



Ingredients Starting With L

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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

Lactamide MEA

[Okay](#)

Humectant.

See also: Humectant

Lactic acid (aka AHA)

[Okay](#)

Lactic acid is used in hair care products mainly to adjust the pH, but may also be used as a humectant.

Lactic acid occurs in sour milk through fermenting lactose, but it's also prepared commercially. Since it is considered safe (in small doses), it is often used to adjust the pH in products. Since it also somewhat increases the moisture content in hair in small amounts, this is an added benefit to including it. In high enough concentrations, it can harm your hair, but in the small concentrations usually used in hair products (it usually appears at the bottom of the ingredients list, meaning there isn't much of it in there), it's fine [Hunting (Conditioning) pg 258].

See also: pH Humectant

Source(s): Hunting

Lanette 16 (aka Cetyl alcohol)

[Okay](#)

Thickener and emollient with a soft, waxy feel.

See also: Cetyl alcohol

Lanolin (aka Wool wax; Wool grease; Wool fat)

[Okay](#)

Lanolin is a refined emollient wax (not technically an oil) that comes from the oil glands of sheep that is similar to the oil from human oil glands. Used in lots of products from makeup, eye creams and hair products. Lanolin contains about 30% water, so it is often used to keep skin moisturized by preventing water loss from it. It is also used for keeping the oil and water components in products from separating.

Advertisers have found that putting it in products sells them, often claiming it works better than other oils, but there is little scientific proof this is true. However, for sensitive skin, it may cause allergic reaction such as rashes or breakouts. Otherwise, it is an excellent moisturizer for hair and skin, second in preventing water loss only to petrolatum, according to one study. However, in rinse-off products, this does not apply since the lanolin is being washed off.

Lanolin is a pale yellow and is insoluble in water, though, interestingly, it can absorb nearly twice its own weight in water. It is soluble in oil. It has a distinctive scent and can be sticky and hard to spread [Winter (7th ed) pgs 319-320; Hunting (Conditioning) pgs 259-260].

Source(s): Winter Hunting

Lanolin alcohol

[Okay](#)

Emollient from lanolin.

See also: Lanolin

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

Lanolin Oil (aka Liquid lanolin; Dewaxed lanolin)

[Okay](#)

Lanolin oil is made by removing from the normally waxy lanolin its solid components. Found in many cosmetics, skin products, soaps, moisturizers, and hair products. Its used as an emollient that works well with hair and skin. The advantage it has over Lanolin is that it is less sticky, and spreads more smoothly [Winter (7th ed) pg 320; Hunting (Conditioning) pg 264].

Lanolin oil is a clear yellowish liquid with a distinct scent. It is insoluble in water.

See also: Lanolin

Source(s): Hunting Winter

Lanolin wax

[Okay](#)

Lends thicker texture to styling products. Can be sticky and leave a "coated feeling". Pg 372.

Source(s): Begoun

Lauramide MEA

[Okay](#)

Lather creator. Pg 74.

Source(s): Begoun

Lauramide oxide

[Okay](#)

Lather creator. Pg 74.

Source(s): Begoun

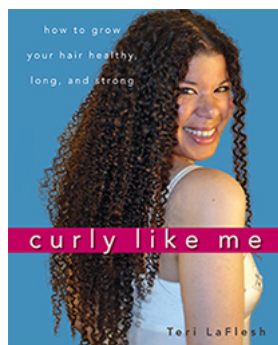
Lauramidopropyl betaine

[Okay](#)

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

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Source(s): Begoun

Lauramine oxide

[Okay](#)

Lather creator.

Source(s): Begoun

Lauramphocarboxyglycinate

[Okay](#)

Mild cleanser.

Laurdimonium hydroxypropyl hydrolyzed wheat protein

[Okay](#)

Used to prevent fly-aways in hair conditioners due to static electricity [Winter pg 321].

See *also*: Quaternary ammonium compound

Source(s): Winter

Laurdimonium hydroxypropyl hydrolyzed wheat starch

[Okay](#)

Conditions hair. Quat. Also is an antistatic ingredient.

See *also*: Quat

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

Laureth-4 (*aka PEG-4 lauryl ether*)

[Okay](#)

Emulsifier (keeps product from separating into its oil and water components) [Gottschalck pages 1412-1413].

