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Exposure to the sun, effects of aging, disease, burns, and other factors can cause blemishes, dark spots, and discoloration on the skin.

This can be quite distressing, and many people are tempted to use skin bleaching products that contain harmful chemicals.

Invariably, these chemicals do worse than good, and can even cause permanent skin damage.

There are, however, skin whitening creams made from natural ingredients that lighten the skin naturally and safely.

In this review, we will look at five of the best skin whitening creams that you can use with amazing results.

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## **TOP 5: Best Skin Whitening Creams**

### **1. Meladerm**



Meladerm is a pigment correction cream that minimizes the appearance of dark spots, scars, and uneven tones in the skin.

It also brightens the overall complexion and reduces hyperpigmentation caused by sun damage.

It is formulated from natural ingredients that include herbs, vitamins, essential amino acids, and fruit extracts.

These ingredients have been carefully selected, and their efficacy backed by several clinical trials.

One of the trials found that Meladerm ingredients reduce the appearance of dark circles around the eyes by 35% over eight weeks.

Another trial concluded that this supplement reduces eye puffiness by up to 32% within eight weeks of treatment.

Unlike other skin whitening creams, Meladerm does not contain Hydroquinone, sulphates, Phthalates or any other questionable ingredients.

This product can be used by men, women, and children over the age of 12 regardless of color and ethnicity.

For the best results, wash the skin then apply an even layer of Meladerm over the desired area or area with hyperpigmentation.

You should then rub the cream until it is absorbed into the skin entirely, and this should be repeated twice a day.

You may wear sunscreen or makeup after 10 minutes of applying Meladerm.

Meladerm is manufactured in the USA by Civant Skin Care, a company that has been making skincare products since 1999.

It ships worldwide and comes with a 30-day money-back guarantee.

### **How it works?**

Several factors can cause dark spots, uneven skin tone, hyperpigmentation, and skin discoloration.

These include overexposure to the sun, burns, medical side effects, inflammation and hormonal imbalance among others.

Meladerm contains ingredients that work together to reduce the appearance of these skin

blemishes.

Vitamin C brightens the skin and fights damage caused by polluting agents.

Vitamin E is a powerful antioxidant that protects the skin from damage caused by ultraviolet light.

It is also a potent moisturizer that heals and rejuvenates the skin.

## Ingredients

**Here are three ingredients used in this skin whitening cream that make it so effective:**

- **Emblica fruit extract** - Emblica is a small tree that is native to Asia, where it has been used as medicine for hundreds of years. It has antioxidant and anti-inflammatory properties, and combined with other ingredients, helps to brighten skin.
- **Alpha Arbutin** - This is a synthetic ingredient derived from bearberry and used to lighten skin. It reduces the appearance of dark spots and hyperpigmentation <sup>1</sup>.
- **Licorice root extract** - Licorice root has an active ingredient called Glabridin, which has anti-inflammatory properties. It inhibits the production of tyrosinase, an enzyme that causes pigmentation.

## Pros & cons

### Pros

- Formulated from natural ingredients.
- Backed by clinical trials.
- Lightens skin and reduces scars and blemishes.
- Ideal for all skin colors and ethnicities.
- It is ideal for use by males or females.
- Can be used alongside other skincare products.
- Comes with a 30-day money-back guarantee.

### Cons

- It may take up to four weeks to see any results.
  - Results are not standard and vary based on skin type and sun exposure.
  - Only available on the official website.
-

## 2. Amaira Natural Lightening Serum



Amaira Natural Lightening Serum is a skin lightening serum specially designed for intimate areas.

It is formulated from natural plant extracts that work together to lighten dark or discolored skin while boosting its radiance.

Amaira Natural Lightening Serum does not contain Hydroquinone, parabens or any other harsh chemicals.

As such, it can be used to lighten sensitive skin areas such as underarms genital areas.

To get the best out of this skin lightening serum, you should apply it twice daily in the morning and the evening.

Before applying, clean the skin surface gently with a light exfoliator then tap dry.

You should not use this serum if you have a wound or open skin, or on a recently waxed skin surface.

This skin lightening serum is manufactured by Amaira Natural Skin Care, a company based in California, USA.

