



Ingredients Starting With I

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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

Ilex aquifolium (aka *Ilex opaca*; European holly; American holly)

Caution

Extract from the leaves of this evergreen tree are often used in skin conditioners. Interestingly, according to Winter [7th ed., pgs 297, 518], the leaves have theobromine in them, which is a compound very similar to caffeine, that is also found in chocolate, cocoa butter, and tea. Theobromine oil may cause allergic reactions for those who are sensitive to it.

See also: Theobroma oil

Source(s): Winter

Ilex paraguariensis leaf extract (aka *Yerba Mate*; Paraguay tea)

Caution

Often used as a hair and skin conditioner. According to Winter [7th ed., pg 297], this is similar to *Ilex aquifolium*, which may cause an allergic reaction in those sensitive to theobroma oil.

See also: Theobroma oil *Ilex aquifolium*

Source(s): Winter

Imidazolidinyl urea

Okay

Preservative that is known to release formaldehyde.

See also: Preservative Formaldehyde-releasing preservative

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

Iodopropynyl butylcarbamate (aka *IPBC*)

Caution

Used as a preservative [Begoun (Cosmetics) pg 1295]. Fine in products that aren't going to be used as sprays. In Europe, it can't be used for oral care, lip-care products or lotions. IPBC is a whitish crystalline powder that contains iodine. It works by slowing down bacterial growth. It has been tested safe for humans according to the CIR Expert Panel, but should not be used in aerosol products [Winter pg 301-302]. —*I put a caution here, because there are some concerns about it being a bit more of an irritant than other preservatives (although all preservatives are potential irritants). Just beware of how this is being applied (you might not want to use it if it's in a hair spray, or for a child).* —T

See also: Preservative

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

Ion

Okay

An atom or group of atoms with a charge (either positive or negative) as a result by gaining or losing ions (electrons have a negative charge, so to gain an extra one means gaining a negative charge) in relation to its number of protons (positively charged particles in the nucleus).

See also: Ion

Source(s): http://whatis.techtarget.com/definition/0_NULL_sid9_gci859894_00.html

Ionone

Caution

Often used as a flavor in food, or as a scent in perfumes. It's made from an Australian shrub called boronia. It's usually pale yellow, and smells much like cedar or violets. It sometimes causes allergic reactions [Winter pg 302].

Source(s): Winter

Iron oxide (aka *Iron oxides*)

Okay

Used for coloring products. Natural or synthetic combinations of iron with oxygen. It varies in color from black, brown, red, orange, or yellow, depending on how much water has been added, as well as the purity of the oxide. Iron oxides are often used to tint face powders and other makeup. Black iron oxide is often used for coloring eye shadow [Winter (7th edition) page 300].

Source(s): Winter

Irritant

Caution

There is more and more research showing that irritation damages the skin. Whether the irritation is from a drying cleanser, a fragrance, or essential oils, it all adds up to irritation. Even if we might not feel irritation, that doesn't mean irritation isn't taking place. Just because we don't feel irritation doesn't mean it isn't happening. Skin may not always let us know if damage is occurring, such as wrinkling that comes from sun damage. Though some substances (such as preservatives) may cause irritation, it is much safer to use a product that has a preservative in it than use one that doesn't have one. Fragrances, or even natural oils with strong fragrances, are known to be a big source of irritation or skin sensitivity. Since these do not serve a true purpose in products other than for marketing, adding fragrance, or a "tingle", the potential for irritation that comes with these isn't worth it. The more sources of irritation that can be eliminated, the better. Pgs 16-17, 40. —*I'm torn about this, because I love my products to have a great scent, and so far, I haven't had any problems with skin sensitivity. However, after what I've been reading, I want to at least present this information here, so you can decide for yourself. Also, it is best to keep potential irritants off a baby's skin or scalp.* —T

Source(s): Begoun

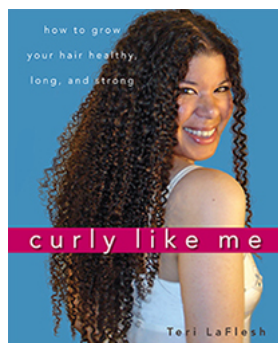
Isobutylparaben

Okay

A preservative used frequently in hair products, skin care and makeup. The CIR has determined this preservative

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to be safe for use in cosmetics [Winter pg 304].

Source(s): Winter

Isododecane

Okay

A thickener made from gel that leaves a matte feel [Begoun (Hair) pg 417]. According to Winter [pg 305, 288], Isododecane is also used as a fragrance ingredient often found in hairsprays, and even lipsticks. It works by forming a water-repellent film that prevents water from evaporating from the surface it's used on.

Source(s): Begoun Winter

Isoeugenol

Caution

Colorless, oily liquid. Has a clove scent. A component of ylang ylang oil and nutmeg 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>

Isohexadecane

Okay

Used as a cleanser, emulsifier and thickener [Begoun (Cosmetics) pg 1295].

Source(s): Begoun

Isoleucine

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

Isopropanol (aka Rubbing alcohol; Isopropyl alcohol)

Avoid

Very drying for hair. See Isopropyl alcohol.

See also: Isopropyl alcohol

Isopropyl alcohol (aka Rubbing alcohol, Isopropanol)

Avoid

Isopropyl alcohol is also known as rubbing alcohol and is used as an antibacterial ingredient, a solvent (for gums, shellac, and essential oils), as a denaturant (changes the way another substance's characteristics or qualities), and as a cleaning fluid. It's also put in products to help reduce the thickness of liquids and creams. [Winter (7th edition) page 305]. Drying alcohol. The mixture of ethanol and water is also known as "rubbing alcohol" [Begoun (Hair) pg 93].

See also: Alcohol

Source(s): Begoun Winter

Isopropyl myristate

Okay

Isopropyl myristate is a triglyceride that provides sheen and lubrication to the hair. It's often used instead of oils to provide emolliency (increasing softness, smoothness, and moisturization) and . It feels less greasy than oils [Johnson page 80].

Source(s): Johnson

Isopropyl palmitate

Okay

Skin conditioner, binder, thickener, and emollient often found in makeup, hair products, baby lotions, moisturizers [Winter (7th edition) page 306; Begoun (Cosmetics) page 1296].

Source(s): Begoun Winter

Isostearamidopropyl dimethylamine gluconate

Okay

Cleanser.

Isostearamidopropyl ethyldimonium ethosulfate (aka Quaternium-32)

Okay

An amber colored, water soluble liquid used to lubricate and soften the hair, making it more manageable. It is known to improve sheen, and reduce fly-away hairs due to static electricity [Hunting (Conditioning) pg251-252].

See also: Quaternary ammonium compound

Source(s): Hunting

Isostearyl alcohol (aka Isooctadecyl alcohol)

Okay

Used as an emollient and moisturizer, as well as for conditioning. Colorless and odorless liquid that is not water soluble. Considered more stable than oleyl alcohol [Hunting (Conditioning) pg 251]. According to Winter (pg 308), this is very similar to Stearyl alcohol.

See also: Stearyl alcohol

Source(s): Hunting Winter

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