Source(s): Gottschalck

Laureth-9 (*aka Polidocanol, 2-dodecoxyethanol*)

[Okay](#)

Laureth-9 is used as an emulsifier (keeps the product from separating into its oil and water components) [Gottschalck page 1414-1415].

Source(s): Gottschalck

Laureth-23 (*aka PEG-23 lauryl ether*)

[Okay](#)

Used for cleansing and solubilizing (a solubilizer helps dissolve in water substances that might not otherwise easily dissolve in water, such as fats) [Gottschalck page 1417; Winter (7th edition) page 486].

Source(s): Gottschalck Winter

Lauric 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."

Source(s): Begoun

Lauric DEA

[Okay](#)

Lather creator. Pg 74.

Source(s): Begoun

Lauroyl glutamic acid

[Okay](#)

Mild cleanser. Pg 233.

Source(s): Nnanna

Lauroyl Sarcosine

[Okay](#)

This ingredient foams well, so it is often used in shampoos. Sarcosines are found in starfish and sea urchins.

Winter pg 322, 450.

Source(s): Winter

Lauryl alcohol (*aka 1-Dodecanol*)

[Okay](#)

Fatty alcohol derived from coconut oil used in cleansers because it foams well. Pg 322.

See *also*: Fatty alcohol Fatty acid

Source(s): Winter

Laurylamide propyldimethyl 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>

Lauryl Betaine (*aka Lauryl dimethyl 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>

Lauryldimethyl 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>

Lauryldimethyl betaine

[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>

Lauryl dimethyl glycine (*aka Lauryl Betaine*)

[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>

Lauryl glucoside

Okay

Used to help water wet the hair more efficiently as well as for cleansing. It is derived from both plant and chemical sources [Winter (7th ed.) pg 323; Gottschalk pg. 1432].

Source(s): Winter Gottschalk

Laurylhydroxy sulfobetain

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>

Lauryl polyglucose (aka LPG)

Okay

Nonionic mild cleanser. Pg 130

Source(s): Applewhite

Lauryl sulfate

Okay

This is the part in cleansers (such as sodium lauryl sulfate and ammonium lauryl sulfate) that do the cleaning work. The sodium and the ammonium separate from the molecule in water, leaving the lauryl sulfate behind to work.

Source(s): <http://thebeautybrains.com/2006/07/04/beauty-qa-whats-the-difference-between-detergents/#>

Lavadin oil (aka *Lavandula hybrida*)

Okay

Used for fragrance. Related to the lavender plant [Winter pg 324].

See also: Extracts

Source(s): Winter

Lavandula angustifolia extract (aka *Lavender extract; Lavender oil*)

Caution

Mainly used as a fragrance, and can be found in lotions, skin and oral care products, shampoos, and conditioners. May also be used as a flavoring. This yellow oil is made from the fresh flowers of the lavender plant. Can be a skin irritant in those with sensitive skin, and also may cause a skin reaction with exposure to sunlight [Winter pg 324].

Best if used in products you'll rinse out, like in shampoos.--T

See also: Irritant Extracts

Source(s): Winter

Lavandula hybrida (aka *Lavandin oil*)

Okay

Used for fragrance. Related to the lavender plant [Winter pg 324].

See also: Extracts

Source(s): Winter

Lavender 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

Lecithin

Okay

An emollient, emulsifier, and product spreading-helper. Lecithin is found in all living things, but is most often gotten from egg yolks and soybeans [Winter (7th edition) page 324]. Used as a conditioner, and helps with sales appeal (as it's derived from natural ingredients). It comes as a pale yellow to yellow-brown waxy solid or semi-solid. It's not water soluble but will dissolve in fatty acids and mineral oil. It's a naturally occurring wetting agent that also helps keep products mixed together (like water ingredients with oil ingredients). It's also very emollient and conditioning, as well as mild and compatible for hair and skin. It has slight antioxidant properties. However, its disadvantage is that it has an unappealing color and bad smell, and doesn't dissolve well in water, and that bacteria love this ingredient [Hunting (Conditioning) page 270].

Source(s): Winter Hunting

Lemon

Caution

Can be drying to the hair. May cause skin irritation and/or sun sensitivity. Best not to use on a baby's skin. Pgs 74, 94.

