

Skin Whitening Cream–Gel

(Sample Recipe for Licorice Extract)

Skin Whitening Cream–Gel with Licorice Extract & Kojic Acid

Phase A	Weight %	For 100 g / 3.6 oz
Grape Seed Oil (emollient)	5 %	5 g / 0.2 oz / 1 tsp
GelMaker EMU (gelling emulsifier)	4 %	4 g / 0.15 oz / 1 tsp
OM–Cinnamate (sunscreen)	5 %	5 g / 0.2 oz / 1 tsp
Phase B		
Distilled Water (diluent)	73.6 %	73.6 g / 2.6 oz
Licorice Extract (skin lightener & anti-irritant)	7 %	7 g / 0.25 oz / 1 1/2 tsp
Kojic Acid (skin lightener)	2 %	2 g / 0.1 oz / 1/2 tsp
Sodium PCA (humectant)	2 %	2 g / 0.1 oz / 1/2 tsp
Phase C		
Phenoxyethanol/SA (preservative)	1.2 %	1.2 g / 30 drops
Fragrance (optional)	0.2 %	0.2 g / 4–5 drops

Method

Give Phase A into a disinfected, glass beaker and stir well. Give Phase B into a separate beaker and stir well to dissolve the kojic acid. Add Phase A to Phase B and stir well until the gel is thick and creamy. Add phase C to Phase A/B and stir again well. Viscosity can be further adjusted with GelMaker EMU. This skin whitening gel can be stored in treatment pumps, jars or tubes.

Properties

Skin whitening Gel with licorice extract and kojic acid, mild and non-irritating. The cream-gel gives a slight sun protection with the om-cinnamate but when being outdoors a product should be applied that has an SPF of at least 20. Use twice a day for several weeks to see results, suitable for oily skin as well.