What is Claimed

1. A cosmetic composition characterized by containing components (a) to (d) below:

wherein an α-gel structure is formed by (a) to (c),

(a) one or more types of alkyl phosphate esters selected from alkyl phosphate esters having alkyl groups with 12 to 36 carbon atoms;

(b) one or more types of substances selected from basic amino acids and organic bases;

(c) water; and

(d) lutein.

2. The cosmetic composition according to claim 1, characterized in that the lutein as component (d) is contained by 0.0025% by weight relative to a total quantity of cosmetic composition.