

allure

JOIN NOW

SIGN IN



NEWSLETTER

BEST OF BEAUTY

NEWS

SKIN

MAKEUP

HAIR

NAILS

WELLNESS

SHOPPING

ALLURE BEAUTY BOX

NEWSLETTER

SHOP
allure

SHOP BLACK FRIDAY

EARLY DEALS

K-BEAUTY EVERYTHING

GET GIFTING

CLEAN BREAK

8 Best Cleansers for Mature Skin to Glow at Every Age

Tackle dryness, fine lines, and uneven tone while supporting your barrier.

BY CHRISTA JOANNA LEE

November 17, 2025



Collage: Paula Balondo; Source images: Courtesy of brands



SAVE THIS STORY

All products featured on Allure are independently selected by our editors. However, we may receive compensation from retailers and/or from purchases of products through these links.

Finding the best cleansers for mature skin isn't just about getting your face clean—it's about giving your skin the care it needs as it **changes over time**. With age, skin tends to get drier, **less elastic**, and a bit duller, thanks to slower cell

turnover and a weakening **moisture barrier**. That's why choosing the right ingredients is so important. "A cleanser with hyaluronic acid or squalane can work wonders by hydrating dry skin and supporting elasticity," says **Kristina Collins**, MD, a double board-certified dermatologist based in Austin.



If **age spots**, fine lines, or dullness are your focus, Dr. Collins recommends "looking for a cleanser with niacinamide, vitamin C, or gentle exfoliants to brighten and even out skin tone." Avoiding certain ingredients in cleansers for mature skin is also essential. "Harsh detergents like SLS (sodium lauryl sulfate) can strip the skin of moisture, and avoid potentially drying or irritating ingredients like clay, alcohol, charcoal, and essential oils," says **Hadley King**, MD, a board-certified dermatologist based in New York City.

Get the Skin Check Newsletter

An insider's guide to all things skin care. We got you covered.



SIGN UP

By signing up, you agree to our [user agreement](#) (including [class action waiver and arbitration provisions](#)), and acknowledge our [privacy policy](#).

Our Top Cleansers for Mature Skin

- **Best Overall:** **Tatcha The Rice Wash**, \$40
- **Best for Dryness:** **SkinMedica HA5 Hydrating Foam Cleanser**, \$48
- **Best Drugstore:** **La Roche-Posay Toleriane Hydrating Gentle Face Cleanser**, \$18
- **Best for Makeup Removal:** **Charlotte Tilbury Multi-Miracle Glow Cleansing Balm**, \$62
- **Best for Sensitive Skin:** **Tata Harper Nourishing Oil Cleanser**, \$78
- **Best Exfoliating:** **Mara Algae Enzyme Cleansing Oil**, \$58
- **Best for Redness:** **EltaMD Skin Recovery Amino Acid Foaming Cleanser**, \$35
- **Best for Post-Procedure:** **Alastin Ultra Calm Cleansing Cream**, \$52

Frequently Asked Questions



- [What is the best facial cleanser for mature skin?](#)
- [What should an older woman wash her face with?](#)
- [What is a good skin-care routine for mature skin?](#)
- [How do you double-cleanse mature skin?](#)
- [Meet the experts](#)
- [How we test and review products](#)
- [Our staff and testers](#)

Whether you're into creams, balms, or gels, the right cleanser can do more than just wash your face—it can nourish, refresh, and prep your skin for everything else in your routine, leaving it soft, smooth, and glowing. Without further ado, here are the best cleansers for mature skin.

Best Overall: Tatcha The Rice Wash



TATCHA
The Rice Wash

\$40 AMAZON
\$40 ULTA BEAUTY
\$40 TATCHA

Why we love it: Inspired by the traditional Japanese practice of cleansing with nutrient-rich rice water (komenuka), Tatcha's The Rice Wash takes this age-old ritual to the next level. It's packed with rice powder, a chef's kiss of skin-loving enzymes and vitamins (A, B2, B12, and E) that soften, brighten, and give your skin a plump, healthy glow. "The creamy texture feels incredibly luxurious as it smooths and brightens the skin," says Dr. Collins. But this cleanser goes beyond surface-level results—Okinawa algae and hyaluronic acid strengthen your skin barrier and lock in hydration. That's a major bonus for mature skin, especially since retaining moisture gets more challenging as we age.

