

All About Silicones in Hair Products

Some silicones are not water soluble. Some silicones are chemically modified to ensure compatibility with certain surfactants in shampoo.

Silicones that are not water soluble include:

- Dimethicone
- Demethconal
- Phenyl-trimethicone
- Cyclomethicone

Silicones that are water soluble include:

- PEG-modified dimethicone
- Dimethicone copolyol

To avoid dry, brittle, and flat hair choose silicone free products. Silicones build up because of their inability to dissolve in water. Keep in mind anything ending in "cone", "conol", "col", or "xane" should be avoided. Exceptions in front of them "peg" or "peg" are water soluble and won't produce build-up that other silicones are known to cause.

You can still enjoy the benefits of silicones in hair products by reading labels to know which silicones require occasional removal with the appropriate shampoos. This is to help remove excessive build up or matting of the hair.