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The 8 Best Ceramide Moisturizers for Healthy, Radiant Skin

Don't sleep on ceramides—this super healing lipid repairs, hydrates, and protects skin.

By [Kristin Limoges](#) | Updated on August 13, 2026 @ 03:36PM



Credit: InStyle / Getty

If you haven't heard of ceramides, let us introduce you to this powerhouse ingredient. Think of ceramides as your skin's bodyguards—helping to protect your complexion and keep it strong, healthy, and safe. Ceramides are lipids found naturally in high concentrations in the uppermost layers of skin, says [Morgan Rabach, M.D.](#), a board-certified dermatologist and

cofounder of [LM Medical NYC](#). Not only do ceramides naturally exist in our skin, but they also perform impressive and essential tasks when added to facial moisturizers.

“Ceramides create a water-impermeable, protective barrier to prevent excessive water loss due to evaporation, as well as prevent the entry of microorganisms and other environmental aggressors, like pollution,” says [Rachel Westbay, M.D., FAAD](#), a board-certified dermatologist at [Marmur Medical](#). “Ceramides are critical for helping the skin retain moisture, protecting it from external forces and, overall, permitting it to function properly,” she adds. Which one should you try? Below, find our favorite picks.

Top Picks

BEST OVERALL:

[**BeautyStat Cosmetics Universal Moisture Boost Cream at Nordstrom | \\$50**](#)

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BEST SPLURGE:

[**SkinCeuticals Triple Lipid Restore at Dermstore**](#)

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BEST FOR BODY:

SALE [CeraVe Moisturizing Cream at Amazon](#) | ~~\$21~~ \$17

↓ [Jump to Review](#)

BEST FOR HANDS:

[EltaMD Hand Creme at Amazon](#) | \$34

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BEST OVERALL

[BeautyStat Cosmetics Universal Moisture Boost Cream](#)



Ulta BeautyStat Cosmetics
Universal Pro-Bio Moisture Boost
Cream

Credit: Ulta

[\\$50 at Nordstrom](#)

[View on Ulta](#)

[View on Neiman Marcus](#)

Why We Love It: This bouncy, nutrient-rich cream is light as air and instantly absorbs into the skin, yet provides all-day hydration. Ceramides in this product heal and strengthen as they prevent dryness and irritation, while [hyaluronic acid](#) and botanical extracts hydrate and repair dehydrated, irritated, and unbalanced complexions. The formula also contains bifida ferment lysate, a probiotic that soothes and protects skin from environmental aggressors. The result? A quenching moisturizer that leaves skin glowing, plump, and refreshed.

Who It's For: This lightweight gel moisturizer is ideal for almost all skin types, including dry, acne-prone, oily, and combination. Forget about heavy, greasy moisturizers and slather on this game-changing ceramide cream instead.

Worth Noting: While it does have a slight scent that may be irritating for the ultrasensitive, most will enjoy the formula's silky feel.

Active Ingredients: Ceramides, hyaluronic acid, reishi mushroom extract, vitamin F | **Skin Type:** Any | **Size:** 1 oz | **Scent:** Pomegranate

BEST SPLURGE

SkinCeuticals Triple Lipid Restore



SkinCeuticals Triple Lipid
Restore 2:4:2

Credit: Dermstore

[View on Dermstore](#)

[View on Skinceuticals.com](#)

[\\$155 at Bluemercury.com](#)

Why We Love It: SkinCeuticals has long been touting the benefits of ceramides, particularly with this iconic cream. As the name hints, it has a 2:4:2 ratio: 2 percent ceramides, 4 percent cholesterol, and 2 percent fatty acids. Formulated to address the loss of facial fullness, [rough texture](#), and dullness, the patented trio not only restores skin's essential lipids but also improves the look of skin overall.

Who It's For: Although this formula is designed for aging and [dry skin](#), it can be used on most skin types looking for an improvement in the appearance of smoothness, pores, and radiance. Dr. Westbay is also a fan of this restorative cream. "It mimics the skin's natural lipid concentrations, with cholesterol, ceramides, and fatty acids in a ratio that closely mimics the ratio naturally found in the stratum corneum," she says. "This moisturizer is excellent for strengthening the skin barrier and preventing it from losing water."