Its production does not involve any animal testing and takes place in an FDA approved lab.

Amaira Natural Lightening Serum ships worldwide with free shipping within the USA.

In the case that you are not entirely satisfied with the product, the manufacturer offers a 60-day money-back guarantee.

### **How it works?**

Factors such as age, skin damage, friction, and poor hygiene can cause brown or purple discoloration on the skin.

Amaira skin lightening serum works from the interior to prevent the development of melanin in the skin.

It also slows down the growth of chemicals that cause dark spots in the skin.

With continued use, the skin will regenerate, producing lighter colored cells with less melanin.

Amaira uses ingredients that moisturize and rejuvenate the skin, giving it a glowing and

radiant look.

## Ingredients

**Here are three ingredients used in this skin whitening cream that make it so effective:**

- **Kojic Acid** - Kojic acid is a byproduct of malting rice, and it dramatically reduces discoloration caused by sun damage and age safely and naturally <sup>2</sup>.
- **Mulberry Leaf extract** - This ingredient slows down the production of tyrosinase, an enzyme that causes the production of melanin. As a result, the new skin cells produced will be lighter.
- **Field Dock extract** - Studies have shown that field dock extract can reduce age spots by up to 15% in three weeks and by 25% in six weeks.

## Pros & cons

### Pros

- Does not include harsh ingredients such as Hydroquinone.
- It is mild enough to be used on sensitive skin areas such as the genitals.
- It is suitable for all skin types.
- Has not been tested on animals.
- Free shipping for all USA orders.
- Comes with a 60-day money-back guarantee.

### Cons

- Cannot be combined with other skincare products.
  - Takes between 60- 90 days to show results.
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## 3. Zeta White



Age, genetics, and environmental factors can trigger the production of melanin which causes the skin to darken and develop dark spots.

Zeta White is a skin lightening cream that promises to eliminate these blemishes and brighten the skin naturally.

It has been developed from a blend of natural skin lightening ingredients and does not contain any chemicals or toxins.

This supplement has been extensively researched and works in a three-point system designed to slow down the production of melanin.

This trilogy includes a face lightening wash, lightening moisturizer, and lightening night cream.

These products can be used individually, but for best results, you should use them together.

In the morning, cleanse your face with the face lightening wash and apply the moisturizer.

Repeat the process in the evening but this time, finish off with the night cream to wake up with a bright, radiant face.

You should begin to see results after 2-4 weeks of use, but more permanent results will appear after 2-3 months of use.

Zeta White is manufactured in the UK for Wolfson Berg Ltd., a company based in Cyprus.

The manufacturer offers free worldwide shipping.

### **How it works?**

Zeta White works by slowing down the production of melanin in the skin.

Melanin is a pigment in the skin that gives it a dark appearance.

An increase in melanin causes skin pigmentation and darkening.

This cream contains ingredients that slow down its production, ensuring that the skin retains its natural lightness.

Lemon extract, for example, reduces the amount of melanin produced in the skin.

Licorice extract brightens the skin and acts as a natural sunscreen, protecting you from the darkening rays of the sun.

This cream also moisturizes skin, leaving it deeply nourished and soft.

## Ingredients

Here are three ingredients used in this skin whitening cream that make it so effective:

- **Papaya extract** - Papaya extract is rich in potassium, which hydrates the skin and leaves it looking radiant and bright. It contains an enzyme called papain that is a natural exfoliator that helps rid the skin of dead cells allowing it to repair itself.
- **Allantoin** - Extracted from the root of the comfrey plant, this ingredient that moisturizes and soothes the skin. It also increases water content in the skin, enhancing the shedding of dead skin and rejuvenation of new, lighter skin cells.
- **Cranberry extract** - Cranberry has a high amount of antioxidants that fight oxidative damage in skin cells. It also soothes inflamed skin.

## Pros & cons

### Pros

- Has no side effects as it is made from natural ingredients.
- Contains ingredients proven to have benefits to the skin.
- The manufacturer offers free shipping worldwide.
- It slows down the production of melanin responsible for dark skin.
- 100% organic and vegan.
- Suitable for the most delicate skins.

