

Best Body Wash for Dry Skin

Do you have skin that is rough or feels itchy especially after having a bath? Do you have skin that peels, flakes, or scales? If yes, then you probably have dry skin.

Dry skin can be extremely uncomfortable. You need to use the proper skin care product to feel your best. The most important skincare product to use is a body-wash.

Most soaps especially bar soaps, can dry out the skin and leave it feeling itchy and rough but, by comparison, liquid cleansers are far less damaging since they are made with chemicals called emollients, which helps to make the skin softer.

Scalding hot water used with a wrong cleanser can get rid of all the natural oils on the skin leaving the skin tighter and scaly.

Emollient-rich liquid cleansers add moisture to the skin without leaving any greasy feel. The type of oil used in body washes may vary, and it gives a different result on people.

Choosing a body-wash that is right for you is ultimately a personal choice, but there are several things to consider when selecting the best body wash for dry skin.

How to choose the best body wash for dry skin

You need to buy a body wash specifically designed for your skin type because using a body wash with the wrong ingredient for a particular skin type can cause intense discomfort and serious damage to your skin.

For dry skin, soap that will introduce more moisture into the skin is better than a generic body wash. There are many ingredients that can do this, they include shea butter, coconut oil or jojoba oil.

Some of these body washes do not have much lather because they try to retain as much moisture as possible. Keep in mind that you don't need to lather to get clean, and its absence in your product probably indicates the producer's attempt to keep undesirable ingredients out of their body wash.

Ingredients that help dry skin

Here are a couple of the most important ingredients to look out for in body washes for dry skin.

- ❖ Aloe Vera – Aloe Vera as an ingredient in a body wash for dry skin is there as a moisturizer to infuse your skin with moisture and soothe any irritated red patch.
- ❖ Glycerin and sorbitol – These two ingredients help put moisture back into dry skin. So, their inclusion as an ingredient is very important.
- ❖ Glycolic and lactic acids – Both glycolic and lactic acids play an important role in reclaiming the skin. They act as exfoliates to get rid of any dead dry skin cells and also attract moisture to replace the skin cells they have removed.
- ❖ Jojoba oil – Jojoba oil is an excellent moisturizer for dry skin, and it stays on top of the skin to retain moisture. It acts as an emollient to improve the overall skin health and appearance and helps remove the build-up of other types of oil on the skin.
- ❖ Coconut Oil – This oil is made up of a lot of good fatty acids that can help to heal dry skin. Coconut oil contains a high level of lauric acid, which prevents microorganisms from growing out

of control on your skin. The antioxidant property of this oil stabilizes the free radicals of the body, thereby reducing the amount of inflammation that is good for dry and inflamed skin.

- ❖ Shea butter – Shea butter is a fatty substance from plants. It is full of vitamin A and increases collagen production. All of these influences its ability to help repair and heal dry skin. It also helps reduce the appearance of wrinkles, scars, and fine lines.
- ❖ Oatmeal – Oatmeal is a cereal known for its ability to help calm and soothe irritated skin. It is an ingredient in eczema bath soap or body wash. It attaches to the skin and protects it against irritants, while the fats in it help soothe dry skin's itchiness.
- ❖ Herbal ingredients – Certain herbs, such as lavender and chamomile, are known for their calming and moisturizing properties. They help treat irritation that comes with dry skin.

Ingredients that dry out the skin

There are ingredients used to create lather in a body wash, but they can suck more moisture from your already patch skin, thereby causing severe discomfort. They include:

- ❖ Alcohol – Certain alcohol such as isopropyl can dry out your already dry skin but, fatty alcohol such as cetyl will not create the same effect, and it is necessary to have it in your body wash.
- ❖ Sulfates – Sulfates create lather with water but, they can remove the sebum from the surface of your skin. Sulfates to watch out for include sodium lauryl sulfate, ammonium laureth sulfate, sodium Laureth sulfate, ammonium lauryl sulfate, and TEA Laureth sulfate. Several body washes on the market also contain sulfate.
- ❖ Artificial fragrance – Artificial or added fragrance are used in body care products. It is better to avoid these unidentified chemicals because, they can create an allergic response, respiratory problems or dermatitis, and they've also been linked to problems with the reproductive system.

