

【ABSTRACT】

The present specification relates to a composition for skin moisturizing or skin whitening, containing, as an active ingredient: $3\beta,23,28$ -trihydroxy-12-oleanene 23-cafeate, a salt thereof, an isomer thereof, a hydrate thereof or a solvate thereof;
5 and/or $3\beta,23,28$ -trihydroxy-12-oleanene 3β -cafeate, an isomer thereof, a hydrate thereof or a solvate thereof, wherein the composition can be used as a composition for external application to the skin or as a cosmetic composition, and the composition has a skin moisturization or skin whitening effect.