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CALM DOWN

13 Best Cica Skin-Care Products to Soothe Redness and Irritation

Creams, face masks, and balms to nourish the most sensitive of skin types.

BY ANGELA TRAKOSHIS AND SARAH HAN

August 20, 2023



Courtesy of Soleil Summer for *Allure* / Courtesy of brands

Skin-care products of all kinds seem to have one thing in common lately: **cica**. If it's not in the mask, serum, moisturizer, or **at-home peel pad**'s name, it's on the ingredient list under its scientific name, *Centella asiatica*. The regenerative and healing benefits of cica, which in its natural form is a leafy green herb, have been known for centuries, but it's taken until recently for beauty consumers to fully catch on. Outside of Asia, where it's a commonplace ingredient, Western beauty brands like Dermalogica and Kiehl's are also starting to take note.

"Cica is believed to soothe and repair irritated skin," **Ellen Marmur**, MD, a New York City-based board-certified dermatologist, **previously told us**, meaning it's highly beneficial for treating acne and calming **sensitive skin**. These attributes can be tied to cica's chemical composition, which is "chock-full of amino acids, beta-carotene, fatty acids, and phytochemicals, including vitamins C, A, B1, and B2," says **Shari Marchbein**, MD, a board-certified dermatologist and clinical assistant professor of dermatology at New York University School of Medicine, explained. In short, this antioxidant-packed herb stimulates collagen production and protects skin against inflammation and bacteria.

If you ask **Charlotte Cho**, an aesthetician and cofounder of K-beauty e-retailer **Soko Glam**, cica has become so widespread in Korean skin-care products because something is in the air — literally. "**Sensitive skin** is a very common skin type in Korea due to high pollution levels," she told *Allure* when we did a deep dive into the skin-care ingredient. "As a result, sensitive-skin-friendly ingredients, such as cica, are frequently found in Korean beauty products to calm inflammation, redness, and irritated skin." And let's be real: The pollution

levels are pretty damn high stateside, too. With that in mind, our skin deals with the environmental aggressors' damaging effects, like **fine lines, wrinkles**, dryness, and irritation.

Keep scrolling to find out which skin-soothing cica products you should be incorporating into your skin-care routine right now.

*Ready to feel more confident when reading your beauty products' ingredient labels? Enter, the **Allure Ingredient Index**. In this comprehensive guide, you'll find everything you need to know about the most in-demand (and under-the-radar) ingredients in your favorite skin-care products.*

Our Top Picks:

1. **Best for Correcting Redness:** **Dr. Jart+ Cicapair Tiger Grass Serum**, \$52
2. **Overnight Sensation:** **Laneige Cica Sleeping Mask**, \$34
3. **Fragrance-Free Moisturizer for Daytime & Nighttime:** **Dermalogica Stabilizing Repair Cream**, \$64
4. **Most Soothing Sunscreen:** **Skin1004 Madagascar Centella Air-Fit Suncream Light SPF 30 PA++++**, \$17
5. **Multipurpose Moisturizer:** **Bloomeffects Tulip Nectar Skin Repair Balm**, \$47
6. **For a Skin-Care Reset:** **Peach & Lily Super Reboot Resurfacing Mask**, \$45
7. **Best Soothing Cleanser:** **Erborian Centella Cleansing Gel**, \$36

All products featured on Allure are independently selected by our editors. However, when you buy something through our retail links, we may earn an affiliate commission.



1/13

Dr. Jart+ Cicapair Tiger Grass Serum

SHOP NOW

\$52

Sephora

Among its wide array of cica offerings, you'll find the Dr. Jart+ Cicapair Tiger Grass Serum, an **emerald-tinted elixir** spiked with cica (including *Centella asiatica* extract and madecassoside) and a bevy of minerals, like zinc, copper, and selenium, to offer skin the ultimate soothing solution. Not only does it quell redness and irritation, but the serum also acts as a line of defense **against hormonal acne**.

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2/13

Dermalogica Stabilizing Repair Cream

SHOP NOW	\$64
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Dermalogica

As a part of the **Ultracalming collection**, Dermalogica's Stabilizing Repair Cream was made for sensitivity-prone skin. This balmy lotion, which includes a proprietary ceramide-building complex, cica, and boerhavia diffusa root, makes skin more resilient over time by locking in moisture and curbing discomfort and redness. It's a great daytime and nighttime moisturizer and is lightweight enough to sit underneath makeup without making it pill.

3/13

Laneige Cica Sleeping Mask

SHOP NOW	\$34
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Sephora

SHOP NOW	\$34
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Amazon

In case you couldn't tell by the name, Laneige's Cica Sleeping Mask works overtime while you sleep. A potent blend of fermented forest yeast extract, squalane, cica, and shea butter hydrate and soothe skin after long stressful days. When your skin is looking angrier and more irritated than usual, this leave-on face mask will be your go-to.

4/13

Kiehl's Centella Sensitive Cica-Cream

SHOP NOW	\$46
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Bluemercury

SHOP NOW	\$46
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Saks Fifth Avenue

The star ingredients in Kiehl's fragrance-free Centella Sensitive Cica-Cream are D-panthenol (also known as vitamin B5) and madecassoside, which is a dream team for sensitive, dry skin. Madecassoside minimizes redness while D-panthenol reduces water loss and plumps fine lines. To avoid excess rubbing (which you shouldn't have to do anyway), gently press the formula into your skin. This cream is the key to supple skin.