Tester feedback from contributing commerce writer **Christa Joanna Lee**



More to know

Best for Dryness: SkinMedica HA5 Hydrating Foam Cleanser

SKINMEDICA
HA5 Hydrating Foam Cleanser

\$48
DERMSTORE

Why we love it: If this little blue bottle looks familiar, it's because it mirrors the packaging of SkinMedica's **Best of Beauty-winning** HA5 Hydra Collagen Replenish + Restore Hydrator. But this foam cleanser is actually the newest addition to the hyaluronic-acid-packed lineup. "With mature skin that's chronically dry, I always aim for gentle, soap-free cleansers without any harsh abrasives like this one," says **Shannon Humphrey**, MD, a board-certified dermatologist based in British Columbia, Canada. The HA5 Hydrating Foam Cleanser helps keep your barrier happy and your pH in check, so you're left with that clean-but-still-hydrated feeling. "This practically sparkles on contact and removes makeup well without stripping, thanks to the help of its Amino Acid Complex. It's designed to replenish moisture, leaving skin feeling clean, calm, and soft," says Dr. Humphrey.

Tester feedback from commerce editor Sarah Han

More to know



Best Drugstore: La Roche-Posay Toleriane Hydrating Gentle Face Cleanser



LA ROCHE-POSAY
Toleriane Hydrating Gentle Face Cleanser

\$20 AMAZON
\$20 DERMSTORE
\$22 ULTA BEAUTY

Why we love it: When it comes to a minimalist formula that delivers maximal results, La Roche-Posay's Toleriane Hydrating Gentle Face Cleanser stands out as a soothing solution for mature skin prone to sensitivities. "It gently cleanses away dirt, makeup, and impurities without compromising the skin's natural moisture barrier," says **Mina Amin**, MD, a board-certified dermatologist at California Dermatology Specialists, based in Los Angeles. "Formulated with ceramides, glycerin, and niacinamide, it hydrates while soothing the skin. Glycerin acts as a humectant to draw in moisture, while niacinamide is particularly unique—it not only helps restore the skin's barrier but also fades dark

marks and calms irritation." What else? The brand's signature prebiotic thermal spring water is rich in selenium, a powerful natural antioxidant known for its soothing and protective properties.

Editor's tip ▼

More to know ▼

Best for Makeup Removal: Charlotte Tilbury Multi-Miracle Glow Cleansing Balm



CHARLOTTE TILBURY
Multi-Miracle Glow Cleansing Balm

\$62
NORDSTROM

\$62
ULTA BEAUTY

Why we love it: We consider it a miracle, too, when one product can multitask—and Charlotte Tilbury’s Multi-Miracle Glow really leans into its name. This luxe balm starts as a silky cleanser, then moonlights as an **overnight mask** and even a leave-on body balm for dry, flaky spots that need quick smoothing. And because it comes from a makeup artist-led brand, you can bet it melts away makeup like an absolute pro. “Makeup-removing cleansers can be stripping, but this balm is particularly great at removal *and* hydration thanks to rosehip and camellia oils,” says

Debbie Palmer, a board-certified dermatologist based in Harrison, New York. You also get Arctic cloudberry oil for softness, vitamins C and E to brighten tired skin, vitamin A for that baby-smooth finish, and coconut alkanes to lock in moisture for a dewy, nourished glow.

Editor's tip

▼

More to know

▼

Best for Barrier Support: Tata Harper Nourishing Oil Cleanser



TATA HARPER

Tata Harper Nourishing Oil Cleanser

\$78 AMAZON
\$78 NORDSTROM
\$78 SEPHORA

Why we love it: Tata Harper formulates everything for her namesake brand with natural ingredients that feel like a vitamin-rich green juice for aging skin. The Nourishing Oil Cleanser is packed with 26 plant-based ingredients like olive, grape seed, green tea, avocado, camellia, argan, and jojoba oils. “This nourishing combination is great at removing makeup without over-stripping the skin,” says Dr. Palmer. Plus, barrier-loving additions like sunflower,

castor, apricot kernel, and squalane work together to dissolve even long-wearing formulas while leaving skin soft, balanced, and rejuvenated with every wash.

