

Mid-County Dermatology's Top Recommended Skincare Products (2025)

CLEANSERS

FACIAL CLEANSERS

1. CeraVe Hydrating Facial Cleanser

- **Best for:** All skin types, especially dry and sensitive skin
- **Key ingredients:** Ceramides, hyaluronic acid, MVE technology
- **Why we recommend it:** Non-foaming, gentle formula that maintains skin barrier while effectively removing makeup and impurities

2. CeraVe Foaming Facial Cleanser

- **Best for:** Normal to oily skin
- **Key ingredients:** Ceramides, niacinamide, hyaluronic acid
- **Why we recommend it:** Removes excess oil and makeup without disrupting the skin barrier

3. Cetaphil Daily Facial Cleanser

- **Best for:** Combination and sensitive skin
- **Key ingredients:** Gentle surfactants, no harsh detergents
- **Why we recommend it:** Dermatologist-backed, non-irritating formula that removes excess oil without over-drying

4. Vanicream Gentle Facial Cleanser

- **Best for:** Very sensitive skin, eczema, and post-procedure care
- **Key ingredients:** Minimal ingredients, no fragrances, dyes, or harsh detergents
- **Why we recommend it:** Ultra-gentle formula ideal for compromised skin barriers and sensitive conditions

5. La Roche-Posay Effaclar Medicated Gel Cleanser

- **Best for:** Oily, acne-prone skin
- **Key ingredients:** Salicylic acid, lipo-hydroxy acid
- **Why we recommend it:** Effectively removes excess oil and dead skin cells while being gentle enough for sensitive skin

BODY CLEANSERS

1. Dove Sensitive Skin (Beauty Bar & Body Wash)

- **Best for:** Sensitive skin, daily body cleansing

- **Key ingredients:** Mild cleansers, moisturizing cream, no sulfates
- **Why we recommend it:** Gentle, soap-free formula that cleanses without stripping natural oils (available in both bar and liquid forms)

2. CeraVe Hydrating Body Wash

- **Best for:** Dry skin, eczema-prone skin
- **Key ingredients:** Ceramides, hyaluronic acid, MVE technology
- **Why we recommend it:** Maintains skin barrier while providing gentle cleansing with long-lasting hydration

3. Cetaphil Gentle Skin Cleanser

- **Best for:** Very sensitive skin, can be used with or without water
- **Key ingredients:** Mild surfactants, no soap or alcohol
- **Why we recommend it:** Versatile cleanser that can be rinsed off or tissueed off, ideal for sensitive conditions

4. Vanicream Free & Clear Body Wash

- **Best for:** Allergic or reactive skin
- **Key ingredients:** Minimal ingredients, no dyes, fragrances, or preservatives
- **Why we recommend it:** Hypoallergenic formula free of common irritants and allergens

5. Aveeno Daily Moisturizing Body Wash

- **Best for:** Normal to dry skin
- **Key ingredients:** Colloidal oatmeal, gentle cleansers
- **Why we recommend it:** Soap-free formula that cleanses while leaving skin feeling soft and moisturized

MOISTURIZERS

FACIAL MOISTURIZERS

1. CeraVe Daily Moisturizing Lotion (Face)

- **Best for:** All skin types, especially dry facial skin
- **Key ingredients:** Ceramides, hyaluronic acid, MVE technology
- **Why we recommend it:** Provides 24-hour hydration with essential ceramides and slow-release technology

2. Neutrogena Hydro Boost Water Gel

- **Best for:** Oily and combination skin
- **Key ingredients:** Hyaluronic acid, glycerin
- **Why we recommend it:** Lightweight, oil-free formula that provides intense hydration without clogging pores

3. La Roche-Posay Toleriane Double Repair Moisturizer

- **Best for:** Sensitive and reactive skin
- **Key ingredients:** Ceramides, niacinamide, prebiotic thermal water
- **Why we recommend it:** Restores skin barrier and reduces sensitivity with gentle, fragrance-free formula

