

# Pore Clogging Ingredients in Skin Care



**ALWAYS check ingredient labels before putting anything on your skin!** 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.
- GloMineral Pressed Powder is a safe choice; however, the GloMinerals foundations are NOT a safe choice. Priia's Concealers are non-pore clogging and help to fight acnethese are full coverage crème foundations.
- We do not recommend any of the pressed Bare Minerals blushes, bronzers, or veils.
- ALL liquid products should also be checked for pore-clogging ingredients.

- Acetylated Lanolin
- Acetylated Lanolin Alcohol
- Algae Extract
- Algin
- Almond Butter
- Almond Oil
- Apricot Kernel Oil
- Argan Oil
- Avocado Oil
- Butyl Stearate
- C13-14 Isoparaffin
- Carrageenan
- Cetearyl Alcohol + Cetareth 20
- Cetyl Acetate
- Cheru Seed Oil
- Chlorella
- Chondrus Crispus (a.k.a. Irish Moss or Carageenan Moss)
- Chullu (Wild Apricot) Seed Oil
- Coal Tar
- Cocoa Butter
- Coconut Alkanes
- Coconut Butter
- Coconut Oil
- Colloidal Sulfur
- Corn Oil
- Cotton Awws Oil
- Cotton Seed Oil
- D & C Red # 3
- D & C Red # 17
- D & C Red # 21
- D & C Red # 30
- D & C Red # 36
- Decyl Oleate
- Dhupa Seed oil
- Dioctyl Succinate
- Disodium Monooleamido
- Ethoxylated Lanolin
- Ethylhexyl Palmitate
- Evening Primrose Oil
- Glyceryl Stearate SE
- Glyceryl-3 Diisostearate
- Groundnut Oil
- Hexadecyl Alcohol
- Hydrogenated Vegetable Oil
- Isocetyl Alcohol
- Isocetyl Stearate
- Isodecyl Oleate
- Isopropyl Isostearate
- Isopropyl Linolate
- Isopropyl Myristate
- Isopropyl Palmitate
- Isostearyl Isostearate
- Isostearyl Neopentanoate
- Kapok Oil
- Kelp
- Kokum Oil
- Kusum Oil
- Laminaria Digitata Extract
- Laminaria Saccharina Extract (Laminaria Saccharina)
- Lanolin
- Laureth – 4
- Laureth – 23
- Lauric Acid
- Mahua Seed oil
- Mink Oil
- Monostearate
- Myristic Acid
- Myristyl Alcohol
- Myristyl Lactate
- Myristyl Myristate
- Nahor Seed Oil
- Neem Oil
- Octyl Palmitate
- Octyl Stearate
- Oleth – 3
- Oleth – 5
- Oleyl Alcohol
- Olive Oil
- Palash Oil
- Palm Kernel Oil
- Palm Oil
- Peach Kernel Oil
- Peanut Oil
- PEG 2 – Sulfosuccinate
- PEG 8 Stearate
- PEG 16 Lanolin
- PEG 100 Distearate
- PEG 150 Distearate
- PEG 200 Dilaurate
- PEG – 16
- PG Monostearate
- Pilu Oil
- Plankton
- Polyglyceryl – 3 Diisostearate
- Polyglyceryl – Diisostearate
- Potassium Chloride
- PPG 2 Myristyl Propionate
- Propylene Glycol Monostearate
- Ratanjyat Oil
- Red Algae/Brown Algae
- Rice Bran Oil
- Sal Seed Oil
- Sea Whip Extract
- Seaweed
- Sesame Oil
- Shark Liver Oil (Squalene)
- Shea Butter
- Sodium Carbomer
- Sodium Laureth Sulfate
- Sodium Lauryl Sulfate
- Solulan 16
- Sorbitan Oleate
- Soybean Oil
- Spirulina
- Steareth – 2
- Steareth – 10
- Stearic Acid Tea
- Stearyl Heptanoate
- Sulfated Castor Oil
- Sulfated Jojoba Oil
- Tribeheniin
- Undi Oil
- Wheat Germ Glycerides
- Wheat Germ Oil
- Xylene