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BODY

The 13 Best Body Lotions of All Time, According to Doctors

We tapped the pros to get their expert picks.

By Olivia Wohlner, Editorial Assistant · Mar 9, 2021



It's pretty easy to remember to apply your daily facial moisturizer each morning, especially if it's got built-in block that will help shield your skin from harmful UV rays. However, it's definitely safe to say that we often forget to give the skin on our body the same attention and care as our face. While that deeply moisturizing body wash can definitely keep your skin feeling smooth with each wash, it may not be enough to stand tall against those rough spots and dry patches. With that in mind, we tapped the skin-care pros to break down the eight best body lotions of all time.

AFA Advanced Body Lotion (\$88)

“This body lotion is specifically designed for areas of the body with visible sun damage, and it improves moisture retention, elasticity and skin texture,” says Omaha, NE dermatologist **Joel Schlessinger, MD**. “Formulated with afaLUXE technology, L-ascorbic acid (vitamin C) and Dead Sea minerals, this body lotion offers an effective treatment for minimizing hyperpigmentation and sun damage on areas such as the hands, arms, back and chest.”



Avène XeraCalm A.D Lipid-Replenishing Cream (\$34)

While describing the benefits of this skin-silkening cream, Miami dermatologist **Dr. Deborah Longwill** pins this product as her “all-time favorite.”

“The Lipid-Replenishing Cream helps moisturize and soothe the skin while strengthening the skin’s barrier over time. This lotion is also great for all skin types and helps with inflammatory skin issues.”



PSD Antioxidant Total Body Moisturizer and CeraVe Moisturizing Cream (\$17)

New York dermatologist **Jody Levine, MD** loves the PSD moisturizer because “it features an advanced formula with ceramides and a blend of nourishing, protective antioxidants, along with emollients to help smooth and soften dry, irritated skin and is super silky and fast-absorbing, making it great for daily use!” She also adds that this lotion comes with “retinol to help improve the skin’s texture and reduce the appearance of fine lines.”

For a good body moisturizer that won’t break the bank, Dr. Levine recommends CeraVe. “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.”



Curél Ultra Healing Intensive Lotion (\$8)

“This is a drugstore go-to that I recommend to my patients,” says New York dermatologist **Orit Markowitz, MD**. “Although it is a lotion, it has the consistency of a cream, and works to soothe dry, itchy skin by replenishing and protecting its natural ceramides.”



Pretty Rx Body Mousse (\$54)

“This is my pick for the best body lotion of all time,” says Johns Creek, GA plastic surgeon **Myla Bennett, MD**. “It is a luxurious whipped body cream that hydrates and nourishes the skin. It is full of vitamins A, C and E and thyme. My patients love it and my skin has never felt better!”



Neutrogena Hydro Boost Body Gel Cream (\$9)

According to Davie, FL dermatologist **Marianna Blyumin-Karasik, MD**, this cream has “hydrating and plumping hyaluronic acid and it’s lightweight, silky and easy to apply.”



CeraVe Hydrating Sunscreen Body Lotion SPF 50 (\$16)

“Being in South Florida, UV protection is a must,” says Miami facial plastic surgeon **Miguel Mascaró, MD**. “I love this product because it does three essential things: It keeps the skin moisturized, it has SPF 50, and it’s great on sensitive skin. Just about everyone can use it!”



Eucerin Advanced Repair Dry Skin Lotion (\$36 for 3)

If you are not a fan of body lotions with a thick consistency, New York dermatologist **Sapna Palep, MD** recommends investing in this lotion because it’s suitable for those suffering from extreme dryness sans any signs of oiliness.

“This lotion may be on the thinner side, but it has the ability to lock in moisture for up to 48 hours,” she says. “I’ve seen it wipe out alligator skin, which is hard to do.”



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AmLactin Daily Moisturizing Body Lotion (\$12)

Dr. Palep explains that there’s really nothing this moisturizing body lotion can’t do, as it’s easy on your wallet and can be effective for those dealing with skin conditions such as keratosis pilaris. “I like to recommend this body lotion to my patients with keratosis pilaris, which are spiky, dry, rough patches of skin that form on the back of the arms and thighs.”

Amazing hydration content aside, Dr. Palep adds that this AmLactin product also contains lactic acid, a skin-care ingredient she says can help exfoliate dry and rough skin.

According to a 1996 study published in the *Journal of the American Academy of Dermatology*, lactic acid is also an ingredient known for its impressive anti-aging properties. Study participants who used products containing 12-percent lactic acid, for example, were noted to have an improved appearance of lines and wrinkles.



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CeraVe Daily Moisturizing Lotion (\$12)

Dr. Palep says this drugstore lotion is one of the most reliable products on the market. “This lotion is widely available at drugstores, it’s well tolerated, and it’s a little gentler on the skin than some other popular brands on the market,” she explains. “It also is available in an SPF 30 version, making it a great product to use in order to up your sun protection.”



Alastin TransFORM Body Treatment (\$195)

More than a lotion, Santa Monica, CA dermatologist Ava Shamban, MD says this product is more of a bonafide treatment as it promotes the production of skin-boosting hyaluronic acid. “This body lotion has a highly unique formulation, which promotes production of hyaluronic acid within the body,” she explains. “This helps capture and maintain moisture levels, aids with sagging skin, and smooths texture.

Unlike other body lotions on the market, Dr. Shamban suggests that this product is formulated to deal with all those tough-to-reach areas including spots above the knee, in the upper arm, and around the stomach and breasts.



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Biologique Recherche Creme Réparatrice

Beverly Hills plastic surgeon Charles Galanis, MD says this body cream is a must for those dealing with extreme dryness, as it tones and protects the epidermis with amino acids and glycoproteins.

“This Biologique product is specifically formulated with glycoproteins and natural amino acids to help revitalize the skin. It also includes some hop to moisturize.”

Aside from providing hydration to the skin, glycoproteins are also known to have a positive impact on wounds. A 2001 study published by *The British Journal of Dermatology*, for example, concluded that glycoprotein fraction isolated from aloe vera, enhanced wound healing of human keratinocytes and in hairless mice.



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