

## Skin-Lightening Cream with Alpha-Arbutin

(Sample Recipe for Alpha-Arbutin)

Skin Lightening Cream with Alpha-Arbutin		
Phase A	Weight %	For 100 g / 3.6 oz (by weight)
Distilled Water (diluent)	81.5 %	81.5 g / 2.9 oz
Xanthan Gum (diluent)	0.5 %	0.5 g / 1/8 tsp
<b>Phase B</b>		
CreamMaker Blend (emulsifier)	4 %	4 g / 0.1 oz / ½ Tbsp
Isoeicosane (emollient)	6 %	6 g / 0.2 oz / 1 ¼ tsp
Sheabutter (emollient)	2 %	2 g / 0.1 oz / ½ tsp
Vitamin E Acetate (antioxidant)	1 %	1 g / 22 drops
<b>Phase C</b>		
GelMaker EMU (thickener/emulsifier)	2 %	2 g / 0.1 oz / 1/4-1/2 tsp
Alpha-Arbutin (skin lightener)	2 %	2 g / 0.1 oz / ½ tsp
Paraben-DU (preservative)	1 %	1 g / 0.04 oz / 22 drops
<b>Method</b>		
<p>Add phase A into a heat resistant and disinfected glass beaker. Sprinkle the xanthan gum into the water and mix well. Heat phase A to 160F/70C. Add phase B into another disinfected, heat-resistant glass beaker and heat to the same temperature. When phases are hot and melted add phase B to phase A and stir well, remove from the heat and stir until temperature is at 100F/40C. Then add the ingredients of phase C stirring well after each addition. The viscosity can be further adjusted with GelMaker EMU, mix well.</p>		
<b>Properties</b>		
<p>Alpha-Arbutin blocks epidermal melanin biosynthesis by inhibiting enzymatic oxidation of Tyrosine and Dopa. Promotes skin lightening and an even skin tone on all skin types. Minimizes liver spots. Use the cream twice a day for at least 2-3 months. During treatment and sometime after your skin will be sensitive to sun light protect the skin with an SPF 15/20 cream during the day and using a higher SPF product when in the sun for extended time.</p>		