oil did strengthen hair better than mineral oil did)—T This is in one of my favorite, go to conditioners that I've been using for well over ten years. It has not caused any problems as far as conditioning and defining my hair. That's why I'm calling it a

*** Tried and true ingredient ***

See also: Waxes

Source(s): Beauty Brains Winter Hunting <http://www.theBeautyBrains.com>

Coconut oil soap

Caution

A soap (soaps are made from a reaction between an oil and a strong alkali like sodium hydroxide) made from coconut oil that can severely dry out the hair, and irritate the scalp. Pg 253.

See also: Soap Irritant

Source(s): Begoun

Cocos nucifera oil (aka Coconut oil, Cocos nucifera (coconut) oil)

Good

Coconut oil is white, semisolid fat made by pressing coconut kernels. Often used in soaps, shampoos, and shaving, and it lathers easily. Very good moisturizing oil. Can penetrate the cortex, so it may be able to make hair stronger. Not as much effect on cuticle, so you still need a slippery ingredient in the conditioner to comb through hair. Also, it can't repair hair. Once hair has been damaged, nothing can repair it [Winter (7th ed., pg 162; Beauty Brains book pgs 5, 27].

Beauty Brains quoted from an article from the Journal of Cosmetic Science 52, pgs 169-184, 2001 that did a study and found coconut oil did strengthen hair better than mineral oil did)—T This is in one of my favorite, go to conditioners that I've been using for well over ten years. It has not caused any problems as far as conditioning and defining my hair. That's why I'm calling it a

*** Tried and true ingredient ***

Source(s): Winter Beauty Brains

Cocoylamidepropyldimethyl glycine

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>

Cocoyl sarcosine

Okay

Gentle cleanser that may be too mild to wash away any styling products. Pg 74

Source(s): Begoun

Cocyl glutamic acid

Okay

Mild cleanser. Pg 233

Source(s): Nnanna

Collagen (aka Soluble collagen; Tropocollagen; Hydrolyzed collagen, Hydrolyzed animal protein)

Okay

Collagen is a type of protein found in animal tissue such as ligaments, tendons, bone, or skin. Collagen fibers are long and thin. They aren't water-soluble. Collagen can be further broken down by hydrolysis into Gelatin, Hydrolyzed animal protein and Collagen Amino acids, all of which may be used in conditioners.

Collagen is known to make a more rigid film on the hair, and it tends to flake. 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.

Collagen is also put in products for its marketing appeal. Since aging causes us to lose collagen, it's believed that applying it can restore youth and health. However, even if this can help reduce aging when it's topically applied to the skin, it cannot help the hair, since not only is our hair not alive, but it's also make of keratin—not collagen. (see also: Soluble collagen) [Hunting (Conditioning) Pages 349-352 & 161-162].

See also: Protein

Source(s): Hunting

Collagen amino acids

Caution

This is a very strong humectant, helping pull water in from the hair more so than even glycerin. This also binds really well to the hair. Collagen amino acids are a mixture of amino acids that come from purified Collagen that has been broken down by hydrochloric acid. This mixture is composed mostly of the amino acids Glycine, Proline, Hydroxyproline, Glutamic acid, Alanine, and Arginine. It has strong marketing appeal because it's seen as a natural ingredient. It's available as a yellow liquid that may or may not contain salt. There is a version of it that contains salt, and this version may contain up to 20% sodium chloride [Hunting (Conditioning) pg 162].

See also: Collagen Protein Amino acids Sodium chloride

Source(s): Hunting

Coltsfoot extract (aka Tussilago farfara flower extract; Wild ginger)

Okay

Per Winter [(7th edition) page 169], coltsfoot is often used for soothing properties in shampoos and astringents.

Source(s): Winter

Comfrey extract (aka Symphytum officinale; 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

Copolymer

Caution

—When I see this at the end of any ingredient in a shampoo or conditioner, I get nervous. This tends to mean the ingredient will be sticky, and can build up with repeated use. Since I'm paranoid, I avoid it (but it's fine in gels, mousses and hairsprays, because they are meant to be sticky and have hold).—T

Copper peptide*Okay*

Often marketed that it can stimulate hair growth, but there is no proof that it can do so. Pgs 64, 240
Source(s): Begoun

Coriander 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

Corn Oil (aka Zea Mays Oil)*Caution*

See Zea Mays Oil.
See also: Zea Mays Oil

Corn Starch (aka Zea Mays Starch; Starch)*Caution*

See: Starch
See also: Starch

Coumarin (aka Coumarins; Coumarin; Tonka Bean)*Caution*

See Coumarins.
See also: Coumarins
Source(s): Winter

Coumarins (aka Coumarin; Tonka Bean)*Caution*

Used for fragrance that's made from tonka beans and several other plants, but can be made synthetically as well.
May irritate the skin, and is not allowed to be used in foods because it's toxic when eaten [Winter pg 175].
Source(s): Winter

Creatine*Okay*

Useless for hair. Creatin helps the body form ATP, but hair is dead, so this won't help it. Pg 272
Source(s): Begoun

Crotonates*Caution*

Sticky. Film former.

