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SKIN HEALTH

10 Derm-Recommended CeraVe Products You Need in Your Skin-Care Routine

You're going to want to write this down.

By Leiana Foye · Published: Feb 12, 2024



It takes effective, top-quality products for a skin-care brand to stand out among the masses of others that line drugstore shelves. CeraVe has that in spades, as evidenced by consumers demand for it and dermatologists' consistent praise. There is no shortage of CeraVe goodies to choose from, but after we spoke to top dermatologists these 10 are clearly the best of the best.

From cleansers and moisturizers to SPF and serums, these are 10 CeraVe products that should be in your skin-care routine, according to dermatologists.

1/10

Moisturizing Cream (\$16)

The superstar among CeraVe's products is the most-mentioned Moisturizing Cream. Dermatologists recommend the ceramide-rich cream for dry, mature and sensitive skin types.

"This is a nice budget-friendly hydrating moisturizer with ingredients including hyaluronic acid and ceramides that help to hydrate the skin and protect it from external damage by strengthening its barrier function. These ingredients help make older, drier skin look better by hydrating and plumping it up," says Boston facial plastic surgeon Jaimie DeRosa, MD.

New York dermatologist Shari Marchbein, MD, calls the moisturizing cream a favorite because "as someone who has both acne and eczema" it's "hypoallergenic and fragrance-free and contains ceramides and hyaluronic acid."

"I am a big fan of ceramides as an essential component to a moisturizer and prefer a cream over a lotion for treating dry skin," says New York dermatologist **Jody Levine, MD**.

Davie, FL dermatologist Marianna Blyumin-Karasik, MD counts CeraVe's Moisturizing Cream as one of the products she's "sworn by" for over 10 years "to protect and reinforce the skin barrier."



2/10

SA Lotion for Rough & Bumpy Skin (\$20)

Containing the gentle exfoliating power of salicylic acid, this moisturizer is perfect for softening rough, dry skin. Perfect for sensitive skin, this moisturizer delivers exfoliation without the abrasive damage physical exfoliators can cause. The combination of gentle exfoliation and powerful moisture is topped off by niacinamide to calm irritation.

Nanuet, NY dermatologist Heidi Waldorf, MD likes it for "particularly scaly, dry skin...to help exfoliate and moisturize," while New York dermatologist Libby Rhee, MD recommends it for back acne, or "bacne," scars. Fellow New York dermatologist Elaine Kung, MD and Rochester, NY dermatologist Lesley Loss, MD, both say it's a top pick for the knees and elbows. The salicylic acid "softens these rough areas of skin," explains to Dr. Loss.



3/10

Acne Control Gel (\$21)

If you're suffering from hormonal acne, Bloomfield Hills, MI dermatologist Linda C. Honet, MD recommends this lightweight, hydrating treatment. "This is a great combination of salicylic acid, glycolic acid, lactic acid and niacinamide in an emollient base of three ceramides," she explains.



4/10

Hydrating Mineral Sunscreen SPF 30 Face Sheer Tint (\$17)

Calling it his "travel go-to," Phoenix, AZ dermatologist Dr. Karan Lal praises this affordable mineral sunscreen for "giving a great vacation glow" with a light tint. "It's also safe for all skin types."



5/10

Hydrating Cleanser (\$17)

"I recommend this for my patients with normal or dry sensitive skin on their face," says Glenn Dale, MD dermatologist Valerie Callender, MD.



6/10

AM Facial Moisturizing Lotion (\$21)

Daily sunscreen usage is so important to prevent aging, notes Dr. Loss. This two-in-one, oil-free morning moisturizer is in her cart on her trips to the drugstore.



7/10

PM Facial Moisturizing Lotion (\$21)

This nighttime moisturizer is rich with hyaluronic acid and niacinamide to deeply hydrate skin while you sleep. “My skin is extremely dry during the winter months, and the ceramides help to nourish my skin and protect it from the cold weather,” says Dr. Callender.



8/10

CeraVe Healing Ointment (\$21)

Another nighttime recommendation comes from Dallas dermatologist Elizabeth Bahar Houshmand, MD. “On my lips, I use CeraVe Healing Ointment—I sometimes use it on my lashes, too.”



9/10

Skin Renewing Vitamin C Serum (\$30)

Looking for an affordable way to brighten, even out and protect skin? “CeraVe’s vitamin C serum is a great option for someone on a budget,” says New York dermatologist Robert Finney, MD. “[You] get the powerful antioxidant vitamin C that can help protect against sun damage, dark marks and fine lines, and it also contains hyaluronic acid and ceramides to improve the skin barrier.”



10/10

Foaming Facial Cleanser (\$18)

“I love this cleanser because it’s gentle to my skin but effectively removes the dirt and oils so that my face feels clean,” says New York City dermatologist, Dr. Julia Tzu. “Use slightly warm water to open up the pores, and then apply the cleanser, rubbing in circular motions over the face, then rinse off. Finally, douse face with cold water to seal up the pores.”

