



The Ultimate Royal Jelly Face Cream Checklist

1. Royal Jelly Position on INCI list

Is it in the first half of the ingredient list? If it's at the very end, the concentration is likely too low for visible results.

2. Supporting Hydrators

Does the formula contain proven helpers like glycerin, hyaluronic acid, or squalane? Royal jelly works best in a team.

3. Barrier-Loving Ingredients

Look for ceramides, niacinamide, or panthenol. These ensure the cream repairs while it moisturizes.

4. Skin Type Match

- Oily/Combo: Gel-cream or lotion texture
- Dry/Mature: Rich cream with shea butter or oils
- Sensitive: Fragrance-free, minimal essential oils

5. Fragrance & Essential Oils

Is perfume or limonene in the top 5 ingredients? For reactive skin, this is a red flag.

6. Packaging

Does it come in a tube or airless pump? Jars expose the formula to air and light, degrading active components faster.

7. Patch Test Reminder

Have you tested it on your inner arm for 3 days? Bee products can trigger allergies, even if you tolerate honey well.

8. Real User Reviews (2-Week Mark)

Ignore the "love it!" comments. Search reviews for mentions of texture, pilling under makeup, or breakouts after consistent use.

9. Price per Ounce

Don't just look at the sticker price. Calculate the cost per ounce/gram to compare value across brands.

10. Return Policy

Can you return it if your skin disagrees? A generous return policy is a sign of a brand that trusts its formula.