See also: Irritant

Source(s): Begoun

Lemongrass (aka *Cymbopogon schoenanthus extract; Lemongrass extract*)

Caution

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

See also: Irritant

Source(s): Begoun

Lemongrass oil (aka *Cymbopogon schoenanthus oil; Indian oil of verbena*)

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

Lemon juice

Avoid

Drying to hair, and can be irritating to the scalp. Lemon juice should not be used to lighten hair. It has no lightening properties of its own. When it's squeezed onto the hair, being so acidic (pH of about 2), it damages the hair's cuticle layer. Then when a person sits out in the sun for the juice to "work", unprotected sun exposure also damages the hair. Sun damage combined with the acidic damage causes the weakened hair to become porous. Porous hair loses natural color (and also can split or break). Pgs 151, 414.

See also: pH Irritant

Source(s): Begoun

Lemon oil (aka *Citrus Medica Limonum Fruit Oil*; Cedro Oil)**Avoid**

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]. Per Begoun (Hair) page 619, lemon oil is too drying for the hair.

Source(s): Winter Begoun

Lemon peel**Caution**

Drying to hair, and can be irritating to scalp. Best not to use on a baby's skin. Pg 414.

See also: Irritant

Source(s): Begoun

Lemon verbena (aka *Lippia citriodora*)**Caution**

Often used in perfumes (especially soaps).[Winter pg 330, 325]. Also makes a great tea or an herb for cooking. However, this may be a skin irritant for those with sensitive skin.

Source(s): Winter <http://www.naturalhealthweb.com/articles/Honour6.html>

Leucine**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

Licorice extract**Okay**

Good anti-irritant for the scalp. Pg 526.

Source(s): Begoun

Licorice root**Okay**

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

Source(s): Begoun

Lilial**Caution**

Trade name of a floral, lily scented fragrance. Fragrances may cause irritation. It's best not to use them on a baby's skin.

See also: Irritant

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

Lime**Avoid**

Can be drying to the hair and irritating to the scalp. Pg 74. 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

Lime oil**Avoid**

Irritating and possibly drying to hair. Can cause itching of scalp, especially if scalp is exposed to sunlight. [Begoun (Hair) Pages 363, 651].

See also: Irritant

Source(s): Begoun

Limnanthes alba seed oil (aka *Meadowfoam seed oil*)**Good**

Very good moisturizing plant oil. It can partially penetrate the hair's cortex, so it may make hair a bit 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).

Per Winter [(7th edition) page 342], meadowfoam oil is used as a moisturizer, especially in cosmetics, and for shampoo and conditioners it's used to add shine and to moisturize.

Source(s): Beauty Brains Winter

Limonene (aka *D-Limonene*, *L-Limonene*, *DL-Limonene*)**Caution**

Comes in D, L, or DL forms. Synthetic flavoring ingredient that also occurs naturally in many fragrant natural ingredients such as citrus oils (d-limonene), pine trees or mint (l-limonene), peppermint, petitgrain oil, and black pepper. May cause scalp sensitivity. A skin irritant and sensitizer [Winter 7th edition page 327]. Best not to use it on a baby's scalp or skin.

See also: Irritant

Source(s): Begoun Winter <https://en.wikipedia.org/wiki/Limonene>

Linalool (aka *Linalol*)**Caution**

Often used in soaps and perfumes in place of bergamot or French lavender. It's a colorless liquid that occurs naturally in essential oils like cinnamon, sassafras and bergamot. May cause allergic reactions or eczema. It's best not to use them on a baby's skin [Winter (7th edition) page 328].

See also: Irritant

Source(s): Winter

Linoleamidopropyl PG-dimonium chloride phosphate**Okay**

Can function as a stabilizer and solubilizer (helps one ingredient dissolve into another).

Source(s): <http://thebeautybrains.com/2006/07/02/beauty-review-new-herbal-essences-shampoo-drama-clean-and-more/> <http://www.paulaschoice.com.au/shop/product.asp?CODE=PC125&PAGETYPE=S>

Linoleamidopropyl PG-dimonium chloride phosphate dimethicone**Okay**

Silicone. Provides slip to hair. Hair conditioning.

