

## Skin Experts Reveal The Best Products For Razor Burn And Bumps

*If your skin is constantly irritated and bumpy from shaving, you might want to try these post-shave creams, toners and more.*

By Tessa Flores | Jan 10, 2024

Maybe it's the uncontrollable itch, those troublesome bumps, the noticeable redness or simply a combination of all three, but no matter your symptoms, post-shaving razor burn can be a truly disruptive condition.

Fortunately, skin care professionals assured us that you don't have to choose between irritation and unwanted hair. You just have to employ good shaving practices and enlist the help of some useful aftershave products — but more on that later.

Dr. Navin S. Arora, a board-certified dermatologist and founder of Borealis Dermatology in Garden City and Syosset, New York, said that razor burn is primarily caused by the friction of the blade against the skin during shaving.

"Using a dull or old razor blade can increase the likelihood of razor burn as it may pull on the hair rather than cutting it cleanly," Arora said, adding that improper shaving techniques like applying too much pressure, shaving against the natural growth of the hair and not using creams or gels while shaving can all make matters worse.

He also said that aside from the discomfort, razor burn left unattended can lead to infection and post-inflammatory hyperpigmentation in more severe cases.

Let's say even after doing everything right during the shaving process, you're still dealing with irritation. Arora and other experts shared the best products and ingredients to use in your care routine, whether you're shaving your bikini line, face or underarms.



La Roche-Posay therapeutic cream, CeraVe ceramide cream and Thayers alcohol-free witch hazel toner.



### An alcohol-free witch hazel toner

Dr. Navin S. Arora, a New York-based board-certified dermatologist, said that witch hazel is a natural astringent with anti-inflammatory properties that can reduce skin tenderness and redness caused by razor burn.

We picked this non-drying alcohol-free witch hazel solution by Thayers because it's been formulated to maintain skin's moisture barrier and also contains aloe vera, an ingredient also recommended by Arora. It can help razor burned skin feel more calmed, smoother and more hydrated.



### An aloe-infused hydrocortisone cream

Arora suggested using a hydrocortisone cream, preferably one in a 1% concentration.

"Over-the-counter hydrocortisone cream can help alleviate itching and inflammation associated with razor burn," Arora said. "Use it sparingly and as directed, as prolonged use can have side effects."

We found this popular and maximum strength cream that claims to provide lasting relief from itch and irritation. It also contains aloe vera, a known soother that you'll see highlighted multiple times on this list.

### A 100% aloe vera gel

According to Arora, classic aloe vera gel has anti-inflammatory and soothing properties, and just like it will calm your sunburn, it can also reduce redness and irritation from your razor burn. This particular gel is made from freshly cut aloe leaves grown organically in Texas.