Editor's tip

▼

More to know

▼

Best Exfoliating: Mara Algae Enzyme Cleansing Oil



MARA

Algae Enzyme Cleansing Oil

\$58
AMAZON
\$58
SEPHORA
\$58
CREDO BEAUTY

Why we love it: Mara’s signature algae-infused approach to skin care—the brand name itself inspired by “mar,” meaning “sea” in several languages—anchors this 2024 Best of Beauty winner in deep hydration. “I love that the Algae Enzyme Cleansing Oil is both nourishing and exfoliating, two important properties in a cleanser for mature skin,” says **Geeta Yadav**, MD, board-certified dermatologist based in Toronto, Canada. Spirulina and kelp team up with four gentle fruit enzymes—papaya, pineapple, grapefruit, and pumpkin—to lightly exfoliate and refine texture without irritation. “As we age, cellular turnover slows, which leads to fine lines, wrinkles, and discoloration, and our

skin becomes thinner and drier. These plant-based enzymes work within a base of rich oils like jojoba, sunflower, and squalane to whisk away debris without compromising the skin barrier,” says Dr. Yadav.

Editor's tip ▼

More to know ▼

Best for Redness: EltaMD Skin Recovery Amino Acid Foaming Cleanser



ELTAMD
Skin Recovery Amino Acid Foaming Cleanser

\$35 \$28 (20% OFF) AMAZON
\$35 DERMSTORE

Why we love it: Turns out, for some people, getting older doesn’t mean you magically outgrow acne or oily T-zones. EltaMD Skin Recovery Amino Acid Foaming Cleanser is a dream for mature skin that still battles breakouts—whether they’re triggered by shifting hormones, stress, or pore-clogging products—but can’t afford to compromise its delicate moisture barrier. “Though many foaming facial cleansers can strip the skin barrier, this formula actually strengthens it with a blend of essential amino acids, soothing extracts, and gentle hydrators,” says Dr. Yadav. As it lifts away sunscreen, makeup, and environmental grime, it doesn’t just stop there. “It’s also clinically proven to reduce facial redness in just two weeks and relieve dryness in only one,” says Dr. Yadav.

Editor's tip

▼

More to know

▼

Best for Post-Procedure: Alastin Ultra Calm Cleansing Cream



ALASTIN

Ultra Calm Cleansing Cream

\$58

\$46 (21% OFF)

AMAZON

\$58

ALASTIN

Why we love it: Whether your skin is reactive after an at-home exfoliant or tender post-laser, Alastin Ultra Calm Cleansing Cream is specifically designed for sensitive, easily irritated complexions. This ultra-gentle, non-foaming cleanser sweeps away impurities, sunscreen, and light makeup without compromising a fragile barrier. Its creamy, milky texture is enriched with linoleic acid to reinforce the skin’s natural barrier and oat protein extract to calm and soothe irritation. “Since mature skin tends to be drier and more reactive, it benefits from this formula that also features tremella mushroom, an adaptogen that helps skin adapt to stress and self-regulate. It’s even a more powerful humectant than hyaluronic acid,” says Dr. Yadav.

Editor's tip



More to know



Frequently Asked Questions

What is the best facial cleanser for mature skin?

The best facial cleanser for mature skin should check off a few boxes—namely, they should "prioritize hydration, barrier support, and gentle cleansing," says Dr. Collins, who cites ingredients such as hyaluronic acid, ceramides, and peptides, as well as green tea extract and vitamin E for antioxidant protection. "Cream cleansers and **oil-based formulations** are ideal as they effectively remove impurities without stripping natural oils," she adds.

What should an older woman wash her face with?