See also: Silicone

Source(s): <http://www.cosmeticsdatabase.com/ingredient.php?ingred06=703577&hanks=1>

Linseed extract (aka *Linum usitatissimum*, *linseed oil*, *flaxseed extract*)

Caution

See Flaxseed extract.

See also: Extracts Flaxseed extract

Source(s): http://www.cosmeticsdatabase.com/ingredient.php?ingred06=703584&refurl=/product.php?prod_id=168262&hanks=1

Linseed oil (aka *Linum usitatissimum*, *flax seed extract*, *linseed extract*)

Caution

Yellow-y oil from flaxseed. Slowly thickens as it's exposed to air. Oil used as an emollient with a very distinctive scent. Often used to help spread oil paint. May cause allergic reactions [Winter pg 329].

Source(s): Begoun Winter http://www.cosmeticsdatabase.com/ingredient.php?ingred06=703584&refurl=/product.php?prod_id=168262&hanks=1

Linum usitatissimum seed extract (aka *Linseed extract*, *flax seed extract*, *linseed oil*)

Caution

Yellow-y oil from flaxseed. Slowly thickens as it's exposed to air. Oil used as an emollient with a very distinctive scent. Often used to help spread oil paint. May cause allergic reactions [Winter pg 329].

Source(s): Winter http://www.cosmeticsdatabase.com/ingredient.php?ingred06=703584&refurl=/product.php?prod_id=168262&hanks=1

Lippia citriodora flower extract (aka *Lemon verbena*)

Caution

Often used in perfumes (especially soaps). [Winter pg 330, 325]. Also makes a great tea or an herb for cooking. However, this may be a skin irritant for those with sensitive skin.

Source(s): Winter <http://www.naturalhealthweb.com/articles/Honour6.html>

Liquid paraffin (aka *Paraffinum liquidum*)

Okay

Mineral oil.

See also: Mineral oil

Litsea cubeba fruit oil

Okay

An essential oil from a type of plum that comes from a small tree that keeps its leaves throughout the year, often used in perfumes [Winter pg 331].

Source(s): Winter

Lonicera Caprifolium Extract (aka *Honeysuckle Extract*; *Lonicera japonica*)

Okay

Honeysuckles usually have tubular flowers and many varieties are fragrant. Often used in perfumes, as well as helping with rashes such as poison oak. The flowers are harmless, but the fruits are considered toxic when a large amount are eaten [Winter 7th ed., pg 282-283].

Source(s): Winter

Lonicera Caprifolium Var. Caprifolium Extract (aka *Japanese Honeysuckle Extract*)

Okay

See Japanese Honeysuckle Extract.

See also: Japanese honeysuckle Extract

Lonicera Japonica (aka *Japanese honeysuckle*)

Okay

Honeysuckles usually have tubular flowers and many varieties are fragrant. Often used in perfumes, as well as helping with rashes such as poison oak. The flowers are harmless, but the fruits are considered toxic when eaten [Winter 7th ed., pg 282].

Japanese honeysuckle is an invasive species in many states in the US (see link below).

Source(s): Winter <http://www.invasive.org/browse/subinfo.cfm?sub=3039>

Lycium barbarum fruit extract (aka *Goji berry fruit extract*, *wolfberry extract*, *Fructus lycii*, *Gou Qi Zi*)

Okay

This is the berry from a shrub found in China, Mongolia, and in Tibet. They are in the same family as potatoes and tomatoes (Solonaceae). The berries have been used medicinally in Asia for thousands of years [Winter (7th edition) page 261] and have recently become really popular in the US as a superfood. However, it cannot heal damaged hair. Only preventing damage works.

Source(s): Winter

Lye (aka *Sodium Hydroxide*, *Caustic Soda*, *Soda Lye*)

Avoid

Highly alkaline. Main working ingredient in hair relaxers, texturizers, and kiddie perms. Often in the form of sodium hydroxide, guanidine hydroxide/potassium hydroxide or calcium hydroxide. 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.

See also: Sodium Hydroxide

Source(s): Begoun Winter Quadflieg http://www.pg.com/science/haicare/_tw_h_88.htm

Lylal

Caution

Fragrance with a floral, lily scent. Fragrances may cause irritation. It's best not to use them on a baby's skin.

See also: Irritant

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

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