

Pore Clogging Ingredients in Skin Care

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

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.

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