

13 Best Body Lotions for Mature Skin, According to Dermatologists

The smooth, taut skin on our arms and legs will change with enough time (and not to mention [sun damage](#)), but there's good news: The best body lotions for mature skin can help minimize the look of lax, crepey skin when it appears, or even slow down its arrival if you're taking early precautions. (Look at you, being proactive!) These nourishing formulas, typically infused with [active ingredients](#) like wrinkle-reducing [retinol](#), firming [peptides](#), and exfoliating [alpha-hydroxy acids](#), can be game-changing additions to your body-care routine to target existing fine lines and prevent future sagging. Plus, as with any [body lotion](#), you can expect the conditioning and skin-softening properties of your average [cream](#)—just with the extra benefits of ingredients that refine texture and tone.

Below, scroll ahead to find the best body lotions, creams, and balms that board-certified dermatologists say help minimize crepiness, fine lines, and age spots.

Our Top Body Lotions for Mature Skin

- **Best Overall:** [La Roche-Posay Lipikar AP+ Triple Repair Moisturizing Cream](#), \$23
- **Best with Retinol:** [Nécessaire The Body Retinol](#), \$58
- **Best for Itchy Skin:** [Bioderma Atoderm Intensive Balm](#), \$29
- **Best for Crepey Skin:** [Alastin Skincare TransForm Body Treatment](#), \$216
- **Best for Uneven Texture:** [Glytone Exfoliating Body Lotion](#), \$48
- **Best for Sensitive Skin:** [Replenix Retinol Smooth + Tighten Body Lotion](#), \$94

- **Best for Firming:** [Murad Resurgence Retinal ReSculpt Body Treatment](#), \$79



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Best Overall: La Roche-Posay Lipikar AP+ Triple Repair Moisturizing Cream



La Roche-Posay

Lipikar AP+ Triple Repair Moisturizing Cream

[\\$23](#)[Amazon](#)[\\$20](#)[Dermstore](#)

Why it's worth it: Skinimalism is in, and [La Roche-Posay's Lipikar AP+M Triple Repair Body Moisturizer](#) is perfect for whittling down your skin-care regimen. Formulated for dry skin types, this hydrating cream smooths your roughest parts while being light and fast-absorbing enough for your face. On top of its lightweight texture, this moisturizing body lotion is fragrance-free, which bodes well for [sensitive skin](#).

“Lipikar has both moisturizers that help replenish the natural moisturizers that lessen with age and niacinamide that helps with discoloration and redness,” says [Stephanie Saxton-Daniels](#), MD, a board-certified dermatologist at Westlake Dermatology in Dallas. A soothing blend of shea butter, prebiotic-rich thermal water, and glycerin plumps skin and minimizes the look of fine lines while [niacinamide](#) brightens and evens tone. Since this formula doesn't contain harsh actives, you can apply it day and night for 'round-the-clock conditioning benefits.



“The fragrance-free formula is perfect in its simplicity. And because it's loaded with some tried-and-true moisturizers—shea butter, glycerin—it's also effective enough that it got rid of a stubborn dry flaky patch on my hand (the result of my engagement ring rubbing against my pinky 24/7).”
—Elizabeth Siegel, former deputy beauty director



- **Key ingredients:** shea butter, thermal water, glycerin, niacinamide
- **Fragrance-free:** yes

Best with Retinol: Nécessaire The Body Retinol



Nécessaire

The Body Retinol

[\\$62](#)

[Amazon](#)

[\\$58](#)

[Nordstrom](#)

Why it's worth it: As its name suggests, Nécessaire's The Body Retinol contains retinol, but there's much more to this dermatologist-loved formula. "Formulated with 0.1% retinol along with AHAs, peptides, vitamin C, and [glycerin](#), this comprehensive body cream is one of my favorites," says [Azadeh Shirazi](#), MD, a board-certified dermatologist based in La Jolla, CA. "It boosts skin hydration and laxity, minimizes crepiness, and its fast-absorbing formula doesn't feel sticky." Since this potent serum contains multiple active ingredients, Dr. Shirazi notes that it's best used at night, starting with weekly applications and gradually increasing to every other night.

The Body Retinol contains rosewater to offset retinol's notoriously pungent scent, but if you prefer fragrance-free formulations, [Brendan Camp, MD](#), a board-certified dermatologist based in New York City, recommends trying [The Body Lotion](#). "Formulated with peptides to encourage collagen production, niacinamide to soothe skin, and oils rich in antioxidants like vitamins C and E, this fragrance-free body lotion moisturizes, firms, and strengthens skin," he says.



- **Key ingredients:** retinol (0.1%), AHA blend (glycolic acid, mandelic acid), vitamin C, peptides, niacinamide, rosewater
- **Fragrance-free:** no

Best for Itchy Skin: Bioderma Atoderm Intensive Balm



Bioderma

Atoderm Intensive Balm

[\\$29](#)[Walmart](#)

Why it's worth it: If your skin is dry, sensitive, or easily irritated (or all of the above), Bioderma Atoderm Intensive Balm delivers instant relief. Its fragrance-free, ceramide-based formula calms discomfort, deeply hydrates, and strengthens the skin barrier. “Despite its rich texture, it absorbs very well without leaving behind a greasy layer. I’ve personally used this through several New York winters on my own eczema-prone skin and find it unmatched for severe dryness. Many of my patients with atopic dermatitis report that this is the only product that prevents their seasonal flares when used consistently,” [Pooja Rambhia](#), MD, a board-certified dermatologist based in New York City, [previously told Allure](#). For a lighter texture, try [Bioderma Atoderm Crème Ultra](#), which is even gentle enough for babies.



