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Not sure if your hair is wavy, curly, or straight? Take our quick quiz to discover your hair type and get personalized care tips and product recommendations. Paste in an ingredient list and instantly check if the product is CGM-friendly.Our smart analyzer scans ingredients in seconds and highlights any CGM no-nos, making product selection easier than ever. The fastest ways to check curly hair product ingredients. If you're anything like me, you want to check that the ingredients in your curly hair products are actually good for your curls. Unfortunately, not all products are created equal, and some of them contain ingredients that can be damaging to your hair or maybe just don't suit it. On the other hand, you might be looking to add a certain product into your routine to see if it is of benefit to your hair. These habits gave me the waves I've always wanted Trawling through every ingredients list can be a BIG job and that's why I've put together this list of my favourite websites to check curly hair product ingredients. These websites can also help you determine whether a product is curly girl method approved or not. Let's start with The Curly Girl Method. There are rules to follow and these rules require checking ingredients. No sulphates No silicones No waxes or mineral oils No drying alcohols This was my first introduction to ingredients checkers. What can it do? You paste the full ingredients list of your chosen product into the text box and it instantly tells you whether there is a non-CGM friendly ingredient lurking in the mix. Very straightforward without any bells or whistles. The only downside is searching the internet for the list of ingredients to paste in. This is very similar to curlsbot as a way to check curly hair product ingredients but I prefer it. What can it do? You enter the ingredients as before – it's a copy and paste job. You will find that it's slightly more forgiving than curlsbot in terms of what it will accept as CGM-approved. It's up to you whether this is an advantage! In addition, it has another great feature. I will actually break down the categories of ingredients and let you know why a certain ingredient is considered beneficial or bad for your hair ie. 'humectants' or 'botanical extracts'. Really useful when you're getting to know what works best for you. Check out the Love Curly Hair Etsy Shop What can it do? Curlscan removes one of the obstacles of sites 1 and 2. You don't need to track down the list of ingredients! Just type in the product name and curlscan checks its database for all the information you need. It even has a barcode checker to make checking your curly hair product ingredients even easier. The website will then reveal whether the product is Curly Gir Method Approved, and will break down some of the ingredients that it considers important. It will highlight 'coconut oil' for example, and then list reasons why you may want to use or avoid it. Helpful! What else? Curlscan also has an 'advanced' search – this is where it gets really clever! It will help you find a product to suit your needs. You can search by category of product and then narrow the search to either include or exclude certain ingredients. Gold. This one is only available as an app but it is a fantastic way to check curly hair product ingredients while you're out and about. What can it do? The emphasis here is different. It isn't focused on whether a product is Curly Girl Method Friendly or not, but rather on the health impact of certain ingredients. An added bonus is that it will scan the barcode of a product so you can use it at the shops. Scan and see ingredients that are considered potential health risks. Each item is given a score out of 100 based on all ingredients according to current science. It searches for endocrine disruptors, allergens, irritants and carcinogens. A fascinating insight into ingredients in some of our favourite curly hair products. I hope you find these apps and sites helpful to check curly hair product ingredients. Lauren xx Follow Me For Daily Wavy & Curly Hair Tips! ❤ 1 Navigate to a webpage that features a Curly Girl ingredient analyzer. Many websites have a place where you can enter the product's ingredients to determine if they're Curly Girl approved. For instance, visit one of the websites at or . Tip: If you want to make sure you're using Curly Girl-approved products, try DevaCurl No-Poo or As I Am Coconut CoWash Cleansing Conditioner. You can also use natural products, such as coconut oil or argan oil. 2 Type in the ingredients from the product. Look on the back of the product for the ingredient list. Add ingredients to the box on the website, making sure to separate each one with a comma or a comma and a space.[1] Be sure to spell the ingredients correctly; if you misspell something, the website may sort it into the wrong category because it doesn't recognize it. Advertisement 3 Hit "Submit" and look at the results. Once you hit "Submit," you'll be redirected to a second page with your results. The website divides ingredients into "Not CG Approved" and "Probably OK," for instance. If any of the ingredients fall into "Not CG Approved," then you want to avoid that product if you're using CG Approved ones.