



The Clean Vegan Skincare and Grooming Products Experts Swear By

By Dana Hudepohl
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It's only natural that when you spend so much energy planning the menu of whole plant-based foods you're going to put *into* your body that you will also be hungry to find the cleanest ingredients to put *onto* your body. So, while we often ask plant-based pros about what's in their kitchen pantries, this time we decided to inquire what's inside their *bathroom* cabinets. We took an informal poll to find out their favorite clean vegan beauty, skincare, and grooming products. "I love to nourish my skin from the inside with healthy food and from the outside with the highest quality ingredients," says Robby Barbaro, MPH, co-author of *Mastering Diabetes*. Read on to see Barbaro's picks and many more.

Editor's note: FOK may collect a small share of sales from some of the links on this page, though it doesn't influence our selection.



The Body Deli Blueberry Fusion Resurfacing Facial Cleanser | \$46 at [The Body Deli](#)

"While I love *all* of the Body Deli products, I can't live without Blueberry Fusion Resurfacing Facial Cleanser," says [Chef AJ](#), culinary instructor, professional speaker, and author of *Unprocessed: How to Achieve Vibrant Health and Your Ideal Weight*. "I just adore the smell, the purity of the product, and the way it makes my skin look and feel. Every Black Friday you get 25% off of your order, so that's when I stock up."

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Andalou Naturals Color+Correct CC Cream with SPF 30 | \$10 at [Amazon](#)

“I’ve been using Andalou’s rose color-correct for a couple of years and absolutely love it,” says [Dreena Burton](#), author of *Dreena’s Kind Kitchen: 100+ Whole-Foods Vegan Recipes to Enjoy Every Day*. “I don’t want to fuss much with makeup and don’t like the weight of foundation on my skin—especially in my 50s. This cream gives my 50+ skin a dewy, light coverage to even out skin tone, with a subtle natural rose oil aroma. Plus, it includes SPF 30, which makes my skincare routine even easier. A few dabs of this glowy cream, a little blush and mascara, and I’m out the door!”



Lotus Moon Amaranth Gentle Cleanse | \$48 at [Lotus Moon](#)

“The Lotus Moon amaranth cleanser is so good,” says Jenné Claiborne, founder of Sweet Potato Soul and author of *Sweet Potato Soul Vegan Vibes*. “They’re a very small brand, so their products are a little pricey, like most small brands. But I’ve been using their cleanser, as well as their [vitamin B moisturizer](#), consistently since 2015.”

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Aromatica Tea Tree Balancing Toner | \$33 at [Aromatica.co](https://aromatica.co)

“I like to use Aromatica’s facial toner; it’s alcohol-free and very gentle on the skin,” says [Darshana Thacker Wendel](#), author of *Forks Over Knives: Flavor!* “I use a good amount on a cotton pad and clean my face and neck, and at night to remove the makeup and build-up. I have tried other toners and felt the sting, but not this one, and it’s still effective in cleaning and toning.”



Juice Beauty Stem Cellular Anti-Wrinkle Moisturizer | \$49 at [Target](https://www.target.com)

“I recently fell in love with Juice Beauty,” says [Jackie Akerberg](#), creator of the popular plant-based blog Jackfruitful and author of *The Clean Vegan Cookbook*. “I especially love the Stem Cellular Anti-Wrinkle Moisturizer. It leaves my skin feeling perfectly dewy. It does not have any synthetic fragrances, but instead the natural essences of mandarin oil, ho wood oil, and may chang oil. I make sure I have at least two on hand at all times so I never run out! When I have, and tried to go back to other moisturizers I used in the past, I’ve noticed my skin is not as radiant, and I don’t get nearly as many compliments.”

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The Plant Base Time Stop Collagen Ampoule | \$25 at [Soko Glam](#)

“In the last few years I’ve really gotten into serums because they’re nice and light, and you can layer them with other things,” says Forks Over Knives Editor-in-Chief Elizabeth Turner. “The Plant Base Time Stop Collagen Ampoule, a Korean serum, was the first one I tried, and it’s still my favorite. It’s moisturizing and very soothing with centella and aloe vera. It makes my skin noticeably smoother, which might be the 76% mushroom extract in the formula. It’s affordable, and it has zero scent, which is how I like it. They recently changed the bottle, which makes me a little sad because the old version felt very fancy and expensive, like a vegan Clarins. But the formula is the same as it ever was, and you get more serum in the new bottle, so I’ll take it.”



Living Libations Organic Maverick Face Creme | \$74 at [Amazon](#)

“The Maverick face cream is amazing,” says [Robby Barbaro, MPH](#), co-founder of Mastering Diabetes. “My skin feels moisturized immediately, and it lasts all day. I have been using this product since 2022. I don’t go a day without it! It’s very expensive, but I find that nothing is more important than my health, and that goes beyond just food.”

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Vegamour Gro Revitalizing Shampoo and Conditioner | \$86 at [Vegamour](#)

“I am obsessed with Vegamour hair products,” says [Sharon Palmer, MSFS, RDN](#), co-founder Food+Planet and author of *The Plant-Powered Plan to Beat Diabetes* and *California Vegan*. “I have had issues with ‘natural’ vegan shampoos not really working well—they don’t create a good lather and they strip my hair, which tends to be dry, frizzy, and thin. [Vegamour] products make my hair clean and shiny and add volume. They are vegan and cruelty-free with plant-based ingredients that actually work. They have a very mild aroma that is pleasant but not overly perfumed. I even transfer the [shampoo and conditioner] to small bottles for traveling now, as I don’t want to be without them.”



Sukin Purely Ageless Reviving Eye Cream | \$14 at [Amazon](#)

“Sukin has been a staple in my skincare routine,” says Toni Okamoto, founder of the Plant-Based on a Budget blog, co-host of the podcast *Plant-Powered People*, and author of *Plant-Based on a Budget: Quick & Easy*. “I’m a big fan of their Calming Night Cream (currently out of stock) and Reviving Eye Cream. I live in a dry climate, and these products do an incredible job of keeping my face moisturized and nourished. Their products are gentle yet effective and I’ve noticed that a little bit of product goes a long way, which makes them such a great value. They’re made with clean, cruelty-free ingredients and also super budget-friendly—making them an all-around win for my skincare routine!”

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Lume Toasted Coconut Cream Tube Deodorant | \$20 at [Lume](#)

“I have sensitive skin and found that aluminum-containing deodorants irritated my armpits,” says Forks Over Knives Managing Editor Courtney Davison. “But ‘natural’ deodorants didn’t seem to do much of anything. A few years ago, a friend turned me on to Lume’s cream deodorants, and I’ve been using them ever since. They’re aluminum-free and incredibly effective at keeping BO at bay. (The brand claims that one application will last you 72 hours; for me, it’s more like 36—still impressive!) You apply the cream using your hands, which feels more hygienic than the traditional stick-style deodorant, and one tube lasts me about two months. I don’t like all the scents I’ve tried, but I love the Toasted Coconut.”