As your skin gets older (and wiser!), it needs a little extra TLC in the cleansing department to keep it looking and feeling its best. Natural oil production decreases, leading to dryness and a weakened skin barrier, so older women benefit from using hydrating cleansers to restore moisture. Dullness becomes more noticeable as cell turnover slows, so incorporating a cleanser with mild **alpha hydroxy acids** (AHAs) like glycolic or lactic acid can help gently exfoliate and reveal brighter, smoother skin. "Those with mature skin should avoid sulfates like sodium lauryl sulfate, harsh alcohols, and high concentrations of acids, as they can strip moisture and exacerbate dryness or sensitivity," says Dr. Collins.

What is a good skin-care routine for mature skin?

A solid skin-care routine for aging skin focuses on three key things: hydration, protection, and repair. According to Dr. Collins, your morning routine should include a cream or oil-based cleanser to gently remove impurities, followed by an **antioxidant serum**, like **vitamin C**, to brighten skin and fight free radicals. Afterward, apply a moisturizer to hydrate and finish with a **broad-spectrum sunscreen** (with SPF 30 or more) to shield against UV damage.

For the evening routine, Dr. Collins recommends starting with a face wash, either a single or double cleanse, depending on your needs. "Next, incorporate a **retinol** or **peptide serum** to boost collagen and improve skin texture. Wrap up your routine with a hydrating cream or moisturizer to seal in moisture and give your skin the overnight support it needs to recharge and repair," Dr. Collins says. With this simple yet effective routine, you'll address common concerns like dryness, fine lines, and dullness while keeping your skin healthy and radiant.

How do you double-cleanse mature skin?

Double-cleansing mature skin involves two non-stripping formulas to thoroughly cleanse without compromising hydration or irritating delicate skin. "People may prefer this method, particularly if they are wearing heavy makeup, or if they like to use an oil-based cleanser but don't like the residue that some oil-based cleansers leave behind," says Dr. King. "Start with a cleansing balm or oil onto dry skin to remove makeup and sunscreen, then rinse or gently wipe away with a soft cloth. Follow with a gentle cream or gel cleanser to remove dirt, oil, and makeup stragglers," says Dr. Collins.

Meet the experts

- **Mina Amin**, MD, a board-certified dermatologist at California Dermatology Specialists, based in Los Angeles
- **Kristina Collins**, MD, a double board-certified dermatologist based in Austin
- **Shannon Humphrey**, MD, a board-certified dermatologist and co-founder of Humphrey & Belezny Cosmetic Dermatology, based in British Columbia, Canada
- **Hadley King**, MD, a board-certified dermatologist based in New York City
- **Debbie Palmer**, a board-certified dermatologist and co-founder of Dermatology Associates of New York, based in Harrison, New York
- **Geeta Yadav**, MD, board-certified dermatologist and founder of Facet Dermatology, based in Toronto, Canada

How we test and review products

Before reviewing any **makeup**, we ask questions about a number of factors: What ingredients are in it? Does the brand offer a wide shade range inclusive of consumers with all skin tones and undertones? Is it safe for readers who have sensitive skin or wear contact lenses? Is it on the affordable side or more of a splurge? Is its packaging consciously designed or needlessly wasteful?

For our review of the best cleansers for mature skin, we enlisted the help of multiple editors, writers, contributors, and makeup artists to review the products. This ensures our testing base spans different skin tones, genders, and dermatological conditions. We considered each product's performance across four primary categories: ingredients, wear and longevity, packaging, and inclusivity. For more on what's involved in our reporting, check out our complete [review process and methodology page](#).

Our staff and testers

A beauty product is a personal purchase. You might be searching for a face cream to address persistent dryness or a new nail product to add to your Sunday self-care routine. You may simply be browsing for the latest launches to hit the hair market. No matter what you seek or your individual needs and concerns, *Allure* wants to ensure that you love anything we recommend in our stories. We believe that having a diverse team of writers and editors—in addition to the wide range of outside testers and industry experts we regularly call upon—is essential to reaching that goal.

