

## Can Your Makeup Make You Sick?

By [Alyson Mance](#) February 25, 2009 3:01 pm



We know it's really hard to let go of that one favorite eyeshadow you've had for, like, 3 years. You seldom wear it, but when you do, it looks great, and you don't remember where you bought it, the color's probably discontinued, blah, blah, blah....

But did you ever wonder what happens to your makeup after a certain point? It may not be food, but it definitely does go bad.

"Like food, makeup has an expiration date, and over time cosmetics can harbor harmful bacteria that can lead to infections," says oculoplastic surgeon and ophthalmologist Dr. David Schlessinger of [Schlessinger Eye & Face](#). "The risks are multiplied when these products are shared among friends."

So what exactly ARE you facing when you share makeup and use old products? Among others, the most "popular" afflictions are bacterial conjunctivitis (pink eye), blepharitis, and keratitis. Here are 7 ways Dr. Schlessinger suggests you stay pretty without compromising your health.

1. Never apply cosmetics over a cold sore- strains of the herpes virus can easily be spread from one location to another and infections of the eye can lead to vision loss.
2. Always make sure that products are closed tight and stored out of sunlight, as this can destroy the preservatives.
3. Don't use any eye products if you currently have an eye infection.
4. Never add any liquids to products unless directed by the manufacturer.
5. If there are any changes in color and texture, dispose of the product immediately.
6. Smell your cosmetics; if they have an unusual odor, they may contain bacteria and should be thrown away.
7. Avoid sampling makeup at department stores when possible. If you do test, never apply directly from the makeup, but use a clean, disposable applicator (i.e. cotton swab, sponge) to apply cosmetics.

And in case you're still a little fuzzy on exactly how much time that coveted lipstick has left, here are some general shelf lives of makeup products:

- Powders and shadows: 2 years
- Cream Shadows: 12-18 months
- Foundation: 1 year
- Lipstick & Lipliner: 1 year
- Mascara & Eyeliners: 3 months
- Makeup Brushes: Clean Weekly using a mild detergent
- Makeup Sponges: Replace Weekly, or when sponge becomes soiled

Stay beautiful!

Let [Ashunta](#) tell you [Oscar beauty secrets](#) [HERE](#)

Not sure where to start with products? Try [THESE](#) brushes!

**TAGS:** [conjunctivitis](#), [cosmetics](#), [Date](#), [david schlessinger](#), [expiration](#), [makeup](#), [pink eye](#), [schlessinger eye and face](#), [shelf life](#), [sick](#)

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