[2] "Probably OK" means that the ingredients didn't directly match ones on the "bad" list or they're on the CG Approved list. Advertisement 1 Skip products with sulfates in them. Surfactants dissolve in water and reduce the surface tension on your hair, which helps the product remove dirt from the area. That sounds good, but some surfactants, like sulfates, can also be damaging to your hair, as they strip it of its natural oils. When using the Curly Girl method, avoid products with these ingredients. Look for products that are labeled "sulfate-free" to help you choose the best option for your hair. In addition, read the ingredient list to look for sulfates. Even if a product is labeled "sulfate-free," it may still contain sulfate ingredients. That's because the manufacturer is typically referring to more damaging sulfates, such as sodium lauryl sulfate. Go over the ingredient list carefully to find sulfate ingredients before deciding if a product is Curly Girl approved.[3] Common sulfates include alkylbenzene sulfonate, sodium cocoyl sarcosinate, ammonium or sodium xylenesulfonate, and dioctyl sodium sulfosuccinate. Look for words or endings like "sulfate," "sulfoacetate," "sulfonate," and "sulfouccinate." 2 Avoid products with silicone ingredients that aren't water soluble. These products tend to build up on your hair over time because they coat your hair to give it shine. They keep moisture from getting into your hair, and to get them out, you need harsh products that contain sulfates. Therefore, it's best to avoid them. Read the ingredient list to find ones with endings like "-xane," "-cone," "-col," and "-conol" so that you can avoid products that contain them.[4] Common ingredients that fall into this category include dimethiconol, cetyl dimethicone, dimethicone, cetearyl methicone, and stearyl dimethicone. Use the same rues when buying styling products. Stay away from silicone products. "After battling serious scalp infections (with a trip to the urgent care and two rounds of antibiotics) I found the culprit to be silicone products in my styling products. The list here has helped me in my search for something safe." - Kristen M. Too many washes can damage your hair. "Before I knew any of this information I used to wash my hair every day, and some days I even washed it twice with shampoo. Now I know what damages my hair, and what doesn't, my curls have never looked better!" - Annie S. My hair is finally shiny! "I have short hair that is curly, and I now use conditioner only twice a week, leaving it in for around five minutes and then rinsing it out. I no longer visit the hairdresser once a week, and my hair is shiny and looks good." - Denise R. We want to hear from you! Advice from our readers makes our articles better. If you have a story you'd like to share, tell us here. 3 Don't use products with proteins if you're still having hair problems. Sometimes, proteins can make your hair dry and brittle. You're more susceptible to this issue if your hair is coarse, so if you're having this problem, check the ingredient list for proteins.[5] Look for things like soy proteins, wheat proteins, amino acids, collagen, and keratin. Advertisement 1 Opt for better surfactants in place of sulfates. You still need surfactants sometimes, but you have better options available to you than sulfates. These include ingredients like coco betaine and lauroamphoacetate, just to name a few.[6] Other options include sodium cocoyl isethionate, cocamidopropyl betaine, disodium cocoamphodiacetate or cocoamphodipropionate or cocamphodipropionate, or ocoamphoacetate. 2 Choose products with water-soluble silicones. These silicones are okay to use on curly hair, as they won't build up over time; you can use water to wash them out. Pick ones like hydrolyzed wheat protein hydroxypropyl polysiloxane, dimethicone copolyol, or lauryl methicone copolyol.[7] Also look for silicone names that have "PPG" or "PEG" in front of them. That indicates they're water-soluble. Silicones are used to help detangle your hair, as well as to add shine.[8] 3 Look for other ingredients that replace silicones. If you want to avoid silicones altogether, other ingredients can help with lubrication, too. These ingredients aren't silicone-based. Certain types of chlorides can help, for instance.[9] Try behentrimonium methosulfate, distearyldimonium chloride, behentrimonium chloride, polyquaternium 55, cetrimonium bromide, or dicetyldimonium chloride. 4 Opt for hydrating alcohols over drying ones. Most alcohols are drying, so if you see them on the ingredient list, you may want to avoid that product. Exceptions to this rule are hydrating alcohols, which include cetearyl alcohol, cetyl alcohol, myristyl alcohol, lauryl alcohol, and behenyl alcohol.