After all, can we really say a skin-care product is the **"best" for people over 50** if the only testers we've solicited opinions from are folks who have yet to hit 30? Can we honestly deem a high-end diffuser worthy of your hard-earned cash if it's never been tested on curls? We're proud that **our staff** spans a wide range of ages, skin tones, hair textures, genders, and backgrounds, which means that we're able to fairly assess any beauty product that comes into the beauty closet.

The future of mature skin only gets better—shop our top picks:

- [9 Best Skin-Tightening Creams for Noticeably Firmer Skin](#)
- [Yes, Eye-Tightening Creams Actually Work](#)
- [These Hydrating Concealers Don't Emphasize Your Fine Lines](#)

Now, watch *Love Island*'s Olandria Carthen's bright, blushy makeup routine:

Shop all of our latest obsessions in one place! And don't forget to follow Allure on [Instagram](#) and [TikTok](#)—or [subscribe to our newsletter](#) to stay up to date on all things beauty.



Christa Joanna Lee is a writer, editor, and copywriter specializing in beauty and wellness, parenting, and lifestyle. With deep roots in the magazine world, she's developed editorial and branded content for print and digital outlets such as *Lucky*, *Bustle*, *Teen Vogue*, *SELF*, *Woman's Day*, *New York Magazine*, and *InStyle*. Before ... [Read More](#)

Contributing Writer



KEYWORDS SKIN CARE SHOPPING MATURE SKIN CLEANSER

We Got You Covered.

Sign up to the Skin Check newsletter: an insider's guide to all things skin care.



SIGN UP

By signing up, you agree to our [user agreement](#) (including [class action waiver and arbitration provisions](#)), and acknowledge our [privacy policy](#).

Read More



SKIN

11 Best Korean Face Masks for a Glow-Inducing Reset

Our editors swear by these intensely hydrating, plumping, and sometimes pore-cleansing formulas.