### Cons

- Takes up to three months to see initial results.
  - Results vary widely depending on skin type.
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## 4. Illuminatural 6i



Illuminatural 6i is a skin lightening serum that promises to lighten your skin significantly in just four weeks.

It utilizes the latest technology in skin lightening science to get rid of dark spots, melasma, freckles, age spots, and other scars.

This skin cream is formulated using an advanced dermatological formulation that leaves your skin flawless with an ivory-toned complexion.

Illuminatural 6i comes highly recommended by Dr. Dave David, a cosmetic surgeon who also the founder of Medical Face & Body Aesthetics in Boston, Massachusetts.

He has also developed a line of anti-aging skincare products that support skin regeneration and renewal of cells.

According to him, Illuminatural 6i is made from plant-based ingredients designed to work on the skin from within and does not contain harmful chemicals.

These ingredients include vitamins, amino acids, herbs, moisturizers, anti-inflammatories and exfoliators that brighten the skin naturally.

To get the best out of this advanced cream, you should use it twice daily, in the morning, and in the evening.

Apply a few dots on the specific area you are looking to lighten and rub it gently until it is all absorbed in the skin.

Skin lightening is not a fast job, as it takes about 28 days for the skin to stop melanin production and regenerate.

As such, you will start seeing results from 28 days, but more significant changes will be observed at the end of 90 days of continuous use.

Illuminatural 6i is manufactured in the USA by Leading Edge Health Ltd.

It ships worldwide, and there is free delivery for orders over \$150.

For those who are not satisfied with the product, the manufacturer offers a 60-day money-back guarantee.

### **How it works?**

This cream uses the latest technology to lighten and brighten the skin.

It relies on a mixture of skin lightening actives, plant-based extracts, and minerals to deliver its promises.

These ingredients work together to slow down the production of melanin, the pigment that is responsible for dark skin.

It also blocks and filters the sun's UV rays, which otherwise damage the skin.

Additionally, it promotes the growth of new, lighter skin cells to replace the dead, dark cells.

## Ingredients

**Here are three ingredients used in this skin whitening cream that make it so effective:**

- **Sodium Lactate** - Sodium Lactate is a potent moisturizer that also has anti-aging effects. It also slows down tyrosinase, which reduces the production of melanin. One study showed that at 8% concentration, Sodium Lactate significantly whitens skin after 24 days of use <sup>3</sup>.
- **Alpha Arbutin** - This is a patented lightening agent that significantly inhibits the production of melanin. It is derived from berries such as bearberry and cranberry. Alpha Arbutin is ideal for all skin types and studies have shown that it reduces melanin by up to 70%.
- **Camellia Sinensis (Green Tea) Leaf Extract** - This ingredient is a potent antioxidant and anti-inflammatory. It helps fight free radicals that damage skin cells. Green tea also boosts collagen production, which is essential for a firm and elastic skin. It also helps increase the skin's ability to fight harmful UV rays.

## Pros & cons

### Pros

- Ingredients are highly researched and backed by science.
- Recommended by a renowned cosmetic surgeon.
- Ideal for all skins regardless of color or ethnicity.
- Does not contain any harmful chemicals or additives.
- Manufactured in the USA in FDA approved facilities.
- Offers a 60-day money-back guarantee.

### Cons

- It takes up to 90 days to see any solid results.
  - Some people might find it pricey.
  - Only available on the official website.
-

## 5. EvaGloss Skin Lightening Serum



EvaGloss is a skin lightening serum infused with kojic acid.

It can be used on the face, hands, legs as well as sensitive areas such as underarms, nipples,

thighs and genitals.

It is formulated to work deep in the skin to reduce the appearance of dark spots, hyperpigmentation, melasma, and scars.

This serum uses only natural ingredients to lighten skin by up to three times following regular use.

It is safe and gentle and does not contain hydroquinone or other harsh chemicals.

EvaGloss can be used on any type of skin, including dry, sensitive, oily or normal.

To use, clean the skin, then tap dry, applying the serum evenly on the desired area and rub gently.

Wait until the skin fully absorbs it before applying make- up or other skin products.

