PORE CLOGGING INGREDIENTS IN SKIN CARE

Do not ever put anything on your skin or your hair without checking the ingredients first, even if it says “won’t clog pores” or “noncomedogenic” on the bottle. No government agency oversees this, so skincare companies can claim their products promote clear skin and have pore cloggers in their ingredient deck.

Natural oils can be some of the worst offenders like cocoa butter and coconut oil which are found in many “organic” skin care lines.

Other oils such as jojoba, olive, and lanolin are mildly comedogenic and can be a problem if formulated with other comedogenic ingredients. Some prescription products like the cream form of Retin A have pore cloggers. Many over-the-counter acne medications also have pore clogging ingredients.

“Oil-free” products can be comedogenic so don’t just assume they won’t clog your pores. These are all ingredients that can aggravate acne. The higher the number assigned to it, the more propensity it has to clog your pores.

Makeup

The best makeup is one that does not contain comedogenic ingredients. Loose powder, mineral make-up tends to be the safest choice but still should be checked. Priia is our number one choice since it is specifically made for acne prone skin and will not clog pores. We carry this brand in clinic, both loose powder and creme form.

Bare Minerals Original Formula loose powder foundation is a safe choice; however the newer Bare Minerals Matte is NOT a safe choice – it contains ActiveSoil Complex that is causing breakouts for most users. Any Pressed or liquid products also should be checked for pore-clogging ingredients. We do not recommend any of the pressed Bare Minerals blushes, bronzers or veils.
Ingredients

- Acetylated Lanolin
- Acetylated Lanolin Alcohol
- Algae Extract
- Algin
- Butyl Stearate
- Carrageenan
- Cetyl Acetate
- Cetearyl Alcohol + Ceteareth 20
- Chondrus Crispus (aka Irish Moss or Carageenan Moss)
- Chlorella
- Coal Tar
- Cocoa Butter
- Coconut Alkanes
- Coconut Butter
- Coconut Oil
- Colloidal Sulfur
- Cotton Awws Oil
- Cotton Seed Oil
- D & C Red #17
- D & C Red #21
- D & C Red #3
- D & C Red #30
- D & C Red #36
- Decyl Oleate
- Dioctyl Succinate
- Disodium Monooleamido PEG 2-Sulfosuccinate
- Ethoxylated Lanolin
- Ethylhexyl Palmitate
- Glyceril Stearate SE
- Glyceril-3 Diisostearate
- Hexadecyl Alcohol
- Hydrogenated Vegetable Oil
- Isocetyl Alcohol
- Isocetyl Stearate
- Isodecyl Oleate
- Isopropyl Isostearate
- Isopropyl Linolate
- Isopropyl Myristate
- Isopropyl Palmitate
- Isostearyl Neopentanoate
- Kelp
- Laminaria Digitata Extract
- Laminaria Saccharina Extract (Laminaria Saccharine)
- Laureth-23
- Laureth-4
- Lauric Acid
- Mink Oil
- Myristic Acid
- Myristyl Lactate
- Myristyl Myristate
- Octyl Palmitate
- Ocyl Stearate
- Oleth-3
- Oleyl Alcohol
- PEG 16 Lanolin
- PEG 200 Dilaurate
- PEG 8 Stearate
- PG Monostearate
- PPG 2 Myristyl Propionate
- Plankton
- Polyglyceryl-3 Diisostearate
- Potassium Chloride
- Propylene Glycol Monostearate
- Red Algae
- Seaweed
- Shark Liver Oil (Squalene)
- Shea Butter
- Sodium Laureth Sulfate
- Sodium Lauryl Sulfate
- Solulan 16
- Sorbitan Oleate
- Soybean Oil
- Spirulina
- Steareth 10
- Stearic Acid Tea
- Stearyl Heptanoate
- Sulfated Castor Oil
- Sulfated Jojoba Oil
- Wheat Germ Glyceride
- Wheat Germ Oil
- Xylene