

## Healthy Hair Ingredients

- J Aloe vera (contains proteolytic enzymes good for healing scalp problems and stimulating hair growth)
- J Avocado (dermatological benefits for scalp, with vitamins A, D, and E; effectively lubricates hair strand, preventing breakage)
- J Shea butter (a hydrating emollient; protects the hair strand)
- J Castor oil (antifungal; cleans the scalp, clearing follicles and promoting hair growth)
- J Coconut oil (a hydrating emollient that seals moisture around the hair follicle)
- J Extra virgin olive oil (a hydrating emollient and moisturizer, effective at softening hair)
- J Grapeseed (lightweight conditioner and moisturizer; mildly astringent, thus effective at fighting dandruff; easily absorbs into hair and scalp and is packed with healthy fatty acids)
- J Honey (humectant and antifungal)
- J Jojoba (hair strengthener, rich in vitamins C, E, and B; dermatological benefits for repairing scalp dryness and inflammation)

## **Hazardous Ingredients to Avoid**

- J “Fragrance” or “parfum” (this is a widely used smoke screen in the cosmetics industry, denoting a vague mixture of unknown chemicals)
- J Calcium hydroxide
- J Formaldehyde or methylene glycol (formaldehyde is also released by DMDM hydantoin, diazolidinyl urea, and imidazolidinyl urea)
- J Lead acetate (common in hair dyes)
- J Methylisothiazolinone
- J Parabens (propylparaben, butylparaben, or methylparaben)
- J Petroletum
- J Retinal palmitate
- J Specific alcohols:
  - o Alcohol denat, ethanol, propanol, isopropyl, propyl, SD alcohol #4 (also known by stylists as wood alcohol)
- J Sulfates