

14 Beauty Trends That Are Downright Dangerous

These dangerous hair, skin, and makeup trends may look cool, but they are off-limits, according to experts.

The #KylieJennerChallenge



FRANKVESSIA/SHUTTERSTOCK

When Kylie Jenner, the youngest member of the Kardashian-Jenner clan, denied the use of lip fillers to achieve her ever-expanding pout, and instead attributed her look to the use of suction cup-like devices, the social media world went haywire. Seemingly overnight, impressionable young teens eager to get lips like Kylie started the #KylieJennerChallenge, which involved artificially plumping their lips with the use of a shot glass or 2-liter soda bottleneck. While this method can, indeed, make the lips appear even twice the size, it's seriously dangerous, according to experts. "The process can cause permanent tissue damage, broken blood vessels, and even numbness or loss of function around the mouth," warns [Melanie D. Palm](#), MD, San Diego-based dermatologist and cosmetic surgeon. "It may seem like a

silly and fun prank, but it can have permanent and blatantly visible side effects on your face." [Find out if lip-plumping products actually work.](#)

Using waist trainers to achieve a slim midsection



CHUTIMA CHAOCHAIYA/SHUTTERSTOCK

Also kicked off by the Kardashian crew, this trend involves wearing a corset-like bodice for several hours of the day for extended periods of time to achieve the ideal hourglass shape. The issue with this perceived figure-slimming fix, however, is the potential health damages that can arise from its use, according to Grace Anglin, a nurse practitioner at [Capizzi MD](#) in Charlotte, North Carolina. "Consider how tight this garment feels on your skin when you put it on; then imagine how it makes your internal organs feel," she says. "Squeezing your organs together and decreasing the available internal space they have is not a good thing." Your best bet for a more flattering physique is the old-school method of hitting the gym and eating a healthy, well-balanced diet. Learn [which workout can cut two inches off your waist—fast.](#)

Attempting to remove a mole at home



AFRICA

STUDIO/SHUTTERSTOCK

Most of us have moles and, yes, they're pesky and annoying, but if you're hoping to get rid of one, seek the assistance of a board-certified dermatologist, and never, ever attempt to DIY it. "I've seen people with red sores all over their body where they tried to use eggplant extract or some other herbal online remedy to remove their own moles," says Anna Guanche, MD, dermatologist and founder of the [Bella Skin Institute](#). "The result is they're all scarred up—oftentimes permanently." Another reason to seek out a professional? Your dermatologist can have the mole tested to make sure it's not cancerous. Here's [how to check for moles at home](#).

Ordering "Botox" online and injecting it into your face



VALUA VITALY/SHUTTERSTOCK

Believe it or not, this happens every day. There are hundreds of websites that sell an injectable they claim is Botox (or something allegedly similar). They'll even ship it right to your home. While it might sound tempting, especially considering the cost of going to a medical practice and having it injected by a trained practitioner, leave this one to the pros. "Not only is there no way for you to know what you're actually injecting, those without medical backgrounds or experience with neurotoxins should not be injecting *any* products for this purpose," warns Anglin. Here's [everything you need to know about Botox](#).

Using deodorant as makeup prime



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While deodorant is formulated to absorb sweat under your armpits throughout the day, it was definitely *not* made to do the same for your face. Despite this, people have started to use it as a face primer. Not a smart idea, according to experts. "Putting deodorant on your face will likely lead to clogged pores, which could result in blackheads and acne," says Anglin. "Furthermore, the fragrances used in deodorant could possibly irritate and inflame the skin on your face." Read up on these [deodorant mistakes you're probably making](#).

Fixing self-tanning streaks with a magic eraser



MR_MRS_MARCHA/SHUTTERSTOCK

Some beauty bloggers are swearing by the Magic Eraser, a cleaning sponge meant to remove stains around your house, as a quick-fix solution for self-tanner streaks. Not a smart idea, according to experts who spoke to *Reader's Digest*. "The sponges are not only abrasive, but they contain chemicals that should not be placed on the skin, let alone scrubbed into it," says Dr. Palm. "It can cause rashes, itching, skin breakdown and, in rare circumstances, a systemic and life-threatening allergic reaction called anaphylaxis." For a streak-free faux tan, she suggests exfoliating before applying it and washing the palms and soles of your feet thoroughly immediately after application. Find out the [12 makeup mistakes that seriously age your face](#).

