



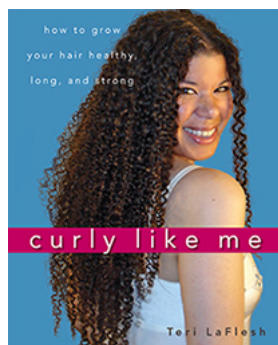
# Ingredients Starting With E

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*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!



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

## Please select a letter to search for ingredients:

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

**Eau** (aka *Water*; *Aqua*)

**Okay**

 See *Water*.

 See also: *Water*
**Echinacea extract** (aka *Echinacea purpurea extract*; *Echinacea angustifolia extract*; *Snakeroot*; *Stoneflower*; *Cone flower*)

**Okay**

Used in herbal medicine as an antiseptic as well as to combat colds, infections, and inflammations if taken internally, but could worsen liver damage. Avoid if you're allergic to its relatives such as ragweed, asters, and chrysanthemums [Winter (7th edition) pages 213-214].

 Source(s): *Winter*
**Ecklonia Radiata Extract** (aka *Kelp*)

**Okay**

*Ecklonia Radiata* is a species of kelp, a seaweed.

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 \*\*

**EDTA** (aka *Tetrasodium EDTA*, *Ethylenediamine Tetraacetic Acid*)

**Caution**

Chelating ingredient that attracts the minerals away from the hair shaft and helps them rinse away. Good to use after swimming [Begoun].

Winter [7th ed., pg 228] says EDTA may be irritating to the skin or cause rashes. And it has been shown to be harmful when ingested.

Also used as a preservative and as a pH adjuster. Considered harmless in cosmetics at low levels, and is also used in foods. In clear products, adding EDTA prevents it from going cloudy, and also keeps all ingredients mixed together (instead of some of them settling to the bottom of the product). A white powder that is not water soluble, but will dissolve in an alkaline solution. EDTA also has some astringent effect, so it shrinks the hair cuticle, therefore making the hair temporarily appear shinier. It also helps to remove dulling residues from soap buildup on the hair [Hunting (Conditioning) pg. 189].

This is in one of my favorite, go to conditioners that I've been using for well over ten years, and another conditioner I've been using regularly for about five 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: *Chelating agent*

 Source(s): *Begoun Hunting Winter*
**Elaeis guineensis oil** (aka *Palm oil*; *Elaeis melanococca oil*; *Astrocaryum murumuru*)

**Good**

 Please see *Palm oil*.

 See also: *Palm oil*
**Elaeis melanococca oil** (aka *Palm oil*; *Elaeis guineensis oil*; *Astrocaryum murumuru*)

**Good**

 Please see *Palm oil*.

 See also: *Palm oil*
**Elastin** (aka *Hydrolyzed Elastin*)

**Okay**

Elastin is a protein that's found in animal tissue that's needed to be able to stretch. Since Elastin isn't water soluble, it can't do anything for the hair, so it's more likely that Hydrolyzed Elastin is what's used in products [Hunting (Conditioning) pgs189-190].

 See also: *Elastin Protein*

 Source(s): *Hunting*
**Emollient**
**Good**

Waxlike, lubricating, thickening ingredients that can prevent water loss and have a softening and smoothing effect on skin and hair.

 Source(s): <http://www.cosmeticscop.com/>
**Emulsifier** (aka *Emulsion stabilizer*)

**Okay**

Keeps product from separating into its water and oil components.

 Source(s): <http://www.cosmeticscop.com/> <http://www.cosmeticsinfo.org/glossary.php?glossary=E#emulsion->

stabilizer

### Emulsifying wax

*Okay*

Emulsifying waxes aren't really waxes, but are "wax-like" products used to keep mixtures from separating into their oil and water ingredients. Emulsifying waxes are also used to help thicken products. They are usually made from a mixture of Cetyl and Stearyl alcohol, often with one additional ingredient.