- **Key ingredients:** ceramides, glycerin, mineral oil
- **Fragrance-free:** yes

Best for Crepey Skin: Alastin TransForm Body Treatment



Alastin Skincare

TransForm Body Treatment

[\\$220](#)[Amazon](#)[\\$220](#)

[Alastin Skincare](#)

Why it's worth it: If you're targeting the look of sagging skin, [Kellie Reed](#), MD, a board-certified dermatologist based in Austin, suggests adding the Alastin TransForm Body Treatment to your routine. "It is a peptide-based moisturizer that helps skin appear [more firm and toned](#)," she says. Its key ingredient, peptides, are amino acid chains that support collagen production and preserve your skin's elasticity. The brand's peptides-based TriHex technology clears out old collagen and elastin, making way for brand-new, stronger fibers. Along with peptides, this silky serum-like treatment is enriched with hydrating hyaluronic acid and antioxidant-rich dill extract to smooth skin texture.



"Alastin Skincare's TransForm Body Treatment leaves my skin feeling soft and silky-smooth through its hydrating ingredients (hi, hyaluronic acid!) and velvety, gel-like texture. I apply it just about everywhere below my neck, and it's even tackled a few chronically rough spots on my toes with total grace." —**Jennifer Hussein, former commerce writer**



- **Key ingredients:** peptides (lipodrone and TriHex Technology), hyaluronic acid, dill extract, linseed extract, plantain leaf extract
- **Fragrance-free:** yes

Best for Uneven Texture: Glytone Exfoliating Body Lotion



Glytone

Glytone Exfoliating Body Lotion

~~\$48~~ [\\$37 \(23% off\)](#)

[Amazon](#)

[\\$48](#)

[Dermstore](#)

Why it's worth it: Glytone Exfoliating Body Lotion is a targeted treatment for anyone dealing with rough texture, bumps, or uneven tone. Packed with 17.5% glycolic acid—well above the typical 10–15% you'll find in most over-the-counter body lotions—it powerfully exfoliates to sweep away dead skin cells, clear clogged pores, and smooth rough patches, revealing softer, more radiant-looking skin. “It’s perfect for acne-prone skin [due to hormonal changes] or those trying to minimize the look of keratosis pilaris (KP),” [James Y. Wang](#), MD, a board-certified dermatologist based in Los Angeles, previously told *Allure*. If you’re new to stronger acids, nourishing vitamin E helps keep things smooth and protected, making it easy to work into your daily routine once your skin has acclimated.



- **Key ingredients:** glycolic acid, petrolatum, allantoin, vitamin E (tocopheryl acetate)
- **Fragrance-free:** yes

Best for Sensitive Skin: Replenix Retinol Smooth + Tighten Body Lotion



Replenix

Retinol Smooth + Tighten Body Lotion

[\\$94](#)[Amazon](#)[\\$94](#)[Dermstore](#)

Why it's worth it: Replenix Retinol Smooth + Tighten Body Lotion delivers the powerful results of retinol in a formula gentle enough for sensitive or redness-prone skin. It features all-trans-retinol, a [highly researched](#) form of vitamin A that's "encapsulated for gradual release, to minimize irritation while it brightens and firms crepey skin," [Gary Goldenberg](#), MD, a board-certified dermatologist based in New York City, previously told *Allure*. To balance the potency, the fragrance-free formula is paired with calming edelweiss flower extract and antioxidant-rich green tea for added soothing and protection. Those with crepey skin or uneven texture will notice how it firms, smooths, and restores softness over time.



- **Key ingredients:** retinol (percentage not disclosed), pwr3+ antioxidant complex, hyaluronic acid, biomimetic ceramide complex, edelweiss flower extract
- **Fragrance-free:** yes

Best for Firming: Murad Resurgence Retinal ReSculpt Body Treatment



Murad

Resurgence Retinal ReSculpt Body Treatment

[\\$79](#)[Amazon](#)[\\$79](#)[Ulta Beauty](#)

Why it's worth it: Murad's Resurgence Retinal ReSculpt Body Treatment features retinaldehyde (a.k.a. retinal), a stronger form of retinol. "Both retinal and retinol are vitamin A derivatives. However, retinal is one step closer to becoming retinoic acid, which is the active form that binds to receptors in your skin to stimulate collagen production and skin cell turnover," [Asmi Berry](#), DO, a board-certified dermatologist in Los Angeles, California, [previously told Allure](#). That's why retinal often works faster and more effectively than even the strongest retinol creams. Ideal for areas that tend to lose firmness—such as the arms, knees, and décolletage—it combines potent actives with nourishing moisturizers, including shea butter and squalane.



