

! Pore-Clogging Ingredient Alert

The following is a list of ingredients commonly found in skincare, makeup, and hair care products that are known to clog pores and trigger breakouts—especially in acne-prone or sensitive skin.

Even if a product claims to be “non-comedogenic” or “won’t clog pores,” it may still contain ingredients that contribute to congestion. We strongly recommend checking the ingredient labels of any non-Dermal Botanics products before use on your face, neck, or hairline.

! Not All “Natural” Is Acne-Safe

Many natural oils, including popular choices like coconut oil and cocoa butter, are among the most comedogenic ingredients—meaning they can clog pores and worsen acne. These are often found in “clean” or “organic” skincare lines, but that doesn’t mean they’re safe for acne-prone skin.

Even oils considered mildly comedogenic—such as jojoba, olive, and lanolin—can still trigger breakouts, especially when combined with other pore-clogging ingredients.

It’s also important to note that some prescription creams, like certain forms of Retin-A, and many over-the-counter acne products, may contain ingredients that contribute to congestion. Just because a product is labeled “oil-free” doesn’t mean it’s non-comedogenic.

The following list is provided as a general guideline to help you identify and avoid problematic ingredients in both skincare and personal care products.

When in doubt, bring your products to your Acne Expert—we’re happy to help you screen them.

- Acetylated Lanolin
- Acetylated Lanolin Alcohol
- Algae Extract
- Algin
- Butyl Stearate
- Carrageenan
- Cetyl Acetate
- Cetearyl Alcohol + Ceteareth 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