[10] Hydrating oils will help you tame your curly hair. Advertisement Add New Question Question How do you keep a silk press on natural hair that's curly? Courtney Foster Licensed Cosmetologist Courtney Foster is a Licensed Cosmetologist, Certified Hair Loss Practitioner, and Cosmetology Educator based out of New York City. Courtney runs Courtney Foster Beauty, LLC and her work has been featured on The Wendy Williams Show, Good Morning America, The Today Show, The Late Show with David Letterman, and in East/West Magazine. She received her Cosmetology License from the State of New York after training at the Empire Beauty School - Manhattan. After your silk press, wrap your hair at night and pull it forward before wrapping it in a cylinder shape with a silk or satin scarf. Tie the hair down as flat as possible to keep moisture out of your hair. If moisture gets into your hair cuticles, they're going to frizz and your hair will revert back to its natural state. Question Why don't you give us a list of shampoos and conditioner that are suitable, rather than searching through shelves to find them? wikiHow policy does not permit recommending brands. Question What if the product has only one ingredient from the "avoid" list, and most of them are in the "to look for" list? Can I still use it? I wouldn't recommend it. One bad ingredient can cancel out the good. See more answers Ask a Question Advertisement Thanks Thanks Thanks Advertisement This article was co-authored by Courtney Foster. Courtney Foster is a Licensed Cosmetologist, Certified Hair Loss Practitioner, and Cosmetology Educator based out of New York City. Courtney runs Courtney Foster Beauty, LLC and her work has been featured on The Wendy Williams Show, Good Morning America, The Today Show, The Late Show with David Letterman, and in East/West Magazine. She received her Cosmetology License from the State of New York after training at the Empire Beauty School - Manhattan. This article has been viewed 998,618 times. Co-authors: 17 Updated: April 16, 2025 Views: 998,618 Categories: Featured Articles | Hair Care Products | Keeping Hair Healthy Article SummaryXTo figure out if a hair product is approved under the Curly Girl method, the first thing you'll want to do is check out the ingredients list. Avoid products with sulfates in them, since they can strip natural oils from your hair, leaving it dry and damaged. If a product doesn't have sulfates, it should say "sulfate-free" right on the label. You should also watch out for silicone ingredients that aren't water soluble, since they build up in your hair over time. These ingredients usually end in "xane," "cone," "conol," or "col." Alcohol can dry out your hair too, so you'll want to avoid products that list it as an ingredient. However, some alcohols are actually hydrating, like cetyl alcohol and lauryl alcohol, so look up the type of alcohol listed online if you're not sure. To learn how to use the Curly Girl ingredient analyzer to figure out which hair products are approved, keep reading! Print Send fan mail to authors Thanks to all authors for creating a page that has been read 998,618 times. "My entire life, I didn't know that shampoos and hair care products contain harsh chemical ingredients. Until now, I couldn't tolerate my damaged, curly, wavy, frizzy hair because of the shampoo and conditioner I used everyday. I thought it would go back to normal if I went to the salon and rebonded it, but that makes my hair worse. People around me ask why my hair is like this and they think that it's my natural hair. I told them that my hair was long and healthy before, but still they don't believe me. Thank you, wikiHow, for this very helpful information. Now I know how to take care of my hair and I will show this information to them."... more Share your story 18th Jan 201925th Apr 2019 Welcome to Curly Girl Approved. A site to help you know what hair products are approved for the Curly Girl (or Guy) Method. Never heard of the Curly Girl Method? A quick Google / YouTube search will be a good place to start. However, in summary, we're told the big no no's for our curls are: -Drying ingredients such as sulfates and harsh alcohols.-Non-water-soluble ingredients that build up on the hair such as silicones, waxes and oils. Considering the ingredients listed on most packaging is extensive, I've checked it out so that you don't have to. Where possible I have linked each item to a stockist; so that you are able to see the price and read the product reviews. Although I have done my best to be accurate, be aware that ingredients do change. Please check back of the pack for up to date ingredients.Some links on this site are affiliates links, these do not add any extra cost to the customer. Shopping through these links supports the further development of Curly Girl Approved. ExtensionShopping17 usersCheck to see if your hair products are Curly Girl Method approvedTrying to find products that enhance your wavy or curly hair can be complicated. Curl Checker makes it easier by analyzing ingredients to see if products are CG friendly. We look for ingredients like silicones, oils, waxes, and sulfates to let you know if a product is CG approved or if you should keep looking. Checks ingredients on: Sephora.com, Ulta.com, and Walmart.com Curl Checker is not associated with Lorraine Massey, the Curly Girl Method ("CGM"), or Curly Girl: The Handbook. Email This developer has not identified itself as a trader. For consumers in the European Union, please note that consumer rights do not apply to contracts between you and this developer.The developer has not provided any information about the collection or usage of your data. Welcome to Curly Care! Let's optimize your curly hair routine.Empowering your curls with AI-driven care 1. Enter the name of the product. 2. Enter the ingredients separated by commas. 3. Click submit to see if it is Curly Girl (CG) Approved!

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