Worth Noting: Though the product's fragrant essential oil blend of lavender, rosemary, and peppermint may not be ideal for sensitive skin, most will enjoy the cooling sensation the combo provides.

Active Ingredients: Ceramides, cholesterol, fatty acids | **Skin Type:** Aging, dry, combo | **Size:** 1.6 oz | **Scent:** Lavender, rosemary, and peppermint essential oils

BEST FOR AGING SKIN

fresh Black Tea Age Renewal Cream

 Fresh Black Tea Advanced Age Renewal Cream

Credit: Sephora

\$95 at Nordstrom

View on Ulta

\$95 at Sephora

Why We Love It: Fresh's Black Tea Advanced Age Renewal Cream includes an underutilized ceramide, called Ceramide NP, for maximum skin-strengthening benefits. The advanced biotech ceramide complex is paired with squalane to prevent moisture loss, along with pink porcelain lily to address skin texture. We appreciate that the innovative formula is clinically proven to improve the health, firmness, and look of wrinkles in just eight weeks.

Who It's For: This lightweight, velvety cream improves the often rough texture and overall appearance of [dry and aging skin](#), but is also effective and tested for sensitive skin). The nutrient-rich formula also protects skin

from harmful irritants. In clinical trials, consumers saw smoother wrinkles, visibly firmer skin, and more radiance after a testing period of eight weeks.

Worth Noting: While the black tea scent can be irritating for some users, others appreciate the distinctive smell.

Active Ingredients: Ceramides, squalane, BT Matrix complex | **Skin**

Type: Any | **Size:** 1.6 oz | **Scent:** Black tea

BEST FOR SENSITIVE SKIN

Alpyn Melt Moisturizer

 Alpyn Melt Moisturizer

Credit: Amazon

[\\$60 at Amazon](#)

[\\$60 at Sephora](#)

[View on Credo Beauty](#)

Why We Love It: This moisturizer with a feathery finish includes a healthy dose of ceramides to support the skin barrier, as well as hyaluronic acid and squalane for much-needed hydration. It also includes [bakuchiol](#)—a fantastic alternative to retinol for sensitive skin—to gently address the appearance of fine lines and wrinkles.

Who It's For: The cream is ideal for dry, dehydrated, and sensitive skin, and has no added fragrance (although it does have a slight scent from the botanical ingredients). Plus, it's dermatologist-tested for [sensitive skin](#) safety.

Worth Noting: Keep in mind that this product has a matte finish, making it a mismatch for anyone searching for a dewy glow.

Active Ingredients: Ceramides, squalane, hyaluronic acid, bakuchiol |

Skin Type: Combo, dry, sensitive | **Size:** 1.7 oz | **Scent:** Fresh scent from botanicals

BEST FOR ECZEMA AND PSORIASIS

Cetaphil Restoraderm Flare-Up Relief Cream



Cetaphil Restoraderm Flare-Up
Relief Cream

Credit: Amazon

\$20
\$12 at Amazon

\$12 at Target

View on Walmart

Why We Love It: This rich, skin-saving cream includes 2 percent colloidal oatmeal to calm irritation and itching, as well as plenty of ceramides to restore damaged skin and strengthen the skin's barrier against irritants. If that wasn't enough to sway you, the gentle moisturizer also earned the coveted National Eczema Association seal of approval for the relief it provides against uncomfortable eczema and psoriasis flare-ups.

Who It's For: According to Dr. Rabach, if you're experiencing [conditions such as eczema](#), psoriasis, or have sensitive skin, using a ceramide-boosted cream is not only helpful, but also potentially a skin savior. She recommends this dermatologist-beloved cream from Cetaphil for anyone who needs to ease an uncomfortable flare-up.

Worth Noting: The richness of this cream can make it a little too greasy for sensitive or oily skin.