Crotonic acid*Caution*

Film former. Sticky

Cumarin (aka Coumarins; Coumarin; Tonka Bean)*Caution*

See Coumarins.
See also: Coumarins

Cyclodextrin*Okay*

Cyclodextrin is used to improve the stability and water-absorbing abilities of the product. It's also used to bind with and remove unwanted trace metals [Winter pg179].
See also: Dextrin Chelating agent
Source(s): Winter

Cycloheptasiloxane (aka Cyclomethicone; Polydimethylcyclsiloxane)*Good*

A type of Silicone known as a Cyclomethicone. Used as a hair and skin conditioner, and increases slip in products [Schueller pgs 172-173]. See Cyclomethicone.
See also: Cyclomethicone
Source(s): Schueller

Cyclohexasiloxane (aka Cyclomethicone; Polydimethylcyclsiloxane)*Good*

A type of Silicone known as a Cyclomethicone. Used as a hair and skin conditioner, and increases slip in products. The main difference between this type of cyclomethicone and others is a slight difference in its structure [Schueller pgs 172-173]. See Cyclomethicone.
See also: Cyclomethicone
Source(s): Schueller

Cyclomethicone (aka Polydimethylcyclsiloxane)*Good*

"Cyclomethicone" is actually used for a group of silicones with a ring structure. They are used to give a slippery feel, increase gloss and to make combing easier. They are "temporary" conditioners, meaning that while they are wet, they help with combing, and give a nice feel to skin or hair, but they do evaporate. They are clear, odorless, nonstaining, nongreasy, nonwaxy, nonsticky, and considered to be nonirritating to the skin and eyes. They are not soluble in water, but they do evaporate (without leaving a "cooling" feel as they do evaporate). Because they evaporate, they do not build up [Hunting (Conditioning) pg 170-171]. Some examples of Cyclomethicones are Cyclopentasiloxane (has 5 siloxane bonds in its ring), Cyclohexasiloxane (6 siloxane bonds), and Cycloheptasiloxane (7 siloxane bonds). The larger the ring (the more bonds), the slower they are to evaporate [Schueller pg 172-173] *Makes product slippery so comb (or Denman) glides more easily through your curls. —T*

This is in one of my favorite, go to conditioners that I've been using for well over ten years. It has not caused any problems as far as conditioning and defining my hair. That's why I'm calling it a

*** Tried and true ingredient ***

See also: Silicone

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

Cyclopentasiloxane (aka Cyclomethicone)*Good*

A type of silicone known as a cyclomethicone. Used as a hair and skin conditioner and increases slip in lots of products, including lipsticks, makeup, lotions, and conditioners [Gottschalk pg 491, Winter pg 179]. *This helps the*

comb (or Denman) glide through our curls much easier. It tends to have a drier feel than other silicones once it dries. Some sources have said it evaporates after it dries. I'm not totally sure if it does. This is one of the main ingredients in one of my favorite conditioners I've been using for nearly a decade. 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: *Silicone Cyclomethicone*

Source(s): *Gottschalck Winter Schueller*

Cyclophenylmethicone

Okay

Used for conditioning. Gottschalck pg 492.

See also: *Quat Siloxane*

Source(s): *Gottschalck*

Cyclotetrasiloxane (aka *Cyclomethicone*)

Okay

Silicone that's used for hair and skin conditioning. Found in moisturizers, makeup, and hair care products

[Gottschalck 12th ed., pg 718].

See also: *Silicone*

Source(s): *Gottschalck*

Cyclotrisiloxane (aka *Cyclomethicone*; *Polydimethylcyclsiloxane*)

Good

A type of Silicone known as a Cyclomethicone. Used as a hair and skin conditioner and increases slip in products

[Schueller pgs 172-173]. See *Cyclomethicone*.

See also: *Cyclomethicone*

Source(s): *Schueller*

Cymbopogon schoenanthus extract (aka *Lemongrass extract*)

Caution

May cause skin irritation and/or sun sensitivity. Best not to use on a baby's skin [Begoun (Hair) page 94].

Source(s): *Begoun*

Cymbopogon schoenanthus oil (aka *Lemongrass oil*)

Okay

Lemongrass oil is frequently used in perfumes, especially in soaps. The yellowish or reddish brown oil is distilled from the leaves of lemon grasses and smells strongly of verbena. It can also be used as an insect repellent and to flavor fruits and drinks [Winter (7th edition) page 325].

Source(s): *Winter*

Cysteine

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*

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.

Schueller, 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.