4. Vanicream Daily Facial Moisturizer

- **Best for:** Very sensitive or reactive skin
- **Key ingredients:** Ceramides, hyaluronic acid, minimal ingredients
- **Why we recommend it:** Fragrance-free, dye-free formula ideal for sensitive skin conditions

5. Eucerin Anti-Age Night Cream

- **Best for:** Mature skin and nighttime repair
- **Key ingredients:** Dexpanthenol, glycerin, ceramides
- **Why we recommend it:** Rich night formula that supports skin repair and hydration during sleep

BODY MOISTURIZERS

1. CeraVe Moisturizing Cream (Tub)

- **Best for:** Very dry skin, eczema, rough patches
- **Key ingredients:** Ceramides, hyaluronic acid, MVE technology
- **Why we recommend it:** Rich, therapeutic formula that provides long-lasting moisture for severely dry skin

2. Eucerin Advanced Repair Lotion

- **Best for:** Daily body moisturizing
- **Key ingredients:** Ceramides, natural moisturizing factors, urea
- **Why we recommend it:** Fragrance-free formula that strengthens skin barrier and provides 48-hour moisture

3. Aveeno Daily Moisturizing Lotion

- **Best for:** Sensitive skin, daily use
- **Key ingredients:** Colloidal oatmeal, petrolatum, glycerin

- **Why we recommend it:** Gentle, soothing formula that protects and nourishes skin for 24 hours

4. Vanicream Moisturizing Cream

- **Best for:** Very sensitive skin, post-procedure care
- **Key ingredients:** Petrolatum, sorbitol, minimal ingredients
- **Why we recommend it:** Hypoallergenic formula free of dyes, fragrance, and common irritants

5. Cetaphil Moisturizing Cream

- **Best for:** Extra dry skin, daily body care
- **Key ingredients:** Glycerin, dimethicone, glyceryl stearate
- **Why we recommend it:** Rich, non-greasy formula that provides long-lasting moisture and strengthens skin barrier

SUNSCREENS

1. EltaMD UV Clear Broad-Spectrum SPF 46

- **Best for:** Acne-prone, rosacea-prone, and sensitive skin
- **Key ingredients:** Zinc oxide, octinoxate, niacinamide
- **Why we recommend it:** Lightweight, non-comedogenic formula available in clear or tinted versions

2. CeraVe AM Facial Moisturizing Lotion SPF 30

- **Best for:** Daily facial sun protection with moisturizing
- **Key ingredients:** Zinc oxide, octinoxate, ceramides, niacinamide, hyaluronic acid
- **Why we recommend it:** Combines broad-spectrum protection with essential skin barrier ingredients for daily use

3. La Roche-Posay Anthelios Melt-In Milk Sunscreen SPF 100

- **Best for:** Fair skin or high sun exposure
- **Key ingredients:** Avobenzone, homosalate, octisalate
- **Why we recommend it:** Very high SPF protection with comfortable, non-greasy application

4. Blue Lizard Sensitive Mineral Sunscreen SPF 50+

- **Best for:** Very sensitive skin and children
- **Key ingredients:** Zinc oxide, titanium dioxide

- **Why we recommend it:** Pure mineral formula with smart bottle technology that changes color in UV light

5. Aveeno Protect + Hydrate Sunscreen SPF 50

- **Best for:** Daily use and body application
- **Key ingredients:** Avobenzone, homosalate, octisalate, oat extract
- **Why we recommend it:** Combines sun protection with moisturizing benefits for comfortable daily wear

Important Application Tips

Cleansers: Use twice daily (morning and evening). Massage gently for 30 seconds, then rinse with lukewarm water.

Moisturizers: Apply to damp skin within 3 minutes of cleansing for optimal hydration. Use morning and evening.

Sunscreens: Apply 15 minutes before sun exposure. Use 1/4 teaspoon for face and neck. Reapply every 2 hours or after swimming/sweating.

This handout represents Mid-County Dermatology's current top recommendations based on dermatological research and patient feedback. Individual skin needs may vary. Please consult with our dermatology team for personalized product recommendations.