This serum should be used twice a day, once in the morning and once in the evening for the best results.

EvaGloss Skin Lightening Serum is available on amazon.com, and the manufacturer offers a 100% money-back guarantee.

### **How it works?**

EvaGloss Skin Lightening Serum uses a combination of proven skin lightening ingredients to deliver results.

These ingredients inhibit the actions of tyrosinase, a substance responsible for producing melanin.

Once it's inhibited, the production of melanin slows down, as does the darkening of the skin.

EvaGloss also fights the oxidation of cells caused by free radicals, therefore, protecting healthy skin cells from damage.

### **Ingredients**

**Here are three ingredients used in this skin whitening cream that make it so effective:**

- **Kojic Acid** - Kojic acid is produced from fungi, and is generally a by-product of rice fermentation used in making Japanese rice wine. It can also be extracted from Reishi mushrooms. Kojic acid has numerous benefits on the skin, including lightening spots caused by sun damage, scars or age.
- **Fullerene** - This is an anti-aging agent used widely in the cosmetic industry. It has antioxidant properties that help fight free radicals that damage skin cells.
- **Arbutin** - Arbutin slows down the production of melanin in the skin, which helps reduce the appearance of dark skin and spots.

**Pros & cons****Pros**

- Does not contain any harmful ingredients.
- Can be used to whiten even the most sensitive areas.
- Offers a 100% money-back guarantee.
- Can be used for all skin types.

**Cons**

- Manufacturer information is not readily available.
  - Only available on amazon.com.
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**FAQ (Frequently Asked Questions)****What is a skin whitening cream?**



A skin whitening or skin lightening cream is any cream or serum applied directly on the skin to reduce the measure of melanin, intending to lighten the skin.

In doing so, it diminishes the appearance of dark spots, scars, and damage caused by the sun.

### **What are some of the benefits of skin whitening creams?**

The benefits of skin whitening creams include:

- Lighter skin by up to three shades.
- Reduced appearance of dark spots, hyperpigmentation, and melasma.
- Even skin tone.
- Well moisturized, healthy skin.
- Enhanced confidence built by having the desired skin.

## **Who should use skin whitening creams?**

Skin lightening serums can be used by anyone who would like to get rid of dark spots, scars, acne, hyperpigmentation, or any other skin spots that cause uneven skin tone.

They can also be used by anyone who wants to lighten the general appearance of skin in the face or specific areas such as underarms.

## **Which ingredients should I expect to see in a skin whitening cream?**

Some of the common ingredients in white lightening creams include:

- Kojic Acid.
- Alpha Arbutin.
- Green tea extract.
- Cranberry extract.
- Allantoin.
- Papaya extract.
- Field dock extract.
- Fullerene.
- Licorice root extract.

## **How can I decide on which skin whitening cream to use?**



One of the most important things to consider when choosing a whitening cream is the ingredients.

This is because skin is quite sensitive, and choosing one with the wrong ingredients can cause disastrous reactions.

Choose one that is formulated only from natural ingredients such as the ones discussed in this review.

Avoid those that contain dangerous chemicals such as hydroquinone, mercury, or steroids.

### **What are the side effects of skin whitening creams?**

The skin whitening creams reviewed here are made from a combination of natural ingredients and do not have any adverse side effects.

That said, to be entirely sure or if you have any doubts about a product, you should apply a

small amount in one area of the body and look out for the reaction.

If you react badly, you should stop use immediately.

Most of the products come with a money-back guarantee so you should not be afraid of finding what works for you.

## **Conclusion**



This review has looked at five of the best skin lightening creams available in the market today.

As seen, these are serums made from natural ingredients that work by reducing the amount of melanin in the skin, thus lightening it.

They also reduce the appearance of scars, spots, acne, and hyperpigmentation.

This is in addition to fighting organisms that damage skin cells and moisturizing the skin.

Some of the creams are specially designed to be used for sensitive skin areas such as underarms and private parts.

Most importantly, they do not include any harmful chemical substances such as artificial perfumes, parabens, or hydroquinone.

If you have been conscious of your skin appearance and would like to do something about it, perhaps one of these skin whitening creams is what you need.

### References

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