

Best Body Wash for Dry Skin

Do you have rough skin or feel itchy, especially after a bath? Do you have skin that peels, flakes, or scales? If yes, then you probably have dry skin. Dry skin can be highly 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 help to make the skin softer.

Scalding hot water used with the wrong cleanser can eliminate all the natural oils on the skin, leaving the skin tighter and scaly. Emollient-rich liquid cleaners add moisture to the skin without leaving any greasy feel. The oil used in body washes may vary, giving different results for 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

It would help if you bought 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 severe damage to your skin. For dry skin, soap that will introduce more moisture into the skin is better than a generic body wash. Many ingredients can do this; they include shea butter, coconut oil, or jojoba oil.

Some body washes do not have much lather because they try to retain as much moisture as possible. Remember 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 some essential ingredients to look out for in body washes for dry skin.

- Aloe Vera – Aloe Vera, an ingredient in a body wash for dry skin, is a moisturiser that infuses your skin with moisture and soothes any irritated, red patch.
- Glycerin and sorbitol – These ingredients help restore moisture to dry skin. So, their inclusion as an ingredient is essential.
- Glycolic and lactic acids – Both glycolic and lactic acids are vital in reclaiming the skin. They act as exfoliates to remove dead, dry skin cells and attract moisture to replace the skin cells they have cleared.
- Jojoba oil – Jojoba oil is an excellent moisturiser for dry skin, staying on top of the skin to retain moisture. It acts as an emollient to improve overall skin health and appearance and helps remove the build-up of other types of oil on the skin.
- Coconut Oil has good fatty acids that can help heal dry skin. Coconut oil contains a high level of lauric acid, which prevents microorganisms from growing out of control on your skin. This oil's antioxidant property stabilises the body's free radicals, thereby reducing inflammation, which 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 influence 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 against irritants, while fats help relieve dry skin's itchiness.
- Herbal ingredients – Certain herbs, such as lavender and chamomile, are known for their calming and moisturising properties. They help treat the irritation that comes with dry skin.

Ingredients that dry out the skin

Some ingredients create lather in a body wash, but they can suck more moisture from your already patched skin, causing severe discomfort. They include:

- Alcohol – Certain alcohols, 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 a lather with water but 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. Some body washes on the market also contain sulfate.
- Artificial fragrance – Artificial or added fragrances 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

Buying a high-quality body wash for dry skin is to get rid of and moisturise your itchy skin. 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 moisturisers. The sea salt acts as a gentle exfoliator to balance and purify the skin, and including citrus creates a unique and pleasant scent without artificial fragrance. It is an effective body wash with natural preservatives and no harsh chemicals. It helps people with sensitive or dry skin and is 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

- It might cause an allergic reaction in sensitive skin
- The fragrance is not suitable for everyone.

2. Dove Body Wash

Dove is a leading brand of skin care product manufacturers, and dermatologists recommend this body wash. It is a gentle and mild formula that won't irritate the skin and is 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 excellent and effective for people with dry skin.

Pros

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

Cons

- The smell is too feminine
- It 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 is effective for all skin types, including dehydrated and sensitive skin.

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

Combining 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
- It doesn't leave a residue on the skin

- Leaves skin feeling soft and smooth
- It contains skin-identical ingredients to soften the 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 is an effective cleansing agent, meaning 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
- It does not contain soap
- Suitable for all skin types
- Approved by dermatologists

Cons

- It doesn't have enough foam
- The fragrance is not ideal 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 restore the skin's natural pH balance and protects it.

This body wash has a scent that lingers for a long time. It contains an apricot and honey scent that smells like a sweet, fruity concoction and a vanilla and oat scent.

Aveeno skin relief and fragrance body wash form quickly, and the oatmeal helps relieve itchiness. It also contains lipids, protein, lactic acid, and lactose in yoghurt.

It moisturises and rinses clean skin, leaving only its desert-like scent behind.

Pros

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

Cons

- It 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 lasting relief. Cetaphil does not try to outplay the natural ingredients it contains but uses various chemicals that have been effective on sensitive skin and promotes them on its packaging and promotional materials.

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

Pros

- Suitable for adults and children
- It can be used by both men and women
- Also ideal for other skin conditions
- Unique fragrance
- Tested by dermatologists

Cons

- Price is not budget-friendly
- It 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 used as shampoo, body wash, laundry detergent, and household cleaner. Also, it is a great organic and vegan body wash. This body wash contains soothing lavender, glycerin, olive oil, hemp seed oil, citric acid, coconut oil, Vitamin E, and water.

The soap should first be diluted with water and tested on a single area of the skin to avoid reactions due to its usage. This dilution method should continue until you have achieved a comfortable, gentle, moisturising result on your skin.

Pros

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

Cons

- It can cause dandruff on some people
- The price is not budget-friendly.

8. Dr Woods Raw African Black Liquid Body Wash

This organic body wash is gluten-free, incredibly unique, and suitable for people with dry skin. It contains organic shea butter and is 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, making this body wash gentle on all skin types. 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

- The smell is 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.

Its unique blend of natural skincare lipids, sunflower oil, and mild cleansers makes it one of the best body washes 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 supply the essential nutrients the skin needs to be beautiful and healthy.

It gently removes impurities and provides lasting nourishment and comfort.

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

Pros

- Hypoallergenic body wash
- Budget-friendly price
- It can be used daily

- Not sticky
- Dermatologist tested

Cons

- Might not add enough moisture to the skin
- It 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 that makes the 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 perfect pH balance, giving sensitive skin the boost it needs to stay healthy.

Other ingredients include 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
- It 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 combines hydrating cream, hibiscus extracts, and fig extract. It is specially formulated for the delicate needs of dehydrated and sensitive skin. It also has a fresh scent with an exceptionally creamy texture.

The fig extract serves as an anti-inflammatory, antibacterial agent, and natural moisturiser to provide nourishment to soften skin. The hibiscus extract smooths moisturises, and promotes dry skin healing.

Ahava Mineral Botanic Velvet Cream body wash is paraben-free, cruelty-free, and 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 the face and body
- Good for daily use

Cons

- It has a strong fragrance
- It leaves a greasy feeling on the skin unless rinsed thoroughly.

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

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

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

Pros

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

Cons

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

13. Alaffia Everyday Coconut Body Wash

It is a moisturising 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 skin's natural oils intact. It is gluten-free and keeps the skin soft.

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

Pros

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

Cons

- It has no pleasant smell.

14. ApotheCARE Essentials Body Wash

The ApotheCARE Essentials body wash combines a quality body wash at a reasonable price. It helps clean the body efficiently and adds the needed level of moisture to it. It contains natural Argan oil, vanilla extract, and pressed almond and works best on dry and itchy skin.

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

Pros

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

Cons

- Only meant for women
- It has a strong fragrance.

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

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

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

Pros

- Contains only natural ingredients
- Suitable for all skin types
- Recommended for dry skin
- It has a natural fruity fragrance
- It 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 needs and the list of ingredients. Don't sacrifice your skin for a budget. We hope we helped you find the perfect body wash to heal and remove your dry skin. Revisit us to see reviews of the latest and best in personal care and beauty.