

- **NCI name:** GLYCYRRHIZA GLABRA ROOT EXTRACT
- **EINECS/ELINCS number:** 283-895-2

Also known as Licorice Root

- Grows in the Middle East, Mediterranean Sea and southern Russia
- Considered a superstar skincare ingredient contain two potent benefits
- Thought to be one of the safest skin lightening agents available
- The most active part of the ingredient is called glabridin

What is Licorice Root Extract?

Licorice root extract comes from the licorice plant, otherwise known as glycyrrhiza glabra (given how hard this is to pronounce, you can see why they just call it licorice!). Licorice root extract, which has a sweet taste, comes from the root of the plant. Usually found in Western Europe, Southern Asia, and the Middle East, it has been used for centuries, not just as a medical remedy for ailments, but as a tasty treat.

Licorice Root Extract Skin Benefits

Like so many natural remedies, you're probably not even aware of just how many ways licorice root benefits the skin. From protecting it from environmental stressors to helping it glow, here are just a few of the many wonderful skin care benefits of licorice root extract!

1. **Licorice root extract helps fade the look of dark spots** - One thing licorice root certainly has no shortage of is hard-to-pronounce elements. Take for example, a substance called glabridin. Found in licorice root, it helps diminish the appearance of [dark spots](#).
2. **Licorice root extract helps prevent dark spots** - Guess what glabridin also does? It not only helps diminish the look of dark spots, it helps prevent them, too, by inhibiting the production of a bothersome little enzyme called tyrosinase which controls the production of melanin. When it produces too much melanin, the result is dark spots and/or uneven skin tone.
3. **Licorice root extract helps even out skin tone** - You don't have to have dark spots to have [uneven skin tone](#), but if your skin is uneven, glabridin will help even it out.

4. **Licorice root helps brighten the skin** - Is your skin dull and lifeless? Try a little licorice root! It's known for its ability to brighten the skin!
5. **Licorice root helps protect the skin** - Thanks to the antioxidant effects of something called flavonoid, licorice root helps protect the skin from environmental stressors that can harm it.
6. **Licorice root helps soothe irritated skin** - If you've got skin that acts up easily, you really should think about giving licorice root a try! Known for its ability to calm and soothe [easily irritated skin](#), it's one of your best defenses against irritation.
7. **Licorice root helps with redness** - Remember when we said that licorice root is just full of hard-to-pronounce words? Well, because of something called glycyrrhizin, licorice root is also fabulous when it comes to dealing with redness!
8. **Licorice root extract helps keep oil under control** - OK, kids, we've got just one more insane word for you and then we'll stop. Say it with us: licochalcone! Whether you actually said it or not doesn't even really matter--all that matters is that you know it will help [control your oil](#)!

Who can use it?

Known to benefit all skin types, however those who are pregnant, or breast feeding should avoid this ingredient.

What is Glycyrrhiza Root Extract?

Although the word licorice can make you think of a bag of popular sweets, it can have a large impact on the health and appearance of your skin. It is considered one of the gentlest skin lightening agents with least side effects and thanks to the part called glabridin, topically application can significantly reduce the appearance of sun damage dark spots and hyperpigmentation. The second benefit is the fact it is a potent anti-inflammatory and is used to treat a number of drying skin conditions such as eczema, topical dermatitis and rosacea. If that doesn't make it a multifunctioning ingredient, then its final benefit of containing antioxidant properties helps combat any signs of free radical and other environmental skin damage.

Side effects of Glycyrrhiza Root Extract

None to report, you should feel quite happy to see this ingredient on the inci list.

Scientific evidence of Glycyrrhiza Root Extract

- Leslie Baumann, MD, Cosmetic Dermatology, 2nd edition, Licorice Extract - pages 281, 318-319
 - Journal of the European Academy of Dermatology & Venereology, Volume 25 (10) - Oct 1, 2011, Natural options for the management of hyperpigmentation
 - Journal of Cosmetic Dermatology, Volume 9 (3)–Sep 1, 2010, Original Contribution: Top 10 botanical ingredients in 2010 anti-aging creams
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