

How to make your very own toner within minutes?

What is a face toner?

Once you cleansed your skin you have stripped your skin's outer layer a little bit so you need to give back a little health to it.

During cleansing you will not be able to get rid of all of the impurities from your skin and a toner will help you just finish off this job by replenishing your skin's outer lipid barrier.

Using a toner will also prepare your skin for the next beautiful products you are planning to use meanwhile restoring your skin's pH.

You can buy really nice toners or you can just try make one for yourself if you are the DIY type of person – like me.

If you decide you will make your own, there are a few ground rules you need to follow.

Ground rules:

1. Always disinfect your workstation, equipment and use gloves to avoid any contamination. Bacteria is the last thing you want in your freshly made product.
2. Try to use organic, natural ingredients without any chemicals.
3. This toner will have no preservative so make a small amount so it will stay fresh – I would recommend 10-15ml for 1 week of usage and kept in the refrigerator.

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Things you need:

- Floral water or hydrosol – my recommendation is rose water as it suits all skin types and very gentle but read on for the full recipes
- Aloe vera gel
- Glass beaker to mix your ingredients
- Glass rod or just a spatula (do not use metal as it will oxidise your product)
- Glass container (spray bottle is the best as you can use it for a face mist as well)
- Funnel for easy pouring into your container
- Pretty label (bonus label design)

Normal to Dry skin

- 5ml rose hydrosol or rose floral water
- 2.5ml witch hazel (try and find the one without alcohol)
- 2.5ml aloe vera gel

Oily and Combination skin

- 5ml rose hydrosol or rose floral water
- 5ml melissa flower water (it has a lemony scent) or witch hazel

Mature/ageing skin

- 7.5ml rose hydrosol or rose floral water
- 2.5ml lavender hydrosol or lavender floral water

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How to make it:

This is the best part, it is so **easy**. Just **mix** everything together very **gently** in your glass beaker using a spatula or glass rod.

Once you are ready with the mixture, all you need to do is to **pour** it into your **container**.

And now the final touch. **Print your label** using one of the design I sent with this tutorial.

I have included two simple **bonus** label designs in a separate document. I believe this product is absolutely **for everyone** so it could be a perfect gift for any women or men.

I would **not recommend** to **add essential oil** if you are not an experienced skincare DIYer or formulator as the amount you will prepare will not really allow to add it to this product.

How to use your face toner:

If you use a spray bottle, spritz 3-4 sprays onto a cotton pad (preferably a reusable pad) and **apply to your cleansed face**.

You can use this toner **during the day** for a little **fresh-me-up** especially during summer or when the weather is hotter. If we are lucky we can start using this as a mist very soon!

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Here is some **information** on each **ingredients** so you can understand their properties a little better.

Rose hydrosol or rose water helps reddened and inflamed skin, clear pores, soothing the skin, soften fine lines. Suitable for all skin types. If you have very sensitive skin, use this floral water only.

Witch hazel is astringent, recommended for psoriasis, eczema, reducing swelling.

Melissa water is astringent, whilst providing calming relief to the senses. It has skin tightening and awakening properties. Due to the lemony scent it is the best ingredient to kick start your morning.

Aloe vera gel is hydrates the skin, it has some healing properties.

The above recipes are just an **example** how you can mix and match your floral waters however, if you prefer a different combination because you feel it would work better for your skin concern, feel free and **experiment**.

Before you dive into all the different combinations, remember, always do a **patch test** before start using the product on your entire face.

Have fun and let me know how you're getting on.

Naturally yours,
Melitta

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