



Pore Clogging Ingredients in Skin and Hair 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 and Hair Products

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. **You must check all your Hair Products, this includes shampoo and conditioner, etc. You will not clear without!**

Is it Acne Safe? App

There is an app that can be used available for Apple and Android that is approximately 90% accurate for determining if the product or food item is acne safe.

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