

# the Acne Education Sheet

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Pore Clogging Ingredients in Skin, Hair, and Makeup Products

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Organic and “natural” skin care lines contain some of the worst pore-clogging ingredients. Choose powder makeup over liquid foundations, tinted moisturizers, and BB Creams. Check ingredient lists in all skin, hair, and makeup products before using.

Avoid products that contain the fatty acid isopropyl myristate and its chemical cousins: isopropyl palmitate, isopropyl lanolate, myristyl myristate, isostearyl neopentanoate, and isostearyl isostearate. Other pore-cloggers: algae, seaweed, kelp, potassium chloride, decyl oleate, oleth-3, oleyl alcohol, PPG 2 myristyl propionate, sodium

sulfates (sodium lauryl sulfate and sodium laureth sulfate), laureth-4 and laureth-23, acetylated lanolin alcohol, and natural butters like cocoa butter and shea butter.

**Problem oils:** Coconut, sweet almond, argan, carrot, olive, apricot kernel, palm kernel, MoroccanOil, vitamin E, wheat germ, sulfated jojoba oil, aromatherapy oil blends, and scented oils.

**Safe oils:** Fragrance-free safflower and sunflower oils are naturally less comedogenic; high-quality mineral oil (not with Red #36).

Ingredient	Ingredient
Acetylated Lanolin Alcohol	Laminaria Digitata Extract
Algae and Algae Extract	Laminaria Saccharina (seaweed)
Algin (algae)	Laureth-4, Laureth-23
Argan Oil (MoroccanOil)	Lauric Acid
Butyl Stearate	Mink Oil
Carrageenan (seaweed)	Myristic Acid
Cetyl Acetate	Myristyl Lactate
Cetearyl Alcohol + Cetareth 20 (listed together)	Myristyl Myristate
Chondrus Crispus (Irish Moss or Carrageenan)	Octyl Palmitate
Chlorella (seaweed)	Octyl Stearate
Coal Tar	Oils (see above)
Cocoa Butter	Oleth-3 (not Oleth-3 Phosphate)
Coconut Alkanes	Oleyl Alcohol
Coconut Butter	PEG 16 Lanolin
(Coconut Derivatives)	PEG 200 Dilaurate
Coconut Oil	PEG 8 Stearate
Colloidal Sulfur	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	Sea Whip Extract
Disodium Monooleamido PEG 2- Sulfosuccinate	Shark Liver Oil (squalene, not squalane)
Ethoxylated Lanolin	Shea Butter
Ethylhexyl Palmitate	Sodium Chloride
Glyceryl Stearate SE	Sodium Cocoyl Isethionate (from coconut)
Glyceryl-3 Diisostearate	Sodium Laureth Sulfate/ Sodium Lauryl Sulfate
Hexadecyl Alcohol	Solulan 16
Hydrogenated Vegetable Oil	Sorbitan Oleate
Isocetyl Alcohol	Soybean Oil
Isocetyl Stearate	Spirulina (seaweed)
Isodecyl Oleate	Steareth 10
Isopropyl Isostearate	Stearic Acid Tea
Isopropyl Lanolate	Stearyl Heptanoate
Isopropyl Myristate	Sulfated Castor Oil
Isopropyl Palmitate	Sulfated Jojoba Oil
Isostearyl Isostearate	Wheat Germ Glyceride
Isostearyl Neopentanoate	Wheat Germ Oil
Kelp	Xylene