Top 15 Best Body Wash for Dry Skin

The main purpose of buying a high-quality body wash for dry skin is to get rid of your itchy skin and moisturize it. You will also enjoy all the natural ingredients of the body wash and your skin will look and feel softer.

Here, we have listed the Top 15 Best Body Wash for Dry Skin that you can find on the market.

1. Puracy Natural Body Wash

Puracy Natural Body Wash is a coconut-based cleanser with clinical-grade moisturizers. The sea salt acts as gentle exfoliators to balance and purify the skin, and the inclusion of citrus creates a unique and pleasant scent without artificial fragrance.

It is an effective body wash that uses natural preservatives and no harsh chemicals. It helps people with sensitive or dry skin, and it's safe for all skin types.

Puracy Natural Body Wash does not contain sulfates (SLS, SLES, SCS), triclosan, parabens, formaldehyde, salicylate, phosphates, MEA, DEA, TEA, perfumes, petroleum-based ingredients, animal by-products, caustic or dyes.

Pros

- ❖ Nontoxic, vegan and cruelty-free

- ❖ Suitable for all skin types
- ❖ Good for both men and women
- ❖ Created and tested by Doctors
- ❖ Budget-friendly price
- ❖ Contains natural ingredients

Cons

- ❖ Might cause an allergic reaction on sensitive skin
- ❖ The fragrance is not suitable for everyone.

2. Dove Body Wash

Dove is a leading brand of skin care product manufacturers, and this body wash is recommended by dermatologists. It is a gentle and mild formula that won't irritate skin and it's suitable for daily use.

This body wash contains Nutrium moisture, soybean oil, lauric acid, and glycerin. All these ingredients have proven to help treat dry skin, and the Nutrium moisture allows the skin to retain its natural moisture while delivering skin nourishment at the same time.

It also has iron oxides to prevent and treat acne outbreaks. Dove body-wash is good and effective for people with dry skin.

Pros

- ❖ Nice scent with good texture
- ❖ Lathers well and rinses off easily
- ❖ Helps to hydrate the skin

Cons

- ❖ The scent is too feminine
- ❖ May be too thick for some people.

3. CeraVe Hydrating Body Wash

CeraVe Hydrating Body Wash is the best on the market. It is an exceptional fragrance-free formula that's effective for all skin types, especially the dry, sensitive skin.

It gives a luxurious-feeling formula with its price and produces a soft, creamy lather that leaves the skin feeling moisturized after rinsing.

The combination of skin-identical ingredients such as ceramide, emollients, and gentle cleansing agents, leaves the skin feeling softer and smoother from the first use.

Pros

- ❖ Suitable for all skin types
- ❖ Doesn't leave a residue on the skin
- ❖ Leaves skin feeling soft and smooth
- ❖ Contains skin-identical ingredients to soften skin

Cons

- ❖ None that we could find.

4. Eucerin Skin Calming Dry Skin Body Wash

This body wash for dry skin is very effective for people suffering from eczema, itchy, and chronic dry skin. When in contact with water, this oily liquid formula turns into a light milky texture and thoroughly cleanses and softens the skin.

Eucerin Skin Calming body wash has an effective cleansing agent, which means that your skin won't feel like an oil slick after use. It is effective for irritated, sensitive skin because of its no scent, no soap, and no dye formula.

Pros

- ❖ Budget-friendly price
- ❖ Fragrance-free and dye-free
- ❖ Does not contain soap
- ❖ Suitable for all skin types
- ❖ Approved by dermatologists

Cons

- ❖ Doesn't have enough foam
- ❖ The fragrance is not good for some people.

5. Aveeno Skin Relief Fragrance Body Wash

Aveeno is known for products that relieve skin problems such as eczema and itching. The active ingredient in this body wash is natural colloidal oatmeal which helps in restoring the skin's natural pH balance and also protects it.

This body wash has a scent that lingers for a long time. It contains apricot and honey scent which smells like a sweet, fruity concoction and the vanilla and oat scent that smells like a dish of vanilla bean ice cream.

Aveeno skin relief fragrance body-wash forms lather easily, and the oatmeal present in it helps relieve itchiness. It also contains lipids, protein, lactic acid, and lactose found in yogurt.

It moisturizes and rinses the skin completely clean leaving behind only its desert-like scent.

Pros

- ❖ Very affordable
- ❖ Limited in chemicals and fragrance
- ❖ Suitable for men, women, and children

Cons

- ❖ Does not form much lather

- ❖ It leaves a soap-scum type residue in your tub.