To add Emulsifying wax into a product, it's often melted, and then water at the same temperature is added. This is mixed together until it cools. Then it's often added to the product to thicken it, and make it more stable [Hunting (Conditioning) pg 192].

See also: Cetyl alcohol Stearyl alcohol

Source(s): Hunting

### Emulsifying wax CT

*Okay*

Thickener, stabilizing, conditioner, and detangler. Quat consisting of cetearyl alcohol and behentrimonium methosulfate.

See also: Quat

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

### Emulsifying wax NF

*Okay*

A waxy solid made from a blend of approximately 80% Cetearyl alcohol and 20% Polysorbate 60. Used as an emulsifier (keeps the ingredients in a product from separating) and thickener. It isn't really a wax, but is "wax-like". The difference is that it turns creamy in hot water [Hunting (Conditioning) pgs192-193].

See also: Cetearyl alcohol Polysorbate 60

Source(s): Hunting

### Emulsion

*Okay*

A mixture of two liquids that can't usually be mixed, like oil and water. One liquid will usually form droplets inside the other.

Source(s): <http://www.cosmeticsinfo.org/glossary.php?glossary=E#emulsion-stabilizer>

### Emulsion stabilizer (aka Emulsifier)

*Okay*

An ingredient that's added to a product to keep the product from separating into its oil and water components (emulsion).

### Enzyme

*Okay*

A protein found in plant or animal cells that help start or speed up very specific chemical reactions.

### Epson salts (aka Magnesium sulfate)

*Avoid*

See Magnesium sulfate.

See also: Magnesium sulfate

### Equisetum arvense extract (aka Horsetail extract)

*Okay*

See Horsetail

See also: Horsetail

### Essential oils

*Caution*

Oils often made from leaves or flowers. Many of them serve as emollients or anti-inflammatories. Others serve as fragrances, and some (especially the fragrant ones) may cause skin irritation and/or sensitivity. Best not to put these on a baby's skin [Begoun (Hair) page 73]. Per Winter [(7th edition) page 222], these oils are often called volatile because many are easily vaporized. One theory for calling these oils "essential" is that they are the "essence" of the plant. Though they've been used for antiseptic, germicidal, and preservative properties, they are mostly used today for fragrances and flavorings. Winter warns, "A teaspoon may cause illness in an adult, and less than an ounce may kill."

See also: Irritant

Source(s): Begoun Winter

### Ester

*Okay*

A substance made from a reaction between an acid with an alcohol by eliminating water. Often these are fragrant liquids used for fruit perfumes and flavors. Winter pg 228.

Source(s): Winter

### Ethanol (aka Ethyl alcohol, Rubbing alcohol)

*Avoid*

Drying alcohol. Known as "rubbing alcohol", though isopropyl alcohol is often called rubbing alcohol, too. Begoun pg 93.

See also: Alcohol

Source(s): <http://www.liq.wa.gov/publications/IndAlcoholinfosheet.pdf> Begoun

### Ethanolamine (aka Acetamide MEA)

*Okay*

See Acetamide MEA.

See also: Acetamide MEA

### Ether

*Caution*

Okay, I had to pull out the old college Chemistry text book on this one to refresh my memory. An ether is made when two alcohol molecules are combined and water is eliminated in the process [Chemistry: The Molecular Science by Olmsted & Williams 1997, pg 523].

Used to dissolve one product in another. It's insoluble in water as well as in fat. May cause skin irritation. Often made from the distillation of alcohol using sulfuric acid, and it has a distinctive smell [Winter (7th ed) pg 223].

Source(s): Winter Olmsted

### Ether sulfonate

*Okay*

Cleanser.

#### **Ethyl alcohol** (aka *Ethanol, Rubbing alcohol*)

**Avoid**

Drying alcohol. Known as "rubbing alcohol", though isopropyl alcohol is often called rubbing alcohol, too. Begoun pg 93.

See also: Alcohol

Source(s): <http://www.liq.wa.gov/publications/IndAlcoholinfosheet.pdf> Begoun

#### **Ethylenediaminetetraacetic acid** (aka *EDTA*)

**Okay**

Chelating ingredient and stabilizer.

