

Comedogenic Ingredients List

GOT PRODUCT ACNE?

Symptoms include:

- tiny whiteheads, clustered together
- no pain or redness

The cause? Comedogenic ingredients in skincare and makeup that can trigger these texture issues for acne-prone people.

Over 94% of my new clients are using comedogenic ingredients and don't even know it. But don't worry, help is here!



GETTING CLEAR IS EASY.

- Clean your skincare + makeup from the 120+ comedogenic ingredients scientifically shown to cause breakouts.
- Note: Many natural products are comedogenic! Most oils used in "clean beauty" products cause product acne.
- Shop [Skin Nutritious](#) for 100% acne-safe and non-toxic skincare. No product acne here!
- Use our [Acne-Safe Makeup + SPF List](#) to find non-cloggy alternatives.

WANT TO USE AN ACNE-SAFE OIL?

- Jojoba oil
- Safflower oil
- Sunflower oil
- Castor oil
- All essential oils

BEWARE UNTESTED OILS

Comedogenicity and acne-safety of these oils is unknown. We strongly recommend to avoid the following: Argan oil, avocado butter, borage oil, cannabis sativa oil, chia seed oil, hemp seed oil, kukui nut seed oil, macadamia oil, meadowfoam seed oil, pumpkin seed oil, raspberry oil, rosa canina oil, rosehip oil, tamanu oil, walnut oil, and all other carrier oils not listed here or above.

References:

Fulton, James E., Comedogenicity and irritancy of commonly used ingredients in skincare products. Society of Cosmetic Chemists, 1989
Gadberry, Rebecca James. "Introduction to Skin and Biochemistry for Cosmetic Science." UCLA, April 2015.

COMEDOGENIC INGREDIENTS LIST

<p>A</p> <ul style="list-style-type: none"> • A & D additive • Acetylated lanolin alcohol • Almond oil • Apricot kernel oil • Ascorbyl palmitate • Avocado oil <p>B</p> <ul style="list-style-type: none"> • Beeswax <p>C</p> <ul style="list-style-type: none"> • Capric acid • Cera alba (beeswax) • Cetareth-20 • Cetearyl alcohol • Cetyl acetate • Cetyl alcohol • Cocoa butter • Coconut alkanes • Coconut butter • Coconut oil • Cocos nucifera • Corn oil • Cotton seed oil <p>D</p> <ul style="list-style-type: none"> • Decyl oleate • Di (2 ethylhexyl) succinate • Dioctyl malate • Dioctyl succinate <p>E</p> <ul style="list-style-type: none"> • Eicosanoic acid • Ethylhexyl palmitate • Ethylhexyl pelargonate • Evening primrose oil <p>F</p> <ul style="list-style-type: none"> • Flaxseed oil 	<p>G</p> <ul style="list-style-type: none"> • Glyceryl stearate SE • Glyceryl-3-diisostearate • Glycine soya (soybean) oil • Grapeseed oil <p>H</p> <ul style="list-style-type: none"> • Hexylene glycol • Hydrogenated vegetable oil <p>I</p> <ul style="list-style-type: none"> • Isocetyl alcohol • Isodecyl oleate • Isopropyl isostearate • Isopropyl lanolate • Isopropyl linolate • Isopropyl myristate • Isopropyl neopentanoate • Isopropyl palmitate • Isostearic acid • Isostearyl alcohol • Isostearyl isostearate • Isostearyl neopentanoate <p>L</p> <ul style="list-style-type: none"> • Laneth-10 • Lanolic acid • Lanolin alcohol • Laureth-23 • Laureth-4 • Lauric acid • Linoleic acid • Linolenic acid • Linseed oil <p>M</p> <ul style="list-style-type: none"> • Mineral oil • Mink oil • Myreth-3 myristate • Myristic acid • Myristyl alcohol 	<ul style="list-style-type: none"> • Myristyl lactate • Myristyl myristate <p>O</p> <ul style="list-style-type: none"> • Octyl palmitate • Octyl stearate • Octyldodecanol • Olea europaea (olive) fruit oil • Oleth-10 • Oleth-3 • Oleth-3 phosphate • Oleth-5 • Oleyl alcohol • Olive oil <p>P</p> <ul style="list-style-type: none"> • Palm oil • Palmitic acid • Peach kernel oil • Peanut oil • PEG 100 distearate • PEG 150 distearate • PEG 16 lanolin • PEG 200 dilaurate • PEG 8 stearate • Pentaerythritol tetraisostearate • Persea gratissima (avocado) oil • PG caprylate/caprato • PG dipelargonate • PG monostearate • Phytanriol • Polyglyceryl-3-diisostearate • PPG 10 cetyl ether • PPG 12 PEG 65 lanolin oil • PPG 2 myristyl propionate • PPG 5 Ceteth 10 phosphate • Prunus amygdalus dulcis • Prunus dulcis (almond) oil 	<p>S</p> <ul style="list-style-type: none"> • Sandalwood seed oil • Sesame oil • Shark liver oil • Sorbitan isostearate • Sorbitan laurate • Sorbitan oleate • Soybean oil • Steareth-10 • Steareth-20 • Stearic acid • Stearic acid: TEA • Stearyl alcohol • Stearyl heptanoate • Sulfulated jojoba oil • Sweet almond oil <p>T</p> <ul style="list-style-type: none"> • Tocopherol (over 10%) • Triethanolamine <p>V</p> <ul style="list-style-type: none"> • Vitamin A palmitate • Vitamin E (over 10%) • Vitis vinifera (grapeseed) oil <p>W</p> <ul style="list-style-type: none"> • Water-soluble sulfur • Wheat germ glyceride • Wheat germ oil <p>X</p> <ul style="list-style-type: none"> • Xylene
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