

Facial Toner

Written by Administrator

Friday, 20 May 2011 07:44 - Last Updated Wednesday, 25 May 2011 05:01

Skin Toners have several benefits: Close pores, remove the traces of left over soap, remove impurities from the skin. Toners restore the skins' natural pH balance. Make a facial toner at home with these simple ingredients!

Chamomile Astringent

Ingredients:

- 1/2 cup chopped fresh mint (or 2 tbsp dried)
- 2 tbs dried chamomile flowers, crushed
- 4 cups water

Instructions:

Combine ingredients in a small saucepan. Boil for 10 minutes, then remove from heat and allow to steep for 5 minutes. Strain liquid into a jar, cover and refrigerate. Will keep 2 weeks refrigerated. Apply with/ cotton balls to skin. Especially good for very oily skin

Lemon Astringent

Ingredients:

- 1/2 thinly sliced lemon
- 1/2 thinly sliced orange
- 3/4 cup ethanol alcohol

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Combine lemon, orange, and alcohol in a blender and mix until fruits are pulverized. Strain liquid into a jar using a small strainer or cheesecloth. Tightens your pores, refreshes your skin, and helps remove oils from skin.

Apple Pore Toner

Ingredients:

- 1/2 cup of natural apple juice
- 2 small cucumbers.

Instructions:

Apply to face and leave on for 20 minutes. Rinse off

Basil Toner

Ingredients:

- 2-3 tsp. dried basil leaves
- 1 cup boiling water.

Instructions:

Steep 10-20 minutes. Cool, and apply with cotton ball

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- 3 tsp lemon extract
- Juice of one lime
- 1/2 cup rubbing alcohol

Instructions:

Combine ingredients in a small bowl. Transfer to a jar and shake well. Store in the refrigerator. Tightens your pores, refreshes your skin, and helps remove oils from skin.

Toning Mask

Ingredients:

- 1/2 tsp. of sea salt
- 2 egg yolks
- 1/2 cup of yogurt

Instructions:

Add all ingredients, apply to face and let dry. This is an exfoliating, tightening and soothing facial application

Lavender Face toner for oily skin

Ingredients:

- 4oz Witch Hazel
- 15 drops Lavender essential oil

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Instructions:

Mix ingredients well in bottle. Shake before each Use. Apply to face with cotton ball after cleansing. Lavender oil makes a great addition to any skin care regime for oily skin.

Carrot Toner for Mature Skin

Ingredients:

- 4oz Witch Hazel
- 20 drops Carrot seed essential oil

Instructions:

Mix ingredients well in bottle. Shake before each Use. Apply to face with cotton ball after cleansing. Used primarily for its healing properties and effects on the skin, Carrot seed essential oil stimulates circulation, repairs and tones the skin, increases elasticity, reduces the formation of wrinkles, and scars.

Mature skin Facial Toner Recipe

Ingredients:

- 4oz Witch Hazel
- 15 drops Patchouli essential oil

Instructions:

Mix ingredients well in bottle. Shake before each Use. Apply to face with cotton ball after cleansing. Patchouli essential oil tightens the pores while helping fight wrinkles.

Lavender Toner Recipe Acne/Oily Skin

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Ingredients:

- 2 fluid ounces of distilled water
- 6 drops Lavender essential oil
- 3 drops Sandalwood Essential Oil
- 4 drops Tea Tree Essential Oil

Instructions:

Mix ingredients in a small spray bottle. Essential oils and water will separate, so you must shake the bottle well before each use. Spray onto clean, washed face

Helichrysum Sensitive or Mature skin Facial Toner Recipe

Ingredients:

- 4oz Witch Hazel
- 20 drops Helichrysum essential oil

Instructions:

Mix ingredients well in bottle. Shake before each Use. Apply to face with cotton ball after cleansing. Helichrysum essential oil is a wonderful healing oil that's gentle yet effective on acne, wrinkles, burns, eczema, scars, sunburns and stretch marks.

Combination skin Facial Toner Recipe

Ingredients:

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- 4oz Witch Hazel
- 15 drops Rose Geranium essential oil

Instructions:

Mix ingredients well in bottle. Shake before each Use. Apply to face with cotton ball after cleansing. Rose Geranium essential oil restores skins natural balance quickly.