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Smell is one of our most powerful senses, so it's always important — and considerate of others — to smell your best. That's especially true if you're a man, since men's apocrine glands tend to produce an even more noticeable stink than women's. The best way to keep your odor levels under control is to keep your skin clean of sweat, and more vitally, the bacteria that feed off it. But keeping your skin clean and appropriately hydrated is equally important for your skin's health, so picking the right body wash is a surprisingly important decision that goes far beyond choosing your favorite fragrance. Here, then, are the best body washes for men of all needs, preferences, skin types and, uh, smells.

## What to consider when buying body washes for men

### Your skin type

Not all skin is made the same. If your skin doesn't feel greasy or have dry, flaky patches, congratulations, you've lucked out. If you do have one or both of these conditions, you need to find a body wash that accounts for it to keep your skin as healthy as possible.

*"You want to make sure that the body wash you're using is compatible with your skin and will not worsen any condition, whether that's dryness, acne, etc.,"* explains **Dr. Jody Alpert Levine**, the director of dermatology at Plastic Surgery & Dermatology of NYC. Oily skin, for instance, means your body produces more sebum, which can clog your pores and cause acne breakouts. But skin that's too dry could be even worse, since it can lead to irritation, painful cracking and even infections.

## Hydration

As you might have guessed, the ultimate goal with choosing a body wash is to keep your skin just oily enough. That might sound weird, but sebum isn't just an annoyance, it actually performs several useful functions, including protecting the skin from dryness and its complications, and keeping bacteria from getting in and causing those aforementioned infections.

It's important, then, to pick a body wash that helps you reach and maintain this level of hydration, which is to say maintaining your pH level. According to the Cleveland Clinic, pH (potential hydrogen) marks how acidic your skin surface is, and the recommended skin pH is around 5.5. "A properly pH-balanced wash maintains your barrier without adding irritants like residual soap scum," says Dr. Ahmad Fayyaz Chaudhry, a consultant dermatologist with Scandinavian Biolabs.

## Scent

The scent of your body wash is largely a matter of personal preference, of course, but there are still points to consider beyond whether you like it or not, as many perfumes and fragrances found in body washes can irritate sensitive skin. "Always choose fragrance-free options as [scented products] often produce irritation," confirms Alexis Pfropper, licensed esthetician and owner of ästhetik spa and skincare. Also, know that "unscented" body washes and "fragrance-free" body washes aren't necessarily the same — unscented washes still include fragrances to mask their scent.

## Our top picks for the best body wash for men

### Best hydrating body wash for men: CeraVe Hydrating Body Wash

CeraVe is a highly dermatologist-recommended skincare brand – this includes Chaudhry, who calls himself a "big fan" of this product. "Its hyaluronic acid and ceramide matrix really replenish dry dermal reservoirs," he says. Just as importantly, CeraVe Hydrating Body Wash is made without ingredients that could damage your skin's hydration levels (including cleaning compounds called sulfates and preservatives called parabens, both of which could irritate your skin).



#### Specifications:

- Key ingredients: Ceramides, hyaluronic acid.
- Scent: Fragrance-free.
- Volume: 10 ounces.
- Suitable for: Normal and dry skin.
- Price on publish: \$11.99.

#### What we like:

- Highly recommended by dermatologists and highly rated in consumers' reviews.
- Softens exceptionally dry skin.
- Developed in partnership with dermatologists.

#### What we don't like:

- Some customers report difficulty getting the body wash out of its bottle.
- Can be difficult to find.

### The AP Buyline takeaway:

If you want the best dermatologist-recommended product even for severely dry skin, CeraVe Hydrating Body Wash is the clear winner.

## Best body wash for men with dry skin: Dove Men + Care Extra Fresh

Dove Men+Care body washes are the number one recommended men's body wash brand, and that includes Levine, who praises it for being "good for all skin types." Its micro moisture technology keeps skin hydrated for a full 24 hours and is specifically designed for men's thicker skin. You can find it in a variety of scents, but according to the sheer number of rave reviews over at Amazon, Extra Fresh seems to be far and away the most popular in the line.



