

9 Dermatologist-Recommended Face and Body Products for Itch Relief That Lasts

By Nikki Brown | January 11, 2019



It's truly survival season for our skin whenever temperatures drop. Besides the fact that it's cold outside—an understatement on some days—we're also shuffling in and out of buildings with artificial heat. Now our skin's confused and reacting on the fly. More often than not, that leaves us scrambling for products, such as moisturizers for itchy skin that cover a myriad of issues instead of just one. Because whether we like it or not, such inconsistent weather means we aren't just shopping as if we're just one skin type—now we're living with all of them at once.

Now, according to the experts, dryness is what we're combatting most. And when our skin has been depleted of both its natural and applied moisture from topical formulas, the by-product is incessant itching. We've already rundown a short list of tried-and-true moisturizers that we've actually used more than once, as well chemical exfoliants that make for a surprising cure. But what do the dermatologists actually say? Ahead, nine of them share the face and body products they'd prescribe to clients.

In addition to pricier options made with little-known technologies and ingredients are a few drugstore finds you're already familiar with. If anything, let this serve as a reminder that you should be avoiding ash like the plague; your skin will thank you.



Aquaphor Ointment Body Spray

“Winter months are drier. The wind makes our face and lips chapped, and hands and feet very dry. And at home, the heater leaches moisture out of the air, making the whole surface of the skin rough, dry and flaky. My patients often complain that they are dry again an hour or two after they apply lotions and creams, so I recommend a healing ointment.

Ointment is more emollient (moisturizing) and stays around on the skin longer. Sometimes it can feel greasy, but if it is whipped or emulsified, it is easier to spread and breathable, so it doesn't feel as greasy.” –**Dr. Anna Guanche**, board-certified dermatologist and celebrity beauty expert.



Eucerin Dry Skin Replenishing Cream With 5% Urea

“For the face, I recommend Eucerin Dry Skin Replenishing Face Cream, because both urea and lactate (which it contains) micro-exfoliate the skin, removing dry flakes and both are also humectant, drawing moisture to the skin.” –Dr. Anna Guanche, board-certified dermatologist and celebrity beauty expert

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