5/13

Cosrx Balancium Comfort Ceramide Cream

SHOP NOW	\$15
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Amazon

Despite cica not being in the product name, this surprisingly lightweight, balm-like cream's ingredient list is topped by *Centella asiatica* leaf water, so it's soothing to the max. Like most Cosrx products, the Balancium Comfort Ceramide Cream is very reasonably-priced but acts as effectively as its pricier counterparts. This **ceramide**-rich formulation provides deep hydration, helps your skin lock in moisture, and strengthens your barrier, all while not clogging pores or feeling heavy/oily.

P.S. Cosrx has an entire product line that spotlights cica, including a **cleansing oil**, **toner**, **sheet mask**, and more.

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6/13

Erborian Centella Cleansing Gel

SHOP NOW	\$36
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Dermstore

SHOP NOW	\$36
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Amazon

Stripping cleansers? Don't know them. Erborian's Centella Cleansing Gel is spiked with cica to ensure that your skin doesn't feel dry or tight after you've cleansed — or double-cleansed, if you're into that. (By the way, [Erborian's Centella Cleansing Balm](#) and [Cleansing Oil](#) have you covered for the first step.) On top of that, there's nourishing squalane and seven herbs including wild chamomile, rosemary, and licorice to help remove impurities. Hello, refreshed skin.

7/13

Iope Derma Gentle Cica Cream

SHOP NOW	\$33
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Amazon

Iope Derma Gentle Cica Cream is a moisturizer made specifically with madecassoside, a component of *Centella asiatica* that helps stimulate collagen production for plumper, firmer skin and reverses any damage dryness might have caused your complexion. Madecassoside's anti-inflammatory benefits also come in handy for those with acne-prone skin, as does cypress tree leaf extract and panthenol.

P.S. Iope also offers a **lightweight gel cream** if that's your preference.

8/13

Skin1004 Madagascar Centella Air-Fit Suncream Light SPF 30 PA++++

SHOP NOW	\$17
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Amazon

We all know **mineral sunscreen** is the way to go for sensitive skin but finding the *right one* that doesn't leave a white cast, feel greasy on the skin, and take too long to fully rub in isn't so simple. Skin1004's Madagascar Centella Air-Fit Suncream Light SPF 30 is one of those gems that actually make sunscreen application easy and actually enjoyable. TECA, a purified extract of *Centella asiatica*, and Madagascan *Centella asiatica* team up to condition and repair skin, so you're protected in more ways than one.

9/13

Bloomeffects Tulip Nectar Skin Repair Balm

SHOP NOW

\$47

Bluemercury

SHOP NOW

\$47

Saks Fifth Avenue

Bloomeffects Tulip Nectar Skin Repair Balm won a Best of Beauty Award in 2021 partially because of its versatility. Slather this **multipurpose salve** on your body to calm redness or reduce the look of stretch marks or scarring, or you can rub it into your hands, cuticles, lips, brows, and flyaways if they're feeling a little dry or scraggly. This balm-to-oil formula absorbs into the skin quickly, lest you worry about the rich texture. There are tons of botanical extracts, including safflower, meadowfoam, licorice, ginger root, brown algae, and, of course, cica to keep your skin fully nourished from head to toe.

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10/13

Dewytree Cica 100 Essence

SHOP NOW	\$26
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Yesstyle

SHOP NOW	\$31
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Soko Glam

Dewytree Cica 100 is a rather watery essence made with, you guessed it, cica. Unlike the rest of the products on this list, this one is unique because that's all you'll find in this bottle. So, if you need a straightforward product that's not stuffed with potentially irritating ingredients, this is for you. Once patted into the skin, you can expect a calmer and less irritated complexion.

11/13

Peach & Lily Super Reboot Resurfacing Mask

SHOP NOW	\$45
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Ulta Beauty

SHOP NOW	\$45
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Target

Spread a thin layer of the **often-sold-out** Peach & Lily Super Reboot Resurfacing Mask onto your face for a quick skin restart after a long week. Potent **alpha hydroxy acids** and **beta hydroxy acids** work together to slough away dull, dead skin and unclog pores, while cica keeps skin from becoming inflamed in the process. After washing it off, you'll notice your skin will appear brighter, smoother, and bouncier.

12/13

Banila Co. Clean It Zero Purifying Foam Cleanser

SHOP NOW	\$16
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Ulta Beauty

SHOP NOW	\$16
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Banila Co.

Consider Banila Co.'s Clean It Zero Purifying Foam Cleanser as the sidekick or companion to the uber-popular **Banila Co. Clean It Zero Cleansing Balm**. (You know the one.) This gentle yet effective cleanser breaks down makeup and dirt, so none of it lingers in your pores once you're ready to move on with the rest of your skin-care routine. The cica in the tube soothes even sensitive skin while the **jojoba oil** breaks down makeup and ensures skin is never stripped.

13/13

SkinRx Lab MadeCera Cream

SHOP NOW	\$34
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Amazon

SHOP NOW	\$36
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Soko Glam

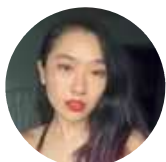
The pretty pink tube of the SkinRx Lab MadeCera Cream is filled with a thick-yet-nongreasy moisturizer that will brighten and hydrate even the most sensitive skin. Cica teams up with ceramides and niacinamide, which have barrier-restoring and anti-inflammatory properties, to

create a nourishing layer on the skin as the last step of your nighttime regimen — so you wake up with plump, glowing skin.



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Commerce Editor



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