### Specifications:

- Key ingredients: Cocamidopropyl betaine, stearic acid, menthol.
- Scent: Mandarin, sandalwood.
- Volume: 30 ounces.
- Suitable for: All skin types.
- Price on publish: \$9.97.

### What we like:

- Long-lasting.
- Specifically designed for men.
- The bottle is 100% recycled.

### What we don't like:

- Contains fragrance, which could irritate sensitive skin.

### The AP Buyline takeaway:

It's the No.1 dermatologist-recommended brand for a reason — it's meant to last a full 24 hours.

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## Best body wash for men with oily skin: Black Wolf Charcoal Powder Body Wash for Men

This body wash helps dry out skin through two ingredients: charcoal and salicylic acid. "For oily skin, opt for products containing ingredients like salicylic acid to help control excess oil production," explains Pfropper. Salicylic acid helps reduce the swelling of acne and unclog pores, according to the National Library of Medicine. Meanwhile, many skin care products claim charcoal helps absorb the fat in your sweat that causes its oily nature. Dermatologists haven't yet proven this will work, but they are studying the potential impacts charcoal might have on our skin, so this body wash may help dry your skin on two fronts.



### Specifications:

- Key ingredients: Charcoal, salicylic acid, cucumber extract.
- Scent: Blue sage, citrus.
- Volume: 10 ounces.
- Suitable for: Oily skin.
- Price on publish: \$20.

### What we like:

- The charcoal and salicylic acid combo.
- It has rave reviews from consumers.
- A unique smell.

### What we don't like:

- It's quite expensive.

### The AP Buyline takeaway:

It's not cheap, but if you have oily skin it's likely worth the price.

## Best body wash for men with sensitive skin: Eucerin Advanced Cleansing Body & Face Cleanser

If your skin gets easily irritated, Eucerin Advanced Cleansing Body & Face Cleanser is likely a top choice for you. Chaudhry calls it his “reliable go-to” for those with sensitive skin, adding that, “With calming oatmeal and fragrance-free purity, it soothes without further disruption.”



### Specifications:

- Key ingredients: Citrates, surfactants.
- Scent: Fragrance-free.
- Volume: 16.9 ounces.
- Suitable for: Normal, dry and sensitive skin.
- Price on publish: \$25.57.

### What we like:

- Very mild.
- Rinses away easily.
- Just as good for your face as your body.

### What we don't like:

- Doesn't lather especially well.
- Some customers report damaged bottles.

### The AP Buyline takeaway:

No matter how sensitive your skin, this fragrance-free body wash will treat it right.

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## Best long lasting body wash for men: Harry's Men's Body Wash

Harry's doesn't advertise its body wash as specifically long-lasting, but it won the category in a Men's Health's dermatologist-consulted test of 75 different washes, so who am I to argue? It also has an exceptionally high 4.8 customer rating at Amazon, with many customers noting how good the variety of scents are. I'm partial to Stone, with its notes of Japanese yuzu, charcoal and bergamot, but it's worth checking them all out to discover which you like best.



### Specifications:

- Key ingredients: Cocamide MEA.
- Scent: Fig, grove, redwood, spring, wildlands, stone.
- Volume: 30 ounces.
- Suitable for: All skin types.
- Price on publish: \$20.91 (pack of three).

### What we like:

- Smells wonderful and rejuvenating.
- Lathers well.
- Despite its longevity, the scent isn't overpowering.

### What we don't like:

- Some customers reported container leakage.

### The AP Buyline takeaway:

Harry's provides six different scents for a wide variety.

