

## BEARBERRY SKIN LIGHTENING TINCTURE

11/3/15

Bearberry does not dissolve easily. The best solvent is a 35% ethanol in water solution with the extract added. The hydro-alcoholic solution should get better results than just using water or alcohol, and any remaining insoluble constituents can be filtered out. Also, no preservative is necessary as any solution with an alcohol content above 25% is preserved. This tincture can be added to cream, but not in high concentrations as the ethanol will curdle the emulsion.

FOR 100 GRAMS (3.5 OZ):

55 grams water (55%)  
35 grams ethanol (35%)  
10 grams bearberry powder extract (10%)

If you don't have ethanol, use 90 grams of 80 proof vodka which is 40% ethanol by volume.

Put in 4 oz. Amber Boston Round Bottle with Dropper. Raquel used 5 drops twice daily on dark areas under her eyes and the areas from her cheek bone to her jawline with excellent results over time -- 2 months. NOTE: She also used a daily moisturizer with sunscreen.

~~~~~

<http://www.skinactives.com/Bearberry-Extract-Uva-Ursi.html>

Bearberry Extract (Uva-Ursi)            10 grams \$7.50

An amazing array of beneficial chemicals make *Arctostaphylos Uva-Ursi* (Latin for bearberry) a veritable pharmacy, including \*arbutin (inhibitor of melanin synthesis), allantoin (anti-inflammatory, antioxidant, keratolytic), betulinic acid (skin lightener, anticancer), ellagic acid (cancer preventive), lupeol (antioxidant, anti-inflammatory), gallic acid (antibacterial), ursolic acid (anticancer), and more.

\*Arbutin is the active found in **Shiseido Whitess**.

Directions: This is a full strength extract, not recommended to be used full strength. Dilute with your favorite cream or lotion or serum. 5-10 drops of Bearberry per ounce of cream. Lightening works over time, with continued use. Using a stronger dose will not achieve faster results. Exfoliate the area being treated weekly for best lightening results. Apply twice daily, allowing a minimum of 5 weeks.