

—We Asked Three Dermatologist To Name Their Favorite Cleansers for Different Skin Types

Three dermatologists spoke to Insider about their favorite cleansers.

Insider.com Amber Middleton Feb 22, 2023, 4:57 AM

- Cleansers help to remove dirt, sweat, makeup, and dead cells from the skin's surface.
- All three recommended CeraVe products.
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They recommended seven products- and two were from the same brand Dermatologists shared their favorite cleansers for different skin types with Insider — and all of them picked a product by skincare brand CeraVe.

Cleansers help to remove dirt, sweat, makeup, and dead cells from the skin's surface, and it's important to pick the right one for your skin type, dermatologist Dr. Marie Jhin told Insider.

But it can be overwhelming finding the right cleanser from the sea of brands and products at the drugstore. Each one varies in price, packaging, and ingredients, all seeming to do different things.

So Insider asked three dermatologists to recommend their go-tos, whatever you skin type.

When it comes to cleansing oily skin, the dermatologists recommended cleansers with active ingredients such as glycolic acid or salicylic acid.

These ingredients help remove extra oil and unclog pores, said Dr. Jhin, who recommended a gel or foaming cleanser like Le Mieux's Deep Pore Facial Wash Exfoliating Cleansing Gel, which includes salicylic acid.

Dr. Rebecca Baxt said that cleansers with glycolic acid also work well for those with regular skin looking for anti-aging benefits. As well as oily skin, salicylic acid can also work for acne-prone skin, said Dr. Baxt. She also recommended cleansers containing benzoyl peroxide.

Doctor Jhin agreed: "For acne skin, you may need a cleanser with salicylic acid or benzoyl peroxide, or a gentle cleanser if you're on acne medications." She recommended iS Clinical Cleansing Complex, which contains AHA, a type of glycolic acid and BHA. Salicylic acid is a type of BHA.

People with dry skin may need a hydrating cleanser that contains ingredients such as hyaluronic acid, lanolin or glycerin, Dr. Jhin said, and recommended CeraVe's Hydrating Cream-to-Foam Cleanser.

And she's not the only one who recommended this product. Dr. Hope Mitchell said it contains "three essential ceramides, hyaluronic acid, and amino acids that help keep the skin's barrier intact and lock in moisture for long-lasting hydration."

Dr. Baxt recommended CeraVe products for people with rosacea, eczema or sensitive skin. She also said La Roche-Posay, Cetaphil, and mild Neutrogena cleansers work well for people with these conditions.

Dr. Mitchell recommended CeraVe's Hydrating Facial Cleanser for those with combination to dry skin. This cleanser is mild and doesn't aggravate sensitive skin, but

is effective at "scrubbing away grime, pollution, and even light makeup without drying out skin," she said.

"A combination of hyaluronic acid, which draws water to the skin, and three essential ceramides, help restore the skin's natural barrier function, making this an excellent hydrating and protective moisturizer," she said.

Dr Jhin said she also recommends oil cleansers to her clients. These products remove oil, makeup, and grime and work for all skin types including sensitive skin.

Her favorites include: Shu Uemura Porefinist Sakura Refreshing Oil, Sulwhasoo Gentle Cleansing Oil, and Klairs Gentle Black Fresh Cleansing Oil.

Source: **<https://www.insider.com/best-dermatologist-recommended-skin-cleansers>**