**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 “Non-Comedogenic” 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. Below is a list of ingredients to avoid in all skin care, acne care, makeup, and hair products.

**Warnings:**

* 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.

**Makeup**

* Loose powder, mineral make-up tends to be the safest choice, but still should be checked.
* Bare Minerals Original Formula loose powder foundation is a safe choice; however, the newer Bare Minerals Matte is NOT a safe choice—it contains soil minerals. We do not recommend any of the pressed Bare Minerals blushes, bronzers, or veils.
* Any pressed or liquid products should also be checked for pore-clogging ingredients.

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