

## BEAUTY

### 10 Best Aloe Vera Gels, According to Dermatologists

Products to quickly soothe inflamed skin.



By Emilia Benton  
August 7, 2024



Chances are you've used an aloe vera gel at some point to relieve painful, itchy skin, perhaps after a sunburn or on a burn or cut. "Aloe vera can increase the skin's hydration," says Kristina Collins, MD, a double board-certified dermatologist in Austin; these properties mean that it's a natural choice for treating skin irritation, such as sunburn or windburn. We also know that it has some antiviral, antibacterial, and anti-inflammatory benefits, so it's been used in wound healing, says Dr. Collins. While your first line of defense against sunburn should be preventing a sunburn in the first place by wearing sunscreen or a moisturizer with SPF, there are aloe vera products that can quickly help when sunburn relief is necessary. We spoke with dermatologists for their recommendations on the best aloe vera gels to add to your skin care cabinet.

#### The best aloe vera gels, at a glance

- Best Overall: ALODERMA Natural Pure Aloe Vera Gel, \$13
- Best Budget: Vacation After Sun Gel, \$13
- Best for Face: Elemis Superfood Cica Calm Hydration Juice, \$58
- Best for Body: Lily of the Desert 99% Aloe Vera Gelly, \$13
- Best for Dry Skin: Forever Living Aloe Vera Gelly, \$16
- Best for Sensitive Skin: Dr. Barbara Sturm Aloe Vera Gel, \$80
- Best for Sunburns: Honeyskin Aloe Vera Gel, \$24
- Best K-Beauty: Innisfree Aloe Energy Mask, \$3

*All products are independently selected by our editors. If you buy something, we may earn an affiliate commission.*

# GLAMOUR



## Best for Body: 99% Lily of the Desert Aloe Vera Gelly

\$13 AMAZON

According to [Navin S. Arora, DO](#), a dermatologist in New York City, this brand offers a wide range of aloe vera products that are grown, processed, and manufactured organically with pure aloe vera extract. “It’s important for aloe vera to be organic and made from pure ingredients because of the lack of excess chemicals,” he says. This thick gel formula is also packed with a combination of the antioxidants vitamin A, for anti-aging benefits; vitamin E, to moisturize dry or damaged skin; and vitamin C, to help with brightening.



## Best for Dry Skin: Forever Living Aloe Vera Gelly

\$16 AMAZON

This is a great natural ingredient option, says [Dr. Arora](#). It’s great for all skin types because it works to alleviate dry and irritated skin while boosting moisture thanks to the inclusion of vitamin E. It also won’t leave your skin feeling greasy or sticky after you apply it, and it provides relief from sunburn and insect bites.



## Best K-Beauty: Innisfree Aloe Energy Mask

\$2 AMAZON

If it’s your face that’s most affected by a sunburn, lean into self-care by opting for this aloe vera face mask, which contains kombucha and oatmeal to allow for deep hydration, says [Dr. Arora](#). “Kombucha helps rebalance your skin and contains antioxidants, which fight free radicals in your body, and oatmeal soothes and nourishes dry skin by providing moisture,” he explains. The key ingredient of aloe vera, meanwhile, alleviates dry skin while also helping all skin types achieve a more dewy glow thanks to the sheet mask. It’s also free of parabens, sulfates, and mineral oils, since these irritate the skin.



## Best Natural Ingredients: Seven Minerals Aloe Vera Gel

\$20 AMAZON

This gel stands out because it uses aloe vera juice from fresh aloe leaves rather than from powder. “This allows for maximum potency because it is in its purest form,” [Dr. Arora](#) says. “Additionally, they use natural thickener seaweed extract, which reduces the sticky residue left over.” This gel is also free from artificial additives and fragrances, so it’s a high-quality aloe vera product, he says.



## Best for Hair: Amara Organics Aloe Vera Gel

\$20 AMAZON

According to [Dr. Arora](#), this is one of the highest-quality aloe vera gel options out there, with 99% pure aloe vera gel, which is made from organic plants. It’s also free of sulfates, fragrances, and chemicals such as parabens, so it’s an ideal option across the board, particularly for those with sensitive skin. As an added hair care bonus, it can also be used as a hair gel, or even as a leave-in conditioner, boosting softness and shine.