

pH Value Of Common Cleansers & Moisturizers

It has long been established that normal skin pH is inherently acidic, with pH values ranging from 4 to 6. Recently, there has been growing evidence that skin pH plays a vital role in barrier function, stratum corneum integrity, and antimicrobial defense. Both endogenous and exogenous factors can alter skin pH and exacerbate disease. Exogenous factors include cleansers, creams, deodorants, and topical antibacterials. The US market contains many high-pH cleansers and creams. Table 1 and Table 2 list the pH value of commercially available cleansers & creams.

Abstract

The "acid mantle" is a topic not only of historical interest, but also of clinical significance and has recently been linked to vital stratum corneum function. Despite compelling basic science evidence placing skin pH as a key factor in barrier homeostasis, stratum corneum integrity, and antimicrobial defense, application of the acid mantle concept in clinical care is lacking. We review recent basic science investigations into skin pH, discuss skin disorders characterized by aberrant pH, and finally discuss practical application for preservation of the acid mantle. Recognizing factors that alter skin pH and selecting products that preserve the acid mantle is of prime importance in treating dermatologic patients.

Table 1. pH Cleansers¹

Brand Name	pH	Composition
Adera	6.44	Syndet
Avéne	6.94	Syndet
Cetaphil	7.72	Syndet
Dove - White	7.53	Syndet
Dove - Baby	7.0	Syndet
Dove (Liquid)	5.16	Syndet
Dove - Pink	7.23	Syndet

References:

Baranda L, González-Amaro R, Torres-Alvarez B, et al. Correlation between pH and irritant effect of cleansers marketed for dry skin. *Int J Dermatol.* 2002;41(8):494-499. <http://www.healthmegamall.com/articles/babeskinarticle71.pdf>

Shi V, Tran K, Lio P. A comparison of physicochemical properties of a selection of modern moisturizers: hydrophilic index and pH. *J Drugs Dermatol.* 2012;11(5):633-636. <http://jddonline.com/articles/dermatology/S1545961612P0633X/1#close>

Table 2. pH Moisturizers²

Brand Name	pH
Acid Mantle®	4.71 ± 0.01
Aquanil® Lotion	5.19 ± 0.04
Aquanil® HC	6.35 ± 0.12
Aquaphor® Ointment	6.82 ± 0.20
Aveeno® Daily Moisturizing Lotion	5.62 ± 0.01
Aveeno® Advanced Care Moisturizing Cream	6.35 ± 0.03
Aveeno® Skin Relief Moisturizing Lotion with Menthol	5.46 ± 0.02
Aveeno® Positively Radiant Daily Moisturizer	5.54 ± 0.04
Aveeno® Skin Relief Moisturizing Lotion	4.88 ± 0.02
CeraVe® Moisturizing Cream	5.49 ± 0.02
CeraVe® Moisturizing Lotion	5.68 ± 0.02
CeraVe® Facial Moisturizing Lotion PM	5.95 ± 0.01
Cetaphil® Restoraderm Skin Restoring Moisturizer	5.94 ± 0.02
Cetaphil® Daily Advance Ultra Hydrating Lotion	5.65 ± 0.01
Cetaphil® Moisturizing Cream	4.71 ± 0.02
DML® Moisturizing Lotion	6.55 ± 0.01
DML® Forte Body Moisturizing Cream	5.94 ± 0.08
Dove® Day Lotion	6.47 ± 0.02
Eucerin® Calming Cream	5.41 ± 0.02
Eucerin® Menthol Itch Relief Lotion	4.81 ± 0.03
Eucerin® Original Dry Skin Therapy Lotion	5.97 ± 0.03
Epiceram®	5.45 ± 0.01
Eucerin® Intensive Repair Body Cream	5.98 ± 0.03
Theraplex® Emollient for Severely Dry Skin	4.62 ± 0.18
Vanicream® Moisturizing Skin Cream	4.27 ± 0.05
Vaseline® Intensive Rescue Skin Protectant Body Lotion	4.30 ± 0.02