SELF

36 Drugstore Skincare Products That Really Work, According To The Skin Pros 2016 May 22 1:00 PM

BEAUTY & STYLE By Jessica Cruel

Picture it: You walk into the drugstore to grab some new moisturizer and find nearly 100 options staring back at you. Nowadays, there are product options for every skin type, texture, and tone. But how do you know which one is right for you? It can be so overwhelming when you're just looking for something that works. That's why we talked to a panel of RealSelf skin pros to find out what drugstore products they recommend to their patients and actually use themselves. In addition to the doctor's seal of approval, most of the products below are also affordable. You might want to bookmark this one for the next time you're in the beauty aisle.

Cleansing



- **1. Avène Extremely Gentle Cleanser Lotion:** The main ingredient in this cleanser is the thermal spring water, which you can buy separately. This cleanser goes on like a creamy lotion, so it's especially suited for dry skin. (\$24, drugstore.com)
- **2. Simple Cleansing Micellar Water:** Simple Skincare was one brand we heard time and time again from our panel of derms, especially in the cleansing category. This lightweight

makeup-removing liquid works to get rid of grime and oil without drying out the skin. (\$7, drugstore.com)

- **3. Neutrogena Oil-Free Cleansing Wipes:** Dermatologist <u>Michele Green, M.D.</u> says these wipes are her favorite from the drugstore. They are perfect for removing foundation and mascara, even when you don't have the energy to roll out of bed. (\$5, amazon.com)
- **4. No7 Quick Thinking 4-in-1 Wipes:** This hypo-allergenic, on-the-go cleansing solution is perfect for sensitive skin types. (\$7, target.com)
- **5. Klorane Floral Water Makeup Remover:** "The key ingredient in this makeup remover is cornflower, which has soothing, softening and anti-inflammatory properties," says dermatologist <u>Joel Schlessinger, M.D.</u> "This product is also free of parabens, alcohol, and fragrance, making it gentle enough for even the most sensitive skin." (\$10, <u>drugstore.com</u>)

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Antiaging



- **1. Neutrogena Rapid Wrinkle Repair Serum:** This drugstore anti-aging product was popular with the panel. "Not only does it contain the anti-aging ingredient retinol, but it also contains dimethicone, which can provide an instant smoothing effect to the skin," says Anthony Youn, M.D., a plastic surgeon. (\$19, walmart.com)
- 2. La Roche-Posay Redermic [R] Anti-Aging Concentrate Intensive: Dr. Schlessinger recommends this product for antiaging beginners. "This treatment contains 0.1 percent pure retinol to encourage cell turnover and reduce the appearance of fine lines and

wrinkles," he says. "You can applye this retinol treatment anywhere on the face, including around the eyes and lips and on the forehead." (\$57, ulta.com)

- **3. La Roche-Posay Active C:** In addition to retinol, vitamin C is an important component for antiaging. Green recommends her patients use this serum in the morning under sunscreen. (\$53, drugstore.com)
- **4. RoC Retinol Correxion Eye Cream:** Don't forget the under-eye area, where crow's feet can creep up on you! Youn uses this product himself to ward off wrinkles. (\$14, amazon.com)
- **5. Avène Retrinal 0.1 Intensive Cream:** Dermatologist <u>Heidi Waldorf, M.D.</u> recommends the Avene antiaging line for those who want to prevent wrinkles without irritation or redness. (\$39, amazon.com)

Sensitive Skin



- **1. Vanicream Moisturizing Skin Cream:** "Originally made for use at the Mayo Clinic, all Vanicream products were designed for those with extremely sensitive skin," says Schlessinger. "The entire line is fragrance-free, lanolin-free, gluten-free, formaldehyde-free and paraben-free." (\$15, walgreens.com)
- **2. La Roche-Posay Toleriane Fluide:** When we asked dermatologists the best products for sensitive skin, this Toleriane line came up again and again. The formulas are allergy tested to ensure compatibility with sensitive skin. (\$30,drugstore.com)

- **3. Purpose Gentle Cleansing Wash:** This cleanser is perfect for sensitive skin and those on an acne-clearing regimen. "Generally if someone is using several acne-fighting products, I tend to recommend plain gentle cleansers so that the skin is not overly dried," says <u>Sejal Shah, M.D.</u>, a dermatologist. (\$5, <u>target.com</u>)
- **4. Albolene Moisturizing Cleanser:** If everything seems to irritate your skin, Waldorf recommends using this creamy cleanser with a soft cloth or tissue. (\$13, amazon.com)
- **5. Avène TriXera Selectiose Emollient Cream:** This cream isn't super thick like some eczema and dry skin lotions, and Waldorf says it's safe for baby, too. (\$29, drugstore.com)

