

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.

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 + Cetareth 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
Diethyl Succinate	Shark Liver Oil (Squalene)
Disodium Monooleamido PEG 2- Sulfosuccinate	Shea Butter
Ethoxylated Lanolin	Sodium Laureth Sulfate
Ethylhexyl Palmitate	Sodium Lauryl Sulfate
Glyceryl Stearate SE	Solulan 16
Glyceryl-3 Diisostearate	Sorbitan Oleate
Hexadecyl Alcohol	Soybean Oil
Hydrogenated Vegetable Oil	Spirulina
Isocetyl Alcohol	Steareth 10
Isocetyl Stearate	Stearic Acid Tea
Isodecyl Oleate	Stearyl Heptanoate
Isopropyl Isostearate	Sulfated Castor Oil
Isopropyl Linolate	Sulfated Jojoba Oil
Isopropyl Myristate	Wheat Germ Glyceride
Isopropyl Palmitate	Wheat Germ Oil
Isostearyl Isostearate	Xylene
Isostearyl Neopentanoate	
Kelp	