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100% Effective Natural Hormone Treatment
Menopause, Andropause And Other Hormone Imbalances
Impair Healthy Healing In People Over The Age Of 30!

Tune Up Your Skin With Toner

By Sharon Hopkins

Skin toners are the next step after a facial cleansing routine. Skin toners ensure complete removal from the skin of all cleansing preparations. They freshen and tone up the skin and prepare a clean surface for the application of make-up. They also restore the acid or alkali balance of the skin, because they are pH balanced. They are designed to penetrate pores, refresh and cool your skin while clearing away excess oil, impurities and dead skin cells that were not removed with your cleanser.

Toners restore the skin's natural pH balance. When you wash your face, the pH balance of the skin is distorted leading to skin working overtime to restore pH levels; the process of skin restoring the pH levels on its own can take up as much as half an hour or more. By using a skin toner, the pH level of your skin is restored instantly.

Choose a toner appropriate for your skin type. A wide variety of toners are available. Alcohol dries the skin and harms the soluble collagen below the surface of the skin. It is thus safer to use an alcohol-free toner.

The common herbs used in toners include witch hazel, geranium, honey, lemon, ivy, sage, nettle and burdock. Witch hazel has a tendency to dry the skin. It is ideal to combine it with moisturizers such as Vitamin E, honey, etc. Rosewater helps keep skin and face moisturized, fresh and balances the pH levels.

Essential oils are the gentlest way of toning up. Rose water for normal or dry/sensitive skin or witch hazel for oilier skins is ideal bases for fresheners. These can be applied with cotton wool, using smooth, gentle upward strokes or sprayed on to the face. Oily skin benefits from juniper or lemongrass whereas drier skins would benefit from rose or sandalwood.

Apply the skin toner to a cotton ball and sweep it gently across your face. The cotton wool should come out relatively clean when toning. If it is not clean it indicates the cleansing has not been done properly. Do not succumb to the temptation to tone the skin whenever you feel it has become dirty. It should be used only after the skin has completed a cleansing routine and not as a substitute for cleansing. So, remember that your toner must function as a toner and not as a cleanser.

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Toning is pleasant and refreshing, can act as an additional cleanser on very oily or dirty skin, and is valuable in removing any traces of grease that the cleanser may have left behind. Think of it as the polishing touch in your skin care treatment.

Homemade Toner Recipes

Watermelon Toner 1 cup watermelon chunks, 2 tbsp witch hazel and 2 tbsp distilled water

Purée watermelon chunks in a processor or blender. Strain the liquid and discard the solids. Mix the strained liquid with the remaining ingredients, stir and pour into a glass bottle. Dab on face using a cotton ball. This is rich in sugar and vitamins A, B and cup Watermelon has astringent properties, and the super high water content makes it an excellent skin refresher.

Rose Skin Toner 3 ½ cups of witch hazel, ½ cup dried rose petals and 5 sprigs of fresh rosemary.

Mix ingredients together making sure it is all blended well. Strain the blend and splash on your face after cleansing.

The reader of this article should exercise all precautions while following instructions on the recipes from this article. Avoid using if you are allergic to something. The responsibility lies with the reader and not the site and the writer.

Sharon Hopkins is the webmaster of

<http://www.skin-care-at-home.com>

. The site provides information

on natural skin care with the help of home made skin care recipes and tips on skin nutrition. Read up on skin toning, commonly used herbs and home made toner recipes.

How to Make 3 Wonderfully Easy Winter Skin Toners

By Danielle Sims

How to Make 3 Wonderfully Easy Winter Skin Toners by Danielle Sims

Cold weather is on its way and the winter season is just around the corner. What does this mean to your skin? Cold weather can be damaging to your skin. If your face is not properly protected, it can dry out, crack, and wrinkle! It is imperative to have a good moisturizer. But do we need a toner too?

For years I concentrated on cleansers and moisturizers, neglecting toners. The only time a toner was used was when I purchased a complete skin care regimen set that contained a toner at the department store. When I began to make my own skin care products, I was concerned mainly with lotions and

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moisturizers. I finally began to realize that a toner has many benefits that I was missing out on by not including it in my daily skincare program:

- oRemoves traces of cleanser that was left behind after cleansing
- oHelp restore your skin to its nature acid PH
- oRefresh your skin throughout the day
- oSet make up
- oAdds additional moisture
- oConditions the skin

One thing to remember is to keep it simple. Prepare a toner that can be used for both a toner and a refresher. Before you make your toner, be sure to have the bottle available for storage. A good choice is a spray bottle, so you can use your toner as a refresher throughout the day. Be sure to store your toner in a cool place, the refrigerator is ideal. You may use a cotton ball to apply your toner after cleansing and also spritz throughout the day.

A couple of easy toners you can make to help nourish, protect, and moisturize your skin during the winter are the PH Toner, Herbal Refresher, and the Aloe Soother.

PH Toner

- 1Cups distilled water
- 4 TBS Bragg's Apple Cider vinegar(or any other nature non–distilled apple vinegar)
- 10 drops of rose oil
- 8 drops of chamomile oil

Mix all ingredients in your bottle of choice and shake vigorously before each use. You may use a cotton ball to apply your toner after cleansing and spritz throughout the day.

Herbal Refresher

- 1 cup witch hazel
- ½ cup distilled water
- 1 chamomile tea bag

- 10 drops of Lavender Oil
- 6 drops Sandlewood Oil

Heat water to boil and steep the tea bag in the water for 15 minutes. Add the chamomile water to the witch hazel and add essential oil. Shake before each use.

Aloe Soother

- ½ cup aloe vera gel
- 1 cup distilled water

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10 drops chamomile oil

Mix all ingredients and shake well before each use.

All three toner recipes are great to help you get through the cold and wintery harsh months that follow. Your skin will thank you by remaining soft, refreshed and healthy.

Danielle Sims has been preparing homemade beauty products for years. Download a demo copy of her ebook "Wrap Yourself Slim: Body Wraps Exposed" at <http://www.bodywrapbook.com>



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