

.THE. STRATEGIST

The Best Moisturizers for Mature Skin, According to Dermatologists

Regardless of age, everyone wants their skin to look glowy, radiant, and plump. But the moisturizer that worked so well in your 20s and 30s might not meet the same needs your skin has by the time you hit your 40s and 50s. As Dr. Marla Diakow of Schweiger Dermatology Group explains, as your skin begins to produce less oil and there is a breakdown of elastic and collagen fibers, “the skin becomes drier and thinner with more laxity.” Generally, this means a proper skin-care regimen needs to include “products that strengthen and thicken the dermis, provide moisture retention and barrier renewal, yet are not too harsh or abrasive,” she says. So we turned to ten dermatologists to find out which moisturizers are the best for mature skin types for every budget. (Note that we’re mainly talking about the skin on your face — if you’re looking for a new lotion to moisturize your body, feel free to check out our guide for all skin types.)

Best drugstore moisturizers for mature skin



Dermaceutic Hyal Ceutic Intense Moisturizer

“This French moisturizer is a favorite in my office,” says Dr. Melissa Doft, founder of Doft Plastic Surgery. With a combination of low and high molecular weight hyaluronic acid (for better penetration), aloe vera, shea butter, and vitamin E, it is an excellent choice for dry and mature skin. “Everyone should have one in their medicine cabinet.”

Best moisturizers for mature skin with retinol



Chantecaille Retinol Intense

“I always recommend Vitamin C and Retinol for mature skin,” says Doft. This face lotion also contains green tea and niacinamide for extra brightening, making it “the perfect choice for aging skin.”

Best summer moisturizer for mature skin



Tatcha Water Cream Moisturizer

Doft also loves the “the texture and the light hydrating feel” of the Water Cream by Tatcha. She adds that it is safe for all skin types and is an ideal choice during the warmer months when people tend to want to avoid heavier creams. As a bonus, “the Japanese wild rose helps reduce pores and the algae helps increase radiance.”