Active Ingredients: Ceramides, colloidal oatmeal | **Skin Type:** Sensitive | **Size:** 8 oz | **Scent:** Unscented

BEST FOR DULL SKIN

Paula's Choice Ceramide-Enriched Firming Moisturizer

 Paula's Choice Ceramide-

Enriched Firming Moisturizer

Credit: Paula's Choice

\$63 at Amazon

\$125 at Paulaschoice.com

Why We Love It: Paula's Choice one-ups standard ceramide moisturizers by combining five ceramides with two other proven powerhouses: [vitamin C](#) and retinol. Together, the combo strengthens, brightens, and minimizes the appearance of wrinkles on the skin, essentially simplifying multiple skin care steps into one easy-to-use cream.

Who It's For: Anyone who groans at the thought of doing a lengthy skin care routine at the end of a long day will appreciate this time-saving multitasker—especially those with aging or oily skin. Although the 0.1 retinol concentration is a beginner's percentage, this cream will still provide a significant boost to the skin's youthful appearance.

Worth Noting: The inclusion of retinol and vitamin C may make the formula too powerful for sensitive or reactive skin, but those with hardier complexions will enjoy a healthy, newfound glow.

Active Ingredients: Ceramides, retinol, vitamin C | **Skin Type:** Aging, oily | **Size:** 1.7 oz | **Scent:** Unscented

BEST FOR BODY

CeraVe Moisturizing Cream



CeraVe Moisturizing Face &
Body Cream

Credit: Target

~~\$24~~
\$17 at Amazon

\$18 at Target

\$18 at Dermstore

Why We Love It: Dr. Rabach and Dr. Westbay are both fans of CeraVe, and this ceramide cream specifically earns their top praise. “This moisturizing cream is packed with not one, but three essential ceramides (1, 3, 6-II) to strengthen the skin’s barrier and prevent moisture loss, as well as hyaluronic acid to help maintain hydration for 24 hours,” says Dr. Westbay. The multitasking cream simultaneously soothes irritation, heals the moisture barrier, and restores dehydrated skin.

Who It’s For: This dermatologist-developed formula is ideal for dry,

itchy, and irritated skin. Immediately after applying, the cream jumps into action, restoring skin both instantaneously and over time (thanks to the brand's tech that encapsulates the ceramides for slow-release). The fragrance-free and noncomedogenic formula means it's safe to use on your face as well as the body (although it's still smart to do a patch test first to see if it's too thick for your delicate facial skin).

Worth Noting: Because it can leave a greasy feeling that takes time to absorb, it's best to be used at nighttime.

Active Ingredients: Ceramides, hyaluronic acid | **Skin Type:** Sensitive, dry | **Size:** 19 oz | **Scent:** Unscented

BEST FOR HANDS

EltaMD Hand Creme



EltaMD So Silky Hand
Creme

Credit: Amazon

\$34 at Amazon

\$29 at Target

\$34 at Dermstore

Why We Love It: Packed with five ceramides, this EltaMD hand cream is quite literally a soothing balm for tired, dry hands. This specific blend of ceramides helps to protect, repair, and hydrate this often dry, delicate skin for up to 12 hours. The formula also includes emollients for further [barrier repair](#) and protection, as well as vitamin E and sclareolide, a plant-derived ingredient from clary sage, that helps improve the appearance of skin discoloration.

Who It's For: Those who get uncomfortably dry hands in the winter (or any time of year) would do well to soothe their skin with this nutrient-rich formula.

Worth Noting: While it's not quite as deeply moisturizing as competitive hand creams, the barrier-protecting product will not leave hands feeling sticky or oily.

Active Ingredients: Ceramides, vitamin E, sclareolide | **Skin Type:** Any | **Size:** 3 oz | **Scent:** Unscented

What to Keep in Mind

- **Ingredients:** Everyone can benefit from ceramide-containing skin care products, says Dr. Westbay. “They are considered a universally safe addition to any skin care routine and play well with all ingredients.” This multitasker is often paired with other hydrating components within moisturizers, like fatty acids (found in [SkinCeuticals Triple Lipid Restore](#)), hyaluronic acid and [glycerin](#) to help boost moisture levels and address skin tone and texture. They also work well with powerful antioxidants, like niacinamide, vitamin C, and even retinol, as found in [Paula's Choice Ceramide-Enriched Firming Moisturizer](#). When mixed with these skin care powerhouses, ceramides reinforce the skin's barrier, while antioxidants get to work addressing signs of aging, pigmentation, and dullness. “Incorporating ceramides into skin care is

useful because they make skin more tolerable to active ingredients, so they work especially well with stronger and potentially more irritating topicals, like retinol and hydroxy acids,” adds Dr. Westbay.

