

allure

Laverne Cox Says She Washes Her Face with Baby Shampoo

BY MARCI ROBIN | JULY 23, 2018



Laverne Cox is known for looking glamorous on a nearly constant basis, with her long, blonde hair and bold makeup. But underneath her luxurious look is a surprisingly simple skin-care routine. It's so simple, in fact, that one of the key products in her regimen isn't even a skin-care product — it's baby shampoo.

"I'm not as chichi as I appear. I wash my face with baby shampoo," Cox told *The New York Times* in a recent interview about her go-to beauty products and rituals. And it sure does seem to be working for her, because her skin looks clear and glow-y every time we see a photo or footage of the *Orange Is the New Black* star. "It's really weird, but if it's gentle enough for a baby, then it's good enough for me."

But *is it* good enough for a grownup's skin? Yes, according to Beverly Hills dermatologist **Ava Shamban**, who says using baby shampoo as face wash is actually a good idea. "It has been used as a treatment for seborrheic dermatitis of the eyelids and is a fairly gentle cleanser," Shamban explains.

We also asked New York City-based dermatologist Shari Marchbein, and she echoed what Cox said. "Technically, if baby shampoo is gentle enough for an infant or child's face or body, it certainly can be used for an adult as well."

However, Marchbein says not all baby shampoos are created equally. "Some baby shampoos are tear-free and hypoallergenic, and these would be OK to use as a face wash," she says. "Others have fragrances and other chemicals that can irritate the eyes and could potentially irritate sensitive skin." Hopefully, Cox is using the former and not the latter.

As for the rest of her skin-care routine, Cox relies on more traditional products. She loves Tulara Vitamin Peptide Serum, and for her puffiness-prone eyes, she uses Kiehl's Facial Fuel Eye De-Puffer. As for sun protection, Cox likes Neutrogena sunscreens. "One of the beautiful things about being black is that aging is amazing. Black is beautiful," she said. "But we have to be careful, too."

For the record, you don't *have to* use baby shampoo to get an inexpensive and gentle cleanse. Marchbein recommends Simple Water Boost Micellar Gel Wash and Neutrogena Ultra Gentle Daily Cleanser. So Laverne, if you're reading this and feel like making a switch, those are waiting for you at the drugstore.

<https://www.allure.com/story/laverne-cox-washes-face-with-baby-shampoo>