## Best all-natural body wash for men: First Botany All Natural Tea Tree Eucalyptus Aloe Body Wash

All-natural ingredients are only one aspect of this product's many high-performing qualities. According to the Mayo Clinic, tea tree oil is naturally antibacterial, making it an excellent choice for athletes and others who are prone to having body odor or getting infections like jock itch. Plus, since it's plant-based and cruelty-free, you don't have to worry about parabens, sulfates or other nasty materials.



### Specifications:

- Key ingredients: Aloe, tea tree oil, eucalyptus oil.
- Scent: Tea tree, eucalyptus.
- Volume: 16 ounces.
- Suitable for: All skin types.
- Price on publish: \$12.58.

### What we like:

- Great for helping prevent fungal infections like athlete's foot.
- Cooling and soothing.
- All-natural ingredients, of course!

### What we don't like:

- Tea tree oil definitely isn't the scent for everyone.

## The AP Buyline takeaway:

This body wash's strengths go beyond its all-natural ingredients, offering multiple soothing properties.

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## Best-smelling body wash for men: Cremo All Season Body Wash

As mentioned above, picking a body wash scent is a matter of personal preference, but if you're not sure what you prefer, you should start with Cremo. This brand has a collection of complex and, dare I say it, manly fragrances including blue cedar and cypress, bourbon and white oak, and more. Best of all, Cremo's body washes are very affordable, making them a great value for someone who wants to smell their best.



### Specifications:

- Key ingredients: Various.
- Scent: Blue cedar and cypress, bourbon and oak, others.
- Volume: 16 ounces.
- Suitable for: All skin types.
- Price on publish: \$18.98 (pack of two).

### What we like:

- A wide variety of unique, mature scents.
- Long-lasting.
- Fantastically priced.

### What we don't like:

- Contains sulfates, which may leave you less moisturized.
- The scents may be too strong for some.

## The AP Buyline takeaway:

If you're looking to find your new signature scent, definitely start here.

## Best unscented body wash for men: Native Unscented Body Wash

When it comes to fragrance-free men's body wash, this tops a lot of lists, including mine. Besides being free of perfumes, it's also free of all the other things that can irritate sensitive skin, like sulfates and parabens, instead using all naturally-derived ingredients. It's even residue-free, and washes off easily once you're spick-and-span!



### Specifications:

- Key ingredients: Coconut oil, cleansing salt.
- Scent: Fragrance-free.
- Volume: 18 ounces.
- Suitable for: All skin types.
- Price on publish: \$10.

### What we like:

- Salt helps exfoliate skin.
- Lathers well and washes off cleanly.
- pH-balanced.

### What we don't like:

- Some customers report the bottle is prone to opening accidentally.

### The AP Buyline takeaway:

It's simple, but that's what makes it work so well.

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## Best value body wash for men: Dove Sensitive Skin Body Wash

As I mentioned above, Dove is the number one dermatologist-recommended body wash out there, so when Levine and Chaudhry independently selected Dove Sensitive Skin as their best value body wash, it was the clear winner. "[It's] ideal for pH balancing at an affordable cost," says Chaudhry. Plus, it has the same micromoisture formula that keeps your skin feeling hydrated all day long.



### Specifications:

- Key ingredients: Colloidal oatmeal.
- Scent: Unscented.
- Volume: 20 ounces.
- Suitable for: Sensitive skin.
- Price on publish: \$7.

### What we like:

- Long-lasting.
- Hypoallergenic.
- Highly recommended by dermatologists, obviously.

### What we don't like:

- There is a fragrance used to mask the body wash's natural scent, which could prove irritating to some users' skin.

### The AP Buyline takeaway:

A low-priced body wash that will take care of your skin and then some.

## Best luxury body wash for men: Patricks BW1 Multi-Action Body Wash

If money is no object, then why not treat your skin to this decadent body wash? It's full of vitamins and antioxidants — like purified dragocalm oatmeal and green tea — to nourish and soften your skin, while the fragrance comes from bergamot orange, cognac and amber cologne. All of which probably explains why it's \$45 for a mere 200-milliliter bottle, but hey — you said money was no object, right?



