

REVIVE

YOUR SKIN *with the* SPRITZ of NATURE

DIY Toner Dupes that you can simply make at home

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In the long list of skincare regime, toners have recently become a very important step. It can be used to restore the PH balance of the skin or set your mineral makeup. Or you can carry a small bottle to spritz your face during lunch hours to revive your tired skin. Quite versatile and simple, you must still be picky and choose the right toner for your skin type. Choosing the wrong ingredients can irritate your skin or even clog your pores resulting in acne. So, to make it simpler, here are few DIYs to make your own toner. Besides being able to customize it you can be sure of what you are putting on your face is pure and does not contain chemicals.

ACV & TEA TREE OIL TONER (*Oily skin*)

Step 1. Take 1 cup of Apple cider vinegar and two cups of filtered water.

This ingredient is known to minimize large pores and take away excess oils while dissolving dead skin cells.

Step 2. Add two drops of Tea Tree oil.

With this ingredient a little goes a long way and is astringent and antibacterial preventing acne.

Step 3. Add a few drops of lavender essential oil to avoid the pungent smell

THE POTENT MIXTURE OF CUCUMBER AND HONEY (*Dry skin*)

Step 1. Take one cucumber and boil it in 1 cup of water for about 5 minutes. Strain the juice out removing any solids.

Cucumber is refreshing and will rejuvenate dry skin which tends to look dull.

Step 2. Add 1 teaspoon of honey

Honey will moisturize skin and is full of antioxidants hence reducing ageing.

THE HEAVENLY COMBINATION: CHAMOMILE AND ALOE VERA (*Normal Skin*)

Step 1. Brew chamomile tea bag in a cup of water and let it cool down.

Chamomile reduces inflammation and has antioxidants reducing ageing.

Step 2. Add a tablespoon of slices of aloe vera by scraping it from the leaves.

Aloe vera balances and minimizes oil production while hydrating skin.

Put it in a bottle and spritz away the troubles of your skin. Do a patch test on your skin to access the compatibility. Most homemade toners last for a week when refrigerated.