Using glue to remove blackheads



NOR GAL/SHUTTERSTOCK

Blackheads are essentially clogged pores that look like brown dots on your face. They're tricky to remove, but thankfully there are plenty of over-the-counter treatments that work. One *not* to use is glue—yes, you read that right. There's been a recent trend of using regular school glue to remove blackheads and other blemishes. Aside from the risk of getting it in your eye, this kind of glue is not made for your face and can leave your skin irritated and worse than it was to start with, warns Anglin. Instead, she suggests seeing an experienced aesthetician regularly for dermaplaning, extractions, and light chemical peels. [Learn about this surprising all-natural ingredient that gets rid of blackheads.](#)

Making your own eyelash serum



DMYTRO ZINKEYVYCH/SHUTTERSTOCK

There are plenty of over-the-counter and prescription products promising to lengthen and volumize your lashes. Go ahead and give them a try, but avoid making your own concoction in your kitchen at all costs. "We all need to remember how important our eyes are and how sensitive they can be," says Anglin. "Plus, there are so many options available on the market, such as Latisse, that safely promote the growth of long healthy lashes."

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Applying hemorrhoid cream to puffy eyes



ILYA ANDRIYANOV/SHUTTERSTOCK

No one wants to walk around with under-eye bags and dark circles, but the best remedies involve sleep, hydration, and cooling products, not Preparation H. "There is a reason hemorrhoid creams are used for a specific area on the body—the ingredients are not meant to be near sensitive areas like your eyes," says [John Diaz](#), MD, a plastic surgeon based in Beverly Hills. "Instead use chilled cucumber slices or cold packs under your eyes to reduce swelling." These are the [12 beauty trends that should have never happened](#).

Treating your own skin cancer with black salve



ANDASEA/SHUTTERSTOCK

Black salve, also known by the brand name Cansema, is a dangerous and controversial alternative cancer treatment that more and more people are using to "cure" themselves in the comfort of their own home. But, according to experts, the stuff is toxic. "The product is commonly classified as an escharotic—a topical paste that burns and destroys skin tissue and leaves behind a thick, black scar called an eschar," says Dr. Guanche. Instead, see a dermatologist immediately to ensure you're receiving proper treatment. Find out the [sneaky places you can get skin cancer \(that aren't on your skin\)](#).

Getting a Brazilian Blowout



ZEPHYRMEDIA/SHUTTERSTOCK

You may have heard about this popular hair straightening treatment that results in smoother, sleeker hair. While it's hailed as a hair-repairing solution, since it claims not to cause any damage to the follicles, experts warn that it's dangerous to your health. "The FDA has issued strong health warnings about the risk of allergic reactions, toxicity, and asthma attacks caused by the high levels of formaldehyde used in this process," says Dr. Guanche. "Even 'formaldehyde-free' blowouts have formaldehyde, so I recommend hair conditioners and masks instead." Don't miss the [31 secrets the beauty industry doesn't want you to know](#).

Purchasing chemical peel ingredients and DIY



DMITRY A/SHUTTERSTOCK

A chemical peel is a kind of treatment you definitely want to see a professional for, as it involves blistering the skin to the point of it peeling off. While it can be great for skin renewal—when performed by a professional—avoid doing it yourself with ingredients purchased online. "There is no way of knowing what's really in the product purchased, and there are many counterfeit products out there which can be very dangerous," warns Jacqui Terese, a medical aesthetician in the offices of [Dr. Joseph A Russo](#) in Boston. "A reputable distributor would never allow this, as their products are only sold to medically managed offices with codes for tracking purposes." This is the [worst skin-care advice dermatologists have ever heard](#).

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Using colored pencils and crayons as makeup



SILVIYA SKACHKOVA/SHUTTERSTOCK

Pencils and crayons that are intended for arts and crafts projects are definitely *not* meant to be used as makeup substitutions. "Although most of these coloring tools are non-toxic, it's possible that they contain higher levels of lead than what is generally recommended as safe," says Dr. Palm. "Additionally, some of the colors, dyes, and stabilizers used in these creative tools are dangerous on the face, and, as a result, patients may accidentally ingest dangerous materials or develop contact allergies and skin problems or eye infections from use." Read up on these [makeup mistakes that make you look sloppy](#).

Skin bleaching



PHOTO FUN/SHUTTERSTOCK

This trend of using actual bleach on the skin to relieve redness, lighten skin tone, and clear up acne is downright dangerous, according to experts. "There are often dangerous chemicals in the mix, most notably hydroquinone, which is legal in the United States but has been banned in Europe and Japan because of fears that it causes cancer," says Joanna Shu, founder of [Refresh Skin Therapy](#). As a general rule, she suggests using skin-care products that contain natural alternatives to hydroquinone, such as licorice or bearberry extract. "They both are powerful, skin-soothing antioxidants that even out skin tone and fade dark spots, and have the safest rating on the environmental working group's skin deep ingredient database." Here are [15 tricks for naturally glowing skin](#).