

What's in this homemade facial toner?

witch hazel - Witch hazel is a natural astringent that minimizes the appearance of pores, reduces inflammation and skin irritations, decreases oil and redness, and leaves skin feeling clean and refreshed.

vitamin E - Vitamin E is an antioxidant that blocks free radicals from the skin which can help reduce wrinkles and brown (a.k.a. age or sun) spots and keep the skin youthful looking. It also supports new skin cell growth and speeding up cell regeneration (which also helps keep skin young looking).

Essential oils

Geranium essential oil promotes healthy, clear, glowing skin. It also reduces the appearance of fine lines, while toning and beautifying skin.

Cypress essential oil helps control overactive sebum glands that make our skin oily and prone to breakouts. Cypress also helps speed healing time, and due to its circulatory benefits, cypress essential oil can also help radiate and revive a dull complexion.

Lavender essential oil is a all-around super powerhouse for skin care. It's gentle and great for all skin types. It soothes and calms irritated skin. It also has powerful antioxidants that slow aging. And lavender improves the appearance of complexion, reduces redness, and fights acne.

Here's the DIY Facial Toner Recipe:

Fill a 4 oz bottle almost full with witch hazel

add 1/2 tsp vitamin E oil

add 3 drops each of geranium, cypress, and lavender essential oils

shake to mix

Here's how I use it (same skincare routine morning and night):

- **remove my makeup using coconut oil** (It might sound odd to wipe oil on your face as a first step of cleaning, but oil dissolves oil, so coconut oil or another natural carrier oil is a great way to gently remove mascara, eye shadow, and even foundation.)
- **wash my face with my homemade foaming face wash** ([here's my recipe](#) - there are versions for pretty much every skin type - oily, sensitive, acne-prone, dry, mature, normal)
- shake toner well to mix and **apply this homemade essential oil toner** with a cotton round, using gentle upwards motion all over face (avoiding eyes) - *shake toner bottle well before each use*
- **finish by moisturizing my skin with my DIY face serum** ([here's the recipe](#) - just like my foaming face wash there are customized recipes of carrier oil and essential oil blends just right for your skin type whether you have dry, oily, acne-prone, mature, or sensitive skin)