BY SARAH HAN

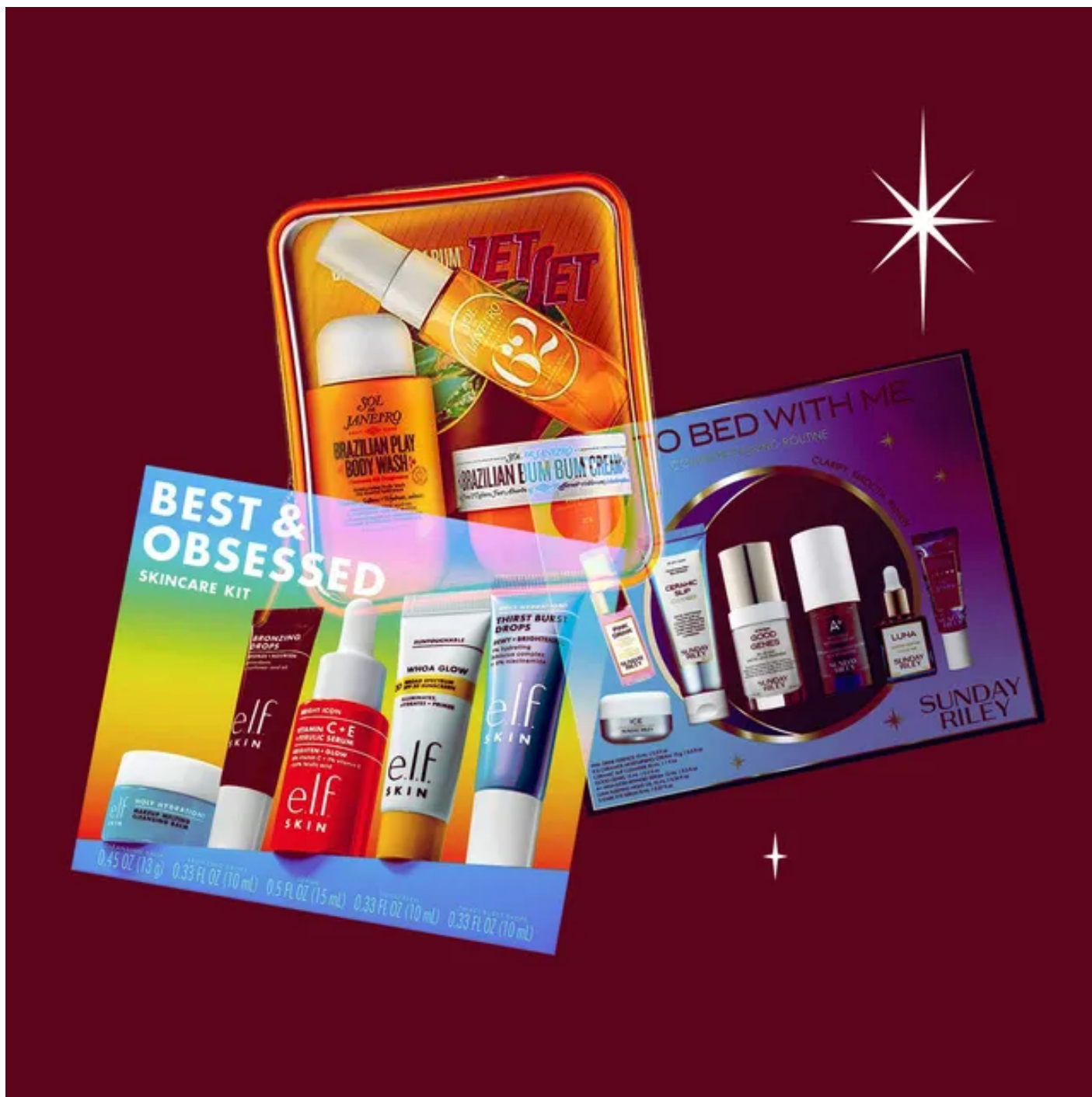


SKIN

6 Best Face Moisturizers for Eczema to Soothe Skin

Goodbye sting, hello comfort.

BY CHRISTA JOANNA LEE



SKIN

11 Best Skin-Care Gift Sets Are Mini in Size But Big in Glow

Your whole skin-care lineup, simplified.

BY CHRISTA JOANNA LEE



SKIN

11 Best Korean Serums for Impossibly Hydrated Skin

There's more to these than snail mucin.

BY DEVON ABELMAN



SKIN

8 Best Hydrating Eye Creams for Bright, Bouncy Undereyes

P.S. They don't just moisturize—they also smooth texture, soften fine lines, and brighten over time.

BY CHRISTA JOANNA LEE



SKIN

The Best OSEA Products to Mimic a Post-Beach Glow

These picks bottled up seaweed and sunshine to hydrate, brighten, and firm your skin.

BY CHRISTA JOANNA LEE



SKIN

How Bobbi Brown's Face Base Changed My Morning Routine Forever

Hydrates like a cream, smooths like a primer, and leaves skin looking extra glowy.

BY CHRISTA JOANNA LEE



SHOPPING

4 Best Freckle Pens That Actually Look Like the Real Thing

Meet the beauty hack that instantly gives your skin more life.

BY JENNIFER HUSSEIN



SHOPPING

Why Wait for Black Friday? These Amazon Beauty Deals Are Already Live

These discounts are already serving main-event energy.

BY LILY WOHLNER



SHOPPING

19 Allure Best of Beauty 2025 Winners You Can Score on Sale Ahead of Black Friday

Featuring brands like Shark, Isle of Paradise, and some of our K-beauty favorites.

BY LILY WOHLNER



LIFESTYLE

The Best Sticky Bras for Support Without the Straps

Turns out you **can** have it all.

BY JAMIE BALLARD



SKIN

8 Best Face Oils for Lasting Hydration

Oils that soften, soothe, and won't leave you looking like a disco ball.

BY CHRISTA JOANNA LEE



Get \$247+ of Beauty for Just \$29.99 \$19.99

UNBOX PREMIUM PICKS FROM CHARLOTTE TILBURY, KAT BURKI,
TATCHA & MORE PLUS 2 FREE GIFTS — \$65 VALUE!

USE CODE: BEAUTY

allure
BEAUTY BOX

JOIN NOW