**Mayo Clinic Minute**

Why a dermatologist says your makeup needs a makeover

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<td>When was the last time you gave your makeup bag a make-over?</td>
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<td>You may be surprised to hear what Mayo Clinic dermatologist Dr. Dawn Davis recommends.</td>
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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 Demodex 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.