6. Cetaphil Restoraderm Pro Body Wash

Cetaphil is a brand name in drugstores, and it's ideal for treating sensitive skin in general, and eczema in particular. So, it is formulated specifically for sufferers of eczema.

It is also effective on dry or itchy skin by calming it and offering a lasting relief. Cetaphil does not try to outplay the natural ingredient it contains but, it uses various chemicals that have been effective on sensitive skin, and promote them on its packaging and promotional materials.

It is suitable for all ages but, it can burn the eyes, so care should be taken when using it on children.

Pros

- ❖ Suitable for adults and children
- ❖ Can be used by both men and women
- ❖ Also suitable for other skin conditions
- ❖ Unique fragrance
- ❖ Tested by dermatologists

Cons

- ❖ Price is not budget-friendly
- ❖ Might generate mild irritation on sensitive skin.

7. Dr. Bronner's Pure-Castile Liquid Soap, Lavender

Dr. Bronner's Pure-Castile Liquid Soap is a product that can do it all. It is an all-natural product that can be used as shampoo, body wash, laundry detergent, and as a household cleaner. Also, a great organic and vegan body wash.

This body wash contains ingredients such as soothing, lavender, glycerin, olive oil, hemp seed oil, citric acid, coconut oil, Vitamin E, and water.

To avoid having reactions due to its usage, the soap should first be diluted with water and tested on a single area of the skin. This dilution method should be continued until you have achieved a result that is comfortable, gentle, and moisturizing on your skin.

Pros

- ❖ No artificial fragrance
- ❖ Organic and vegan ingredients
- ❖ Suitable for all skin types
- ❖ Can be used on skin and hair
- ❖ USDA certified

Cons

- ❖ Can cause dandruff on some people
- ❖ Price is not budget-friendly.

8. Dr. Woods Raw African Black Liquid Body Wash

This organic body wash is gluten-free, extremely amazing, and suitable for people with dry skin. It contains organic shea butter, and rich in Vitamins A and E, almond oil, mint leaves, lime, cinnamon, coconut milk, cloves, and iron.

Natural exfoliating for your skin is provided by natural enzymes from plantain skin which makes this body wash gentle on all types of skin. Clogged skin pores are cleared up due to this combination of natural and healthy ingredients leaving the skin feeling new and softer.

Pros

- ❖ Made with organic shea butter
- ❖ Contains black soap with Vitamin A, E, and iron
- ❖ No irritants or perfumes
- ❖ Thick consistency
- ❖ Gluten-free

Cons

- ❖ Smell not suitable for everyone.

9. Dove Dermaseries Fragrance-free Body Wash

Dove Dermaseries Fragrance-free Body Wash is a dry skin relief, gentle cleansing body wash highly recommended by dermatologists.

It's a unique blend of skincare natural lipids, sunflower oil, and mild cleansers which makes it one of the best body wash from Dove, made for dry, itchy skin.

This hypoallergenic, fragrance-free, and soap-free body wash works deep within the skin using plant oil, skin-natural lipids, and glycerin to relieve dryness and supplies the essential nutrients needed by the skin to be beautiful and healthy.

It gently removes impurities and provides lasting nourishment and comfort.

Dove Dermaseries body wash is a mild body wash for severely dry and itchy skin. It relieves the discomfort of extremely dry, itchy skin when used daily.

Pros

- ❖ Hypoallergenic body wash
- ❖ Budget-friendly price
- ❖ Can be used daily
- ❖ Not sticky
- ❖ Dermatologist tested

Cons

- ❖ Might not add enough moisture to the skin
- ❖ May be too thick.

10. Tree to Tub Real Moisturizing Body Wash for Dry Skin

This body-wash from Tree to Tub is made from soapberries. Soapberry is a natural, pH-balanced soap producing a substance which makes product gentle on sensitive skin.

The body wash is all about balancing the pH level of the skin. According to research, the ideal pH level for the skin is 5.5, and this body wash is formulated to maintain the ideal pH balance, giving sensitive skin the boost it needs to stay healthy.

Other ingredients present in it are shea moisture, cucumber, coconut cleansers, aloe Vera, and chamomile. All these ingredients are gentle and formulated to soothe the skin. The product is recommended for people with psoriasis.

