



ACNE COSMETIC LIST

Certain cosmetics can cause acne or make acne worse. In general, patient with acne-prone skin should use products that are **oil-free** and **non-comedogenic** (do not block pores and cause acne). Below are lists of products that are thought to be safer for acne-prone patients. However, new products, both good and bad, are constantly being introduced into the consumer market. Acceptable products may cease production, change names, or change formulations to unacceptable ones.

FACE WASH

Use a mild soap and warm water to cleanse your face twice daily. Do not use cold cream, as this tends to leave the face greasy. Wash gently with your fingers or a soft washcloth and pat your face dry. Do not use abrasive scrubs or gritty cleansers. Suggested soaps include:

- Dove Bar or Body Wash
- Basis Bar or Cleanser
- Purpose
- Clinique Wash Away Gel Cleanser
- Neutrogena Oil Free Acne Wash
- Olay Foaming Face Wash
- Olay Daily Facials
- Cetaphil Cleanser
- CeraVe Cleanser
- Eucerin
- Philosophy Purity Facial Cleanser
- Aveeno Bar or Cleanser
- Aveeno Positively Radiant Cleansing Cloths
- Prescriptives
- Mary Kay Time Wise cleanser
- Shiseido Pureness Cleansing Gel
- Origins Mint Wash
- Clean & Clear Face Wash

MOISTURIZERS

Most acne medications dry the skin, especially in the winter. Daily application of a facial moisturizer will help to decrease irritation and flaking. Many female patients choose to apply a moisturizer after washing and before applying makeup. All moisturizers should be oil-free, non-comedogenic, and intended for use on the face. Moisturizers with sunscreen have additional benefits in helping to prevent skin cancers, fine lines and wrinkles, and dark spots on the face. Suggested moisturizers include:

- Aveeno Positively Radiant
- Aveeno Ultra Calming Moisturizer
- Neutrogena Facial Moisturizer
- Olay Total Effects
- Olay Regenerist UV Defense
- Clinique Dramatically Different
- Cetaphil SPF 50 Facial Moisturizer
- Eucerin Face Lotion
- Cera Ve Cream or Lotion
- Purpose Cream or Lotion
- Keri-Light
- Lacticare Lotion
- Mary Kay Day Solution with SPF
- Complex 15 Cream or Lotion
- Aquanil Lotion
- Clean & Clear Moisturizer
- DML Lotion

MASKS

Masks usually do not improve acne, and may worsen it in some patients. If you wish to try a mask, the best are made Neutrogena and Vlemasque.

FOUNDATIONS

Facial foundations are a popular cosmetic among women to cover blemishes, even facial tones, and provide sun protection. When applying cosmetics, minimize finger contact with the bottle and avoid rubbing inflamed skin. Sable brushes and sponges are great for applying water-based makeup to acne prone skin. Pink and red shades draw attention to irritated skin. Keep color tones neutral with skin tones and warm browns. Both men and women can use green tinted makeup and moisturizers to conceal red areas. Avoid iridescent powders as ground mica and silica can clog pores and cause acne. Suggested products include:

- Almay Oil Control
- Neutrogena Skin Clearing Oil Free
- Coty Oil Free
- Maybelline Sheer Essentials
- Estee Lauder Double Wear
- Neutrogena True Illusion Oil Free
- Mary Kay Oil Free Day Radiance
- Almay Skin Stays Clear
- Bobbi Brown Essentials
- Clinique Stay True/Pore Minimizer
- Revlon Colorstay
- MAC Blot Powder
- Cover Girl Clean Pressed Powder
- Charles of the Ritz Loose Powder
- Allercrème Matte Finish
- Max Factor Light and Natural
- Estee Lauder Demi-Matte
- Lancôme
- L'Oreal Mattique Oil Free
- Bare Minerals
- Elizabeth Arden Oil Free
- Revlon Natural Wonder
- Prescriptives Magic Liquid Powder
- Elizabeth Arden Oil Free

BRONZERS & SELF TANNERS

While excessive ultraviolet light exposure and tanning is not healthy, many still prefer to have a golden glow. The following are recommended alternatives to harmful natural tans:

- Mary Kay Bronzing Beads
- Origins Sunny Disposition Bronzer
- Lancôme Flash Bronze Gel
- Coppertone Endless Summer Tanning Lotion
- Clarins Self Tanning Instant Gel
- Estee Lauder Self Tanning Lotion
- Aveeno Continuous Radiance Tan
- L'Oreal Sublime Glow
- Jergens Natural Glow
- Neutrogena Sun Fresh Tanning Foam
- Bain de Soleil Streakguard Tanning Cream

SUNSCREENS

All patients will have healthier and more youthful skin with the daily application of sunscreen. Once again, select sunscreens that are oil-free and non-comedogenic such as:

- Aveeno Continuous Protection Lotion
- Neutrogena Ultra Sheer Dry-Touch
- Presun
- Almay Sun Block Cream
- Clinique Super City Block
- L'Oreal Ombrele
- Coppertone Water Babies
- Coppertone Sport
- Solbar Liquid/Cream
- Prescriptives Outdoor Protection
- Elizabeth Arden Oil Free Sunblock
- No-Ad Maximum Sun Block
- DDF Matte Finish Photo-Age Protection SPF 30
- Ocean Potion Lotion

SHAMPOO & CONDITIONER

As long as you rinse shampoo adequately from your hair, it should not worsen acne. Oil-free conditioners such as Lonil Rinse, DHS, and No More Tangles are all safe for acne.