- **Ceramide Type:** There are nine types of ceramides produced by the skin. Each variety has a unique structure that helps differ its function and benefits on the skin. You can uncover which ceramide number is in your skin care by how it’s named on the ingredient list (from ceramide AP to ceramide NP). But know that in general, all ceramides function pretty much the same, working to support and reinforce the skin barrier. [Fresh Black Tea Age Renewal Cream](#) has ceramide NP for maximum skin strengthening benefits.
- **Body Area:** “The same benefits of ceramides on the face can be reaped for the body as well,” says Dr. Westbay, although this doesn’t necessarily mean you can slather on the same cream from eyebrows to ankles. For example, the dermatologist-approved [CeraVe Moisturizing Cream](#) is technically made for both the body and face, but those with oily or acne-prone skin might find the formula too thick and occlusive for their facial skin.

Your Questions, Answered

What are the benefits of ceramides in skin care?

“Ceramides help to strengthen the skin barrier and help to prevent moisture loss or dehydration,” says [Anne-Laure Bulteau](#), a skin biologist. “Those characteristics make it a natural match as an ingredient in moisturizers and help to lock in other skin care products when used as a final step in a routine.”

Do ceramides help decrease wrinkles?

Replenishing your skin’s bank of ceramides via skin care is useful, as the coffers are easily depleted in response to several factors, including aging. “In fact, we lose about 1 percent of ceramides per year after the age of 20,” says Dr. Westbay. This means that when it comes to aging

skin, ceramides have been shown to increase the skin's hydration levels, which in turn plump and soften the appearance of fine lines.

Are ceramides okay for acne-prone skin?

Yes. Ceramides are better than okay for acne-prone skin, they're actually great. "Ceramides are the key to healthy skin and are a skin-strengthening ingredient," says Dr. Bulteau.

The only potential hiccup could be the supporting ingredients within a ceramide-based formula. Dr. Westbay recommends looking for the "non-comedogenic" label on the packaging, which means it's safe for acne-prone skin.

Why Shop With Us

[Kristin Limoges](#) is an editor and contributor to *InStyle* who specializes in skin health. To compile this list, she researched and tested numerous ceramide moisturizers herself, and spoke to experts.

The following experts spoke with *InStyle* for this story:

- Dr. Anne-Laure Bulteau is a skin biologist.
- Dr. Morgan Rabach, M.D., is a board-certified dermatologist.
- Dr. Rachel Westbay, M.D., FAAD, is a board-certified dermatologist.

Updated by [Allison Lax](#)

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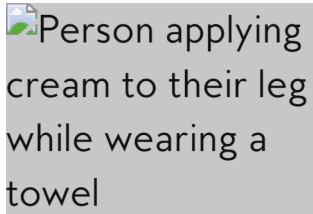


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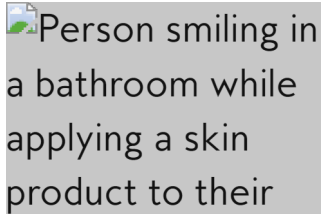
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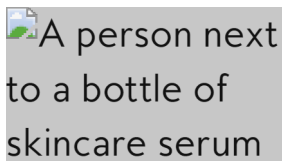
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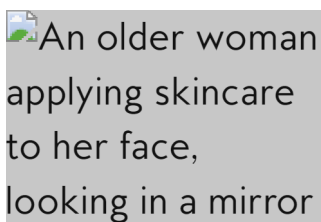
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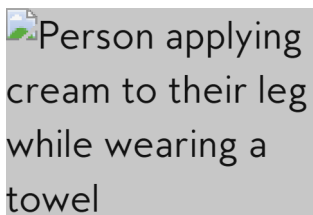
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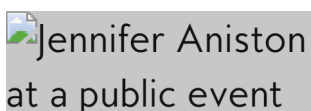
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A person using a makeup sponge to apply product to their face

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By Leah Groth



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A collage of skincare products including MediCube cream

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