

Comedogenic Ingredients FAQ

Q. What does “Comedogenic” mean?

A. It means having the tendency to promote the formation of comedones (clogged pores) thus prohibiting the natural excretion of follicular wastes (sebum and dead skin cells) from the follicle. All people do not react similarly to all ingredients. This list is intended to be only a guideline, and does not make the claim that these ingredients are detrimental to all skins. However, highly comedogenic and moderately comedogenic ingredients should be completely avoided on anyone with a history of acne or product sensitivity.

Q. Why is this important to me?

A. If you are prone to breakouts, it is important to become ingredient savvy. It can be surprising to know that there are comedogenic and irritating ingredients in everyday cosmetics, medications, make up, sun blocks, shaving creams, hair care and skin care products. When assessing a product’s possible comedogenicity, consider the following influences:

- Quantity of the ingredient used in the product.
- Presence of other comedogenic ingredients.
- If the product will remain on the skin or be washed off.
- Where the product is going to be used on the body. The face, neck and back are the most susceptible areas.

Q. What ingredients are Comedogenic and how do I know which ones to avoid?

A. Comedogenicity is listed below in a range from “highly comedogenic (most likely to cause) to non-comedogenic” (less likely or not likely at all to cause). You can start with the lists below in the four areas, but it would be beneficial to consult with an Aesthetician and review a regimen that is best suited for your skincare goals. They can assist in helping you navigate the assaulting ingredients in your regimen and offer alternative options.

HIGHLY COMEDOGENIC (5)

*Isopropyl ester series

Acetylated lanolin	Hexadecyl alcohol	Lanolic acid	Potassium chloride
Acetylated lanolin alcohol	Isocetyl stearate	Linseed oil	PPG-2 myristyl propionate
Algae extract	Isoparaffin C9-11	Myreth-3 myristate	Red algae
Algin	Isopropyl isostearate*	Myristyl lactate	Sodium chloride
Butyl stearate	Isopropyl lanolate*	Octyl palmitate	Sodium laurel sulfate
Capric/caprylic triglyceride	Isopropyl linoleate*	Octyl stearate	Squalene
Carrageenan	Isopropyl myristate*	Oleic acid	Stearyl heptanoate
Cocoa butter	Isopropyl neopentanoate*	Oleyl alcohol	Sweet almond oil
Decaglyceryl dcaoleate	Isopropyl palmitate*	Olive oil	Wheat germ oil
Flex oil (aka: linseed oil)	Isostearic acid	Peach kernel oil	

MODERATELY OMEMOGENIC (3-4)

Butyl stearate	Grape seed oil	Myristic acid	Sesame oil
Ceramides	Hexlene glycol	Myristyl lactate	Shark liver oil
Coconut butter	Isostearyl alcohol	Octyldodecanol	Sodium laureth sulfate
Coconut oil	Isostearyl neopentanoate	Palmitic acid	Solulan 16
Colloidal sulfur	Laureth-4	Peanut oil	Sorbitan oleate
Decyl oleate	Lauric acid	Cetearyl alcohol+ceteareth	Soybean oil
Ethoxylated lanolins	Linoleic acid	20	Tocopherol
(ex: laneth-10)	Mink oil	Propylene glycol	Xylene
Ethylhexyl palmitate	Most D&C red pigments	monostearate	

MILDLY COMEDOGENIC (1-2)

Anhydrous lanolin	Calendula	Glyceryl stearate	Safflower oil
Apricot kernel oil	Camphor	Lanolin alcohol	Sesame seed oil
Ascorbyl palmitate	Capric acid	Lanolin oil	Simethicone
Avocado oil	Castor oil	Lauryl alcohol	Stearic acid
Azulene	Chamomile	Mineral oil, cosmetic grade	Sunflower oil
Behenic acid	Corn oil	Olive oil	Talc
Beta carotene	Crisco™	Palmitic acid	Vitamin A palmitate
Black current oil	Dimethicone	Peanut oil	
Borage oil	Evening primrose oil	Sandalwood seed oil	



NON-COMEDOGENIC (0)

Allantoin	Carnauba wax	Iron Oxides	Panthenol
Almond oil	Cetyl palmitate	Isopropyl alcohol	Papain
Ascorbic Acid	Chamomile extract	Jojoba oil	Paraffin
Beeswax	Cyclomethicone	Kaolin	Petrolatum, USP
Bentonite	Dimethicone	Mineral oil, USP*	Polysorbates
Black walnut extract	Emulsifying wax	Octyl methoxycinnamate	Propylene glycol
Bromelain	Ethanol	Octyldodecyl stearate	Propylene glycol
Candelilla wax	Flowers of sulfur	Oxybenzone	dicaprate/dicaprylate
Carmin	Glycerin	PABA	SD alcohol

*While not comedogenic, mineral oil can exacerbate the pore-clogging effects of comedogenic ingredients in the product. **Hydrogenated from Squalene.