- **Key ingredients:** retinol (percentage not disclosed), shea butter, squalane, urea, avocado fruit extract
- **Fragrance-free:** no

Best for Eczema-Prone Skin: Skinfix Lipid-Boost Body Cream



SkinFix

Lipid-Boost Body Cream

[\\$48](#)[Sephora](#)[\\$48](#)[Skinfix](#)

Why it's worth it: Skinfix's Lipid-Boost Body Cream has such a creamy, cushiony formula that provides sweet moisturizing relief to our driest skin without feeling greasy, which is why this dense body cream won an *Allure* Best of Beauty Award back in 2018. To this day, both our editors and Dr. Camp are still fans of this cream for its intensive approach to moisturizing, which is powered by a blend of shea butter, [ceramides](#), and oils derived from moringa, sweet almond, grapeseed, and jojoba. "These ingredients, along with moisture-retaining colloidal oatmeal, help heal and restore the integrity of the skin barrier," says Dr. Camp. "A healthy skin barrier is essential for skin that is hydrated, firm, and plump."



- **Key ingredients:** shea butter, ceramides, moringa oil, sweet almond oil, grapeseed oil, jojoba oil, colloidal oatmeal
- **Fragrance-free:** yes

Best Lightweight: Paula's Choice Retinol Skin-Smoothing Body Treatment



Paula's Choice

Retinol Skin-Soothing Body Treatment

[\\$32](#)[Amazon](#)[\\$32](#)[Dermstore](#)[\\$32](#)[Paula's Choice](#)

Why it's worth it: Dr. Camp is also a fan of Paula's Choice Retinol Skin-Soothing Body Treatment for its star ingredient, retinol, which is featured in a fast-drying, non-greasy formula. "Retinol is included in this body treatment, along with antioxidants like vitamin C and moisturizing ingredients like evening primrose and grapeseed oils to improve the appearance of uneven skin tone and eliminate dry skin," he says. Though it's packed with nourishing skin-care ingredients, its texture is light and absorbs quickly, so it won't cause your pajamas to stick to your body as you sleep (since this contains retinol, only use it at night, by the way).



- **Key ingredients:** retinol (0.1%), vitamin C, evening primrose oil, grapeseed oil, panthenol, shea butter, glycerin
- **Fragrance-free:** yes

Best Balm: Osea Body Balm



Osea

Body Balm

[\\$54](#)[Amazon](#)[\\$54](#)[Nordstrom](#)[\\$54](#)[Bluemercury](#)

Why it's worth it: Most of Osea's formulations, including the Body Balm, include a key superstar ingredient: seaweed extract. This particular ingredient contains a slew of amino acids, antioxidants, vitamins, and minerals essential for plump, supple skin. This body moisturizer is technically a balm, but the conditioning formula has the texture of a dense lotion that is surprisingly quick to absorb into the skin. Though it's lighter in texture than other balms, its heavy-hitting conditioning benefits are powered by a mix of passion fruit seed, [coconut](#), and safflower seed oils. "I like how this balm utilizes alaria esculenta seaweed to improve the appearance of skin elasticity and firm the look of skin," says Dr. Reed.



- **Key ingredients:** seaweed extract, passion fruit seed oil, coconut oil, safflower seed oil
- **Fragrance-free:** no

Best Tightening: StriVectin Crepe Control Tightening Body Cream



StriVectin

Crepe Control Tightening Body Cream

[\\$59](#)[Amazon](#)

Why it's worth it: StriVectin's Crepe Control Tightening Body Cream provides "tightening to the crepiness and sagging seen on the skin," according to [Purvisha Patel, MD](#), a board-certified dermatologist based in Memphis. She says the Crepe Control body cream won't instantly provide noticeable results, but, with consistent use, its cocktail of antioxidant-rich jojoba seed extract, anti-inflammatory turmeric root extract, and conditioning shea, murumuru, and capuaçu butter blend will significantly improve the look of sagging skin.



- **Key ingredients:** jojoba seed extract, turmeric root extract, shea butter, murumuru butter, capuaçu butter
- **Fragrance-free:** no

Frequently Asked Questions

Which signs of skin aging appear on the body?

As we all know, [aging](#) is a wonderfully natural process that affects every part of our bodies, including our largest organ, the skin. But before we get into treatments, it's important to understand what's happening inside your body.

Wrinkles and sagging skin

As you mature, your skin's once-supple texture becomes more lax due to the loss of [collagen](#), according to Dr. Shirazi. Collagen is the main protein that acts as the support beam for your body's connective tissues, including your skin, and as you age, your body's natural supply depletes. This depletion leads to the formation of wrinkles, crepiness, and skin sagging. "Crepey or loose skin, particularly on the abdomen, upper arms, back of the hands, and thighs, known as skin laxity, becomes more pronounced with age," explains Dr. Shirazi. She also notes that the loss of

collagen around blood vessels, particularly in areas with lots of movement, like the backs of your hands, can increase bruising without noticeable trauma to the skin. "This is common on the hands and back of arms, known as actinic purpura," she adds.

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