

ACNE NON-PRESCRIPTION SKIN CARE AND MAKE-UP

CLEANSERS

These are used for gentle cleansing. Some cleansers will also lubricate and moisturize. Avoid abrasive scrubs. Alcohol is drying.

Aveeno acne cleansing bar
Biore blemish fighting cleanser
Cetaphil
Clean & Clear daily pore cleanser
Clearasil Maximum strength pore cleansing pads
Deodorant Soap (Lever 2000, Dial, Irish Spring)
Neutrogena acne wash
Oil of Olay foam cleanser
Sal Ac

MOISTURIZERS

These vary from light to heavy can seal in moisture & lubricate the skin

Aquaderm
Cetaphil
DML Moisturizing cream
NutraDerm
Neutrogena Moisture 15
Mary Kay oil control lotion

FOUNDATION

Almay's Oil-control Makeup
Lancôme's Maquicontrol Oil-free Liquid Makeup
Marcelle's Aquarelle Oil-free Makeup
Clinique stay true
Estee Lauder demi-Matte Makeup
Neutrogena Oil-free Makeup
Oil of Olay complex radiance
Mary Kay Oil-free

LOOSE POWDERS

Avoid pressed powder, which contains oils and waxes that can cause acne

SUNSCREEN

Look for non-comedogenic oil-free, again. The active ingredient zinc oxide is BEST. PABA, Parsol (avobenzone), and Benzophenones may be allergenic.

Ombrelle sunscreen lotion (plain)
Sea & Sky All Day
Solbar - all
Neutrogena - all
Coppertone – Waterbabies, Shade Sun block, Sport Sun block, Spectra3, Oil-free
Bullfrog – all
Aveeno – all
Blue Lizard – all
Vanicream – all

LIP PROTECTOR

Durascreen Lip Protector

Regular eye shadows and lipstick can be used because these do not produce enough secretions to cause acne.