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Here's The Deal With The Workout Makeup Trend

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Athleisure clothes have taken over fashion. Now, workout makeup is starting to trend in beauty. For years, we've been taught that wearing makeup to the gym is a major don't and could lead to acne. But as interest in the active lifestyle continues to rise, several brands are marketing products with "sweatproof" and "sport" on the labels. We turned to two board-certified dermatologists to find out if athleisure makeup is the new trend we need to hop on board with. First, it's important to understand what causes breakouts. "The way that someone gets acne would be from clogged pores, exposure to bacteria, and a slow turnover rate of cells," medical director and founder of California Dermatology Specialists Eric Meinhardt, M.D. tells SELF. Whenever you wear makeup, there's a chance that the products can clog the pores—even

when you're not working out.

One of the cornerstones of the workout makeup trend is mineral-based powders. Think of foundations and bronzers with loose-powder formulas. These formulas claim to be breathable and non-comedogenic (meaning they won't clog pores). "I typically recommend mineral-based products to all of my acne clients over oil-based formulas," Meinhardt says. "Because it's a powder, it's more fine and not as likely to clog the pores." But that doesn't mean that it's risk-free to wear while you're on the treadmill. "I still wouldn't wear a lot of it to the gym because then you're mixing it with sweat," Meinhardt says. "And that makes it more of an occlusive substance." In other words, sweat plus mineral makeup could still lead to clogged pores after an intense cardio session.

Before you rush to stock up on lighter formulas like BB creams, Debbie Palmer, D.O., F.A.O.C.D. of the Dermatology Associates of New York says that even those gentle formulas should be avoided. "If you wear full foundation or have even a BB cream covering the skin, it can block sweat glands and harbor bacteria and even fungus on the skin," Palmer tells SELF. "You don't want to clog sweat or oil that may be coming out of your pores." The best way to minimize your chances of clogged pores is to keep the skin as clean as possible. Palmer also tells her acne-prone patients to look out for products with fragrances in them. "They can be irritating to the skin when you're sweating and can also cause inflammation."

And if you're looking for a waterproof mascara or eyeliner to last through the gym, you might want to reconsider. If you're really going hard during your workout, chances are you'll be wiping off sweat. "And if the eyeliner gets in your eye, it could be irritating," says Meinhardt. In the worst case scenario: "You can get styes, which are inflammation of the glands."

That only leaves us with one area of the face that is completely safe for wearing makeup at the gym—your lips. Meinhardt says, "[The lips] don't have sweat glands, and you can't get acne there since there aren't any hair follicles." So, swipe on as many layers of your favorite lipstick, but don't believe all of the hype around the workout makeup trend. Instead, save your favorite foundations and eye products for after your sweat session.