Related: 5 Rules to Never Break If You Have Sensitive Skin

Body



- **1. Dove Sensitive Skin Bar:** Dove is one of the most popular product in the beauty aisle for a reason. Even dermatologists use it! "If I don't have a small Dove Body Wash with me in a hotel, I resort to using the conditioner to wash," says Waldorf. "Regular soaps and cleansers dry me out." (\$9 for eight bars, target.com)
- **2. CeraVe Hydrating Body Wash:** Just like this cleanser is good for dry skin on the face, the gentle wash is a favorite for the body as well. (\$11, drugstore.com)
- **3. Aquaphor Healing Ointment:** Shah uses Aquaphor for really dry spots in her regular skincare routine, and she also recommends the thick salve for her patients as a diaper rash cream. (\$17, drugstore.com)
- **4. Eucerin Smoothing Repair Dry Skin Lotion:** This brand was a popular pick among our panel for dry and sensitive skin. (\$11, walgreens.com)
- **5. Vaseline Petroleum Jelly:** "I use Vaseline for extra dry skin on my face and body, to remove makeup or fake eyelashes in a pinch, to keep my feet soft and smooth, on my lips, and on cuts or abrasions," says Waldorf. (\$4, walmart.com)

Acne Cleansers



- **1. La Roche-Posay Effaclar Medicated Gel Cleanser:** This gel cleanser foams up to rinse away oil and dirt, but won't leave your skin feeling tight. (\$15, ulta.com)
- **2. Benzac Acne Eliminating Cleanser:** This creamy cleanser has a dose of benzoyl peroxide to help balance out oily and acne-prone skin types. (\$8, amazon.com)
- **3. PanOxyl Acne Foaming Wash:** You can use this powerful benzoyl peroxide wash on your face as well as your body to get rid of bacne. (\$10, target.com)
- **4. Aveeno Clear Complexion Wash:** If you're not looking for a hardcore acne-fighting rinse, go for this gentle formula. (\$7, <u>drugstore.com</u>)

Acne Moisturizers



- **1. Vichy Normaderm Daily Anti-Acne Hydrating Lotion:** "This is a great oil-free moisturizer for normal, combination, and oily skin types," says Schlessinger. "As an added benefit, glycolic acid and LHA gently exfoliate to minimize the appearance of blemishes, large pores, and shine. (\$25, target.com)
- 2. Yes to Tomatoes Daily Balancing Moisturizer: Shah recommends this moisturizer for those with acne-prone skin, but remember to layer on an SPF product on top. (\$15, walgreens.com)
- **3. Avène Cleanance Expert:** While most acne treatments can feel drying, this cream is hydrating and effective. (\$26,drugstore.com)

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Acne Spot Treatments



- **1. Neutrogena On The Spot Acne Treatment:** Green says this gel is great for stubborn acne spots. And a few of our other dermatologists agreed. (\$8, ulta.com)
- **2. Clean & Clear Advantage Mark Eraser Treatment:** This spot solution can help clear up hyperpigmentation, acne scarring, and brown spots. (\$8, walmart.com)
- **3. Bye Bye Blemish Drying Lotion:** Need to get rid of a zit fast? Turn to this quick treatment that will minimize your bump overnight. (\$11, walgreens.com)
- **4. Burt's Bees Natural Acne Solutions Spot Treatment:** Green knows that spot treatments can leave skin feeling dry and itchy. She recommends this product for a more gentle solution that still works. (\$8, target.com)

Sunscreen



- **1. La Roche-Posay Anthelios 60 Ultra Light Sunscreen Fluid:** Youn recommends this Anthelios line since it is very light but still provides great protection from the harmful rays of the sun. (\$30, ulta.com)
- **2. Olay Regenerist Regenerating Lotion SPF 50:** If you're looking for an everyday moisturizer that won't leave a white cast, try this affordable option. (\$19, target.com)
- **3. CeraVe AM SPF 30:** It's important to protect sensitive skin with sunscreen. This formula is a mix of physical and chemical protectants that won't irritate the skin. (\$15, ulta.com)
- **4. Cetaphil Dermacontrol Moisturizer SPF 30:** For acne-prone, our dermatologists recommend this oil-free daily moisturizer. (\$14, amazon.com)
- **5. Aveeno Positively Radiant SPF 15:** This moisturizer has natural ingredients like soy that help to manage brown spots and uneven skin tone. (\$17, drugstore.com)

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