

Skin Peel with Alpha-Hydroxy Acid

(Sample Recipe for Alpha-Hydroxy Fruit Acids)

Alpha Hydroxy Acid Peeling

Phase A	Weight %	For 100 g / 3.6 oz
Triglyceride (emollient)	5 %	5 g / 1 tsp
GelMaker EMU (thickener, emulsifier)	3 %	3 g / 1/2 to 3/4 tsp
Phase B		
Distilled Water (diluent)	68 %	68 g / 2.5 oz / 1/4 cup 1/2 Tbsp
Glycerin (humectant)	5 %	5 g / 1 tsp
Triethanolamine (TEA)	3.5 %	3.5 g / 75 drops
Xanthan Gum	0.5 %	0.5 g / 1/4 tsp
Phase C		
AHA Fruit Acids (peel ingredient)	15 %	15 g / 1 tsp

Method

Add phase A into a disinfected glass beaker and stir. Combine phase B in another disinfected glass beaker and stir well to dissolve the xanthan gum, TEA has been added to adjust the pH, without it the peel would be below the recommended safe level of pH 3.5. Add phase B to phase A and stir very well to mix all the ingredients until the gel is smooth and uniform. Slowly add phase C and stir continuously. The viscosity will become less due to the acidity. If necessary the viscosity can be adjusted with GelMaker EMU. Fill into a suitable container. Apply to the face and wash off after 5min, a tingling feeling is normal. People with sensitive skin should not be using AHA peels or at a lower concentration.

Properties

This Alpha-Hydroxy Acid Skin Peel contains glycolic acid, lactic acid, citric acid and tartaric acid from extracts of grape (*vitis vinifera*), lemon (*medica limonum*), passionfruit (*passiflora quadrangularis*), & pineapple (*ananas sativus*). The fruit acids shed off the outermost layer of dead horny cells and induces renewal of a new horny layer this increases the moisturizing level of the skin which improves the flexibility of the upper skin layer. The formula contains GelMaker EMU to give the product a gel consistency to make the application easier. Triglyceride and glycerin act as a moisturizing emollients.