See also: Chelating agent

#### **Ethylene glycol** (aka *Polyethylene Glycol; PEG*)

**Okay**

A thick liquid that can absorb twice its weight in water. Used in cosmetics as a humectant. It can be highly toxic if ingested, but the CIR panel found it safe for use topically, such as in cosmetics [Winter 7th ed., pg 228].

See also: Glycerin Polyethylene glycol CIR Expert Panel

Source(s): Winter

#### **Ethylene glycol monostearate** (aka *Glycol stearate; glycol monostearate*)

**Okay**

This is used to make products pearly-looking [Hunting (Conditioning) pg240-241].

See also: <http://chemicaland21.com/specialtychem/perchem/ETHYLENE%20GLYCOL%20MONOSTEARATE.htm>

Source(s): Hunting

#### **Ethylene oxide** (aka *Polyethylene oxide*)

**Avoid**

Made from petroleum. Ethylene oxide is used to make other ingredients such as PEG-type ingredients. Banned or found unsafe for cosmetic use in Canada and Europe, and is suspected of possibly causing cancer [Winter pg 236; Winter (7th edition) page 229]. According to The Cosmetic Safety Database, this is also considered a skin irritant with lots of studies showing it's dangerous with exposure.

Source(s): Winter <http://www.cosmeticsdatabase.com/ingredient.php?ingred06=726229>

#### **Ethylhexylglycerin**

**Okay**

A synthetic ingredient mostly used as a skin conditioner, and even as a deodorant [Gottschalck 12th ed., pg 961].

See also: Glycerin

Source(s): Gottschalck

#### **Ethylhexyl hydroxystearate**

**Okay**

This is used as an emollient. Made from Stearic acid [Winter pg 236].

See also: Stearic acid

Source(s): Winter

#### **Ethylhexyl isopalmitate**

**Okay**

An emollient made from Palmitic acid. It's often used in skin products and makeup. Can also be used for fragrance [Winter pg 236].

See also: Palmitic acid

Source(s): Winter

#### **Ethylhexyl methoxycinnamate** (aka *Ethyl hexylmethoxycinnamate*)

**Okay**

Used to protect skin or product from damage or deterioration from UV rays [Winter (7th edition) page 226].

Source(s): Winter

#### **Ethylhexyl palmitate**

**Okay**

Emollient made from Palmitic acid often found in cosmetics [Winter pg 236].

See also: Palmitic acid

Source(s): Winter

#### **Ethylparaben**

**Okay**

Preservative

See also: Parabens Preservative

#### **Eugenol**

**Caution**

Made from clove oil, often used in perfumes. It also occurs naturally in herbs like basil, bay leaves, allspice and laurel leaves. Has a strong, spicy flavor. Used to help scents last in products longer. Fragrances may cause irritation. It's best not to use them on a baby's skin [Winter (7th edition) page 230].

See also: Irritant

Source(s): Winter

#### **Euterpe Oleracea** (aka *Acai; 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

#### **Evening primrose oil**

**Okay**

Emollient.

Source(s): Begoun

#### **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

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

**Caution**

A blue-violet synthetic coloring ingredient that's soluble in water. Also known as a coal-tar color. FDA determined it is safe to use in cosmetics and personal care products as long as it's for external use only [Hunting (Shampoo) pg 220-221]. Not intended for lip products or eye products. It's been determined to be safe as long as it's used in limited amounts, and just topically, though it may cause some skin irritation.

See also: Irritant

Source(s): Hunting [http://www.cosmeticsinfo.org/ingredient\\_details.php?ingredient\\_id=1039](http://www.cosmeticsinfo.org/ingredient_details.php?ingredient_id=1039)  
[http://www.cosmeticsinfo.org/ingredient\\_details.php?ingredient\\_id=1039](http://www.cosmeticsinfo.org/ingredient_details.php?ingredient_id=1039)

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