Pros

- ❖ It's eco-friendly
- ❖ Clears acne naturally without stressing the skin
- ❖ Sustainably harvested soap berries for a creamy lather
- ❖ Minty fresh and invigorating smell

Cons

- ❖ It's expensive
- ❖ Takes time to form a lather
- ❖ The fragrance is intense for some people.

11. AHAVA Mineral Botanic Velvet Cream Body Wash

This creamy body wash is a combination of hydrating cream, hibiscus extracts, and fig extract. It is specially formulated for the delicate needs of very dry and sensitive skin. It also has a fresh scent with an exceptionally creamy texture.

The fig extract serves as an anti-inflammatory, an antibacterial agent, and natural moisturizer to provide nourishment to soften skin. The hibiscus extract smoothes, moisturizes, and promotes the healing of dry skin.

Ahava Mineral Botanic Velvet Cream body wash is paraben-free, cruelty-free, and it's allergy-tested.

Pros

- ❖ Suitable for all skin types
- ❖ Budget-friendly price
- ❖ Used to exfoliate and hydrate the skin at the same time
- ❖ Recommended for use on face and body
- ❖ Good for daily use

Cons

- ❖ Has a strong fragrance
- ❖ Leaves greasy feeling on the skin unless rinsed thoroughly.

12. Kiss My Face Anti-stress Bath and Shower Gel

This is an aroma-therapeutic, cruelty-free, and vegan product, blended with plant-based cleansers and contains olive oil, Vitamin E, and aloe. This body wash is free from paraben and phthalate, and it's a great choice for anyone with sensitive skin.

Kiss My Face shower gel is a calming, anti-stress formula scented with Woodland Pine & Ginseng, and it's economically friendly.

Pros

- ❖ It's eco-friendly
- ❖ Can heal acne
- ❖ Washes off easily and leaves no residue

Cons

- ❖ The bottle tends to leak
- ❖ Takes time to form a lather
- ❖ It's expensive.

13. Alaffia Everyday Coconut Body Wash

This is a moisturizing body wash suitable for sensitive skin. It uses aqueous neem leaf extracts, mild plant-based surfactants, and traditional shea butter soap.

This combination creates a body wash that cleans the skin thoroughly but, leaves the natural oils of the skin intact. It is gluten-free and keeps the skin soft.

Alaffia Everyday Shea is a good option for those with dry sensitive skin as it will help retain moisture.

Pros

- ❖ Suitable for all skin types
- ❖ Affordable price
- ❖ Can be used by men and women
- ❖ No added fragrance
- ❖ Suitable for daily use

Cons

- ❖ No nice smell.

14. ApotheCARE Essentials Body Wash

The ApotheCARE Essentials body wash is a combination of a quality body wash and a good price. It helps clean the body efficiently and add the needed level of moisture to it. It contains ingredient such as natural Argan oil, vanilla extract, pressed almond, and works best on dry and itchy skin.

This product has no side effect on the skin because it is paraben-free and dye-free. It is also suitable for all skin types but, for long-lasting benefits, it should be used daily.

Pros

- ❖ Suitable for all skin types
- ❖ Paraben-free and sulfate-free
- ❖ Recommended for the skin
- ❖ Contains no artificial dye
- ❖ Good for daily use

Cons

- ❖ Only meant for women
- ❖ Has a strong fragrance.

15. Sol de Janeiro Brazilian 4 Play Moisturizing Shower Cream-Gel

This moisturizing shower gel for dry skin uses hydration such as coconut oil and cupacu butter to give a soft, silky smooth skin.

It doubles as a shaving cream due to its creamy nature. It has a higher moisture power with a cheeky packaging and caramel scent which makes it suitable for a shower.

Pros

- ❖ Contains only natural ingredients
- ❖ Suitable for all skin types
- ❖ Recommended for dry skin
- ❖ Has a natural fruity fragrance
- ❖ Gives the optimum and fast result
- ❖ Suitable for daily use

Cons

- ❖ It is expensive
- ❖ It doesn't form enough lather.

Conclusion

Choosing the best product for your skin is a bit easier if you take the time to understand your need and the list of ingredients. Don't sacrifice your skin for a budget.

We hoped we helped you find the perfect body wash to heal and get rid of your dry skin. Visit us again to see new reviews of the newest and best in personal care and beauty.