



Pore-Clogging Ingredients

Below is a list of ingredients that can be found in skincare products, makeup, and hair products that can clog your pores and may exacerbate acne. **Always check the ingredients of any non-Face Reality products you use on your skin or hair**, even if it says “Won’t Clog Pores” or “Non-Comedogenic” on the bottle.

Natural oils can be some of the worst offenders (like cocoa butter and coconut oil) and 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, as well as many over-the-counter acne medications also contain pore clogging ingredients. “Oil-free” products can be formulated with pore-clogging ingredients. The following list is meant as a guideline

- Acetylated Lanolin
- Acetylated Lanolin Alcohol
- Algae Extract
- Algin
- Butyl Stearate
- Carrageenan
- Cetyl Acetate
- Cetearyl Alcohol + Cetareth 20
- Chondrus Crispus (aka Irish Moss or Carageenan Moss)
- Chlorella
- Coal Tar
- Cocoa Butter
- Coconut Alkanes
- Coconut Butter
- Coconut Oil
- Colloidal Sulfur
- Cotton Seed Oil
- D & C Red # 17
- D & C Red # 21
- D & C Red # 3
- D & C Red # 30
- D & C Red # 36
- Decyl Oleate
- Dioctyl Succinate
- Disodium Monooleamido PEG 2- Sulfosuccinate
- Ethoxylated Lanolin
- Ethylhexyl Palmitate
- Glyceryl Stearate SE
- Glyceryl-3 Diisostearate
- Hexadecyl Alcohol
- Hydrogenated Vegetable Oil
- Isocetyl Alcohol
- Isocetyl Stearate
- Isodecyl Oleate
- Isopropyl Isostearate
- Isopropyl Linolate
- Isopropyl Myristate
- Isopropyl Palmitate
- Isostearyl Isostearate
- Isostearyl Neopentanoate
- Kelp
- Laminaria Digitata Extract
- Laminaria Saccharina Extract (Laminaria Saccharine)
- Laureth-23
- Laureth-4
- Lauric Acid
- Mink Oil
- Myristic Acid
- Myristyl Lactate
- Myristyl Myristate
- Octyl Palmitate
- Octyl Stearate
- Oleth-3
- Oleyl Alcohol
- PEG 16 Lanolin
- PEG 200 Dilaurate
- PEG 8 Stearate
- PG Monostearate
- PPG 2 Myristyl Propionate



- Plankton
- Polyglyceryl-3 Diisostearate
- Potassium Chloride
- Propylene Glycol Monostearate
- Red Algae
- Seaweed
- Shark Liver Oil (Squalene)
- Shea Butter
- Sodium Laureth Sulfate
- Sodium Lauryl Sulfate
- Solulan 16
- Sorbitan Oleate
- Soybean Oil (Glycine Soja)
- Spirulina
- Steareth 10
- Stearic Acid Tea
- Stearyl Heptanoate
- Sulfated Castor Oil
- Sulfated Jojoba Oil
- Wheat Germ Glyceride
- Wheat Germ Oil
- Xylene