

Mayo Clinic Minute

Why a dermatologist says your makeup needs a makeover

| Video | Audio |
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| | When was the last time you gave your makeup bag a make-over? |
| | You may be surprised to hear what Mayo Clinic dermatologist Dr. Dawn Davis recommends. |
| Dawn Davis, M.D. Dermatology Mayo Clinic | “I recommend to my patients that they go through their cosmetic drawer every six months and get new products.” |
| | Dr. Davis says these products are contaminated the minute they’re opened. |
| | “Once a product has been opened, it starts to chemically dissolve, and it also gets exposed to the environment.” |
| | Take mascara, for instance. |
| | “Bacteria and germs can grow in the mascara and then you can contaminate yourself by reapplying product.” |
| | That’s not including your personal <i>Demodex</i> mites that are likely transferred to that product. |
| | “Dander and mites, and potential germs can be on the brush. And then you place that back into the mascara liquid, where it’s a nice home for them to potentially grow and multiply. |
| | Dr. Davis says replacing your makeup can be expensive. |
| | “Try buying smaller amounts, and try buying them in aliquots, where they are sealed in various packages, so that you can only open one aliquot at a time.” |
| | For the Mayo Clinic News Network, I’m Vivien Williams. |