### Specifications:

- Key ingredients: Green tea, blueberry, caffeine, coconut oil, Irish moss.
- Scent: Bergamot orange, cognac and amber.
- Volume: 6.76 ounces.
- Suitable for: All skin types.
- Price on publish: \$45.

### What we like:

- The smell makes me feel like a 19th century British nobleman.
- The many health benefits for your skin.
- It feels incredible.

### What we don't like:

- Did you see the price?
- And the size of the bottle?

### The AP Buyline takeaway:

This may hurt your bank account, but you can't treat your skin any better than this.

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## Best combination hair and body wash for men: Jack Black All-Over Wash for Face, Hair & Body

Not enough shower space for two bottles? Then you'd best pick up this 3-in-1 option that cleans your face in addition to your body and hair. It's strong enough to give you a good clean while still being mild enough to keep you moisturized from head to toe, all as it grants you a subtle, fresh scent. (If you pick one of the other body washes on this list, you might want to look for the best dry shampoos to compliment them.)



### Specifications:

- Key ingredients: Jojoba protein, sea kelp, shea butter, panthenol.
- Scent: Fresh, coconut.
- Volume: 10 ounces.
- Suitable for: All skin and hair types.
- Price on publish: \$24.

### What we like:

- You don't just get clean, you smell clean!
- pH-balanced.
- Sulfate-free.

### What we don't like:

- It's a bit on the pricey side.

### The AP Buyline takeaway:

A shampoo, body wash and facial cleanser that smells so good it should be called 4-in-1.

## How we selected the best body wash for men

These body washes were chosen based on a variety of factors, including recommendations from experts in dermatology, grooming and hygiene. We then researched online reviews of these products to ensure the customer experience matched our and our experts' selections.

## Frequently asked questions (FAQs)

### What is the difference between body wash, shower gel and bar soap?

Although they may look the same and are packaged similarly, body wash and shower gel are not synonyms. "The main functional difference I explain to patients is that body wash formulas are thicker and richer compared to thinner shower gels," says Chaudhry. "While both work to cleanse, I've found my dry-skinned patients particularly appreciate the extra moisture body washes lock in." Bar soaps can be harsher on the skin than the two other options. "The alkaline pH of bars can disrupt the skin's natural acid mantle, leaving it feeling tight and stripped," says Chaudhry.

### Which ingredients should you look for in a body wash?

The name of the game is hydration. "You should look for moisturizing ingredients such as shea butter or glycerin," suggests **Dr. Levine**.

Other skin-nourishing elements include aloe vera and plant oils like avocado and jojoba, according to Chaudhry. Again, what's important is your skin type: "Everyone's skin is different, so it's important to select a product formulated for your concern," he says. "Whether your skin is dry, oily or sensitive will determine which ingredients could aggravate or improve your condition." So if your skin tends to be dry, look for an abundance of those moisturizing elements. If your skin is oily, you'll need something that dries your skin and lowers your pH level, such as a sulfate.

### Which body wash do dermatologists recommend?

It shouldn't shock you to know that dermatologists are more worried about taking care of your skin than smelling like a million dollars, which means they recommend avoiding any elements that could potentially irritate your skin. "Dermatologists recommend a hydrating body wash that does not contain fragrances, parabens, or other ingredients that can cause skin irritation," says Levine, who also advises avoiding body washes with dyes. For Chaudhry, the fewer ingredients, the better. "I find simple, pH-balanced formulas with shorter ingredient lists work best for my sensitive patients," he says.

### Is it OK to use more than one body wash?

Yes, **Dr. Levine** says. "However, you should consult with a board-certified dermatologist to make sure that you're using products that are suitable for your skin and compatible with each other," she adds. You also might want to ask a trusted friend to give you a smell test. After all, just because two body washes smell great by themselves, it doesn't mean they'll smell great together.