

My Top 10 Product Ingredients List

(Products My Hair Loves)

1. Gather your FAVORITE hair products
2. Make a list of each product's ingredients
 - Look up each ingredient and write down what it is (*do this for each ingredient*)
 - Look for any repeat ingredients (*ex. aloe vera juice, shea butter, panthenol, ylang ylang essential oil, etc.*)
3. Make a list of at least 10 ingredients that show up in your favorite hair products
4. To look up these ingredients, consider using your Milady's Skin Care & Cosmetics Ingredients Dictionary, or search online at TightlyCurly.com/ingredients, and the Environmental Working Group's Skindeep Cosmetics Database (*type in the ingredients you'd like to look up in the search box*) <http://www.ewg.org/skindeep/>. You can purchase the Milady's Dictionary on Amazon.com.
5. Complete the table below by listing your Top 10 ingredients, what they do, and what they're found in (*butters, oils, gels, conditioners, etc.*)

Ingredient	What It Does	What Products It's Found In
1.		
2.		
3.		
4.		
5.		
6.		
7.		
8.		
9.		
10.		

