

Toners

Toners are liquid skincare products used after cleansing to balance the skin's pH, remove any residual impurities, and prepare the skin for subsequent treatments. Modern toners go beyond traditional astringents, offering hydration, exfoliation, and nourishment, tailored to various skin types and concerns.

Types of Toners

- **Hydrating Toners**
Designed to add moisture and soothe the skin, ideal for dry or sensitive skin types.
- **Exfoliating Toners**
Contain active ingredients like acids to remove dead skin cells and promote cell turnover.
- **Balancing Toners**
Help regulate oil production and tighten pores, suitable for oily or combination skin.
- **Soothing Toners**
Target redness and irritation, perfect for sensitive or reactive skin.
- **Brightening Toners**
Contain ingredients to even out skin tone and improve radiance.

Key Ingredients in Toners and Their Actions

Hydrating Ingredients

Hyaluronic Acid:

Draws moisture to the skin, leaving it plump and hydrated.

Common in hydrating and soothing toners.

Glycerin:

A humectant that retains water and prevents dryness.

Aloe Vera:

Soothes and hydrates, reducing redness and irritation.

Panthenol (Vitamin B5):

Supports skin repair while hydrating and calming.

Exfoliating Ingredients

Alpha Hydroxy Acids (AHAs):

- **Glycolic Acid:** Exfoliates the surface, brightens, and smooths texture.
- **Lactic Acid:** Gently exfoliates while hydrating.

Beta Hydroxy Acids (BHAs):

Salicylic Acid: Penetrates pores to unclog and reduce acne.

Polyhydroxy Acids (PHAs):

Gently exfoliate while providing hydration, suitable for sensitive skin.

Antioxidant Ingredients

Vitamin C:

Protects against free radicals and brightens the skin.

Green Tea Extract:

Offers antioxidant and anti-inflammatory benefits.

Niacinamide (Vitamin B3):

Strengthens the skin barrier, reduces redness, and evens out tone.

Balancing Ingredients

Witch Hazel:

A natural astringent that tightens pores and reduces oiliness.

Tea Tree Oil:

Provides antibacterial properties to combat acne.

Zinc PCA:

Regulates sebum production and soothes inflammation.

Brightening Ingredients

Niacinamide:

Improves radiance and reduces the appearance of dark spots.

Arbutin:

Inhibits melanin production for a more even skin tone.

Licorice Root Extract:

Reduces pigmentation and soothes irritation.

Soothing Ingredients

Centella Asiatica (Cica):

Repairs and soothes irritated skin, ideal for sensitive skin.

Chamomile Extract:

Reduces redness and calms inflammation.

Allantoin:

Promotes healing and reduces irritation.

Actions of Toners

Balance pH:

- Restores the skin's natural pH after cleansing, preventing dryness or irritation.
- Modern cleansers are gentler, but this remains a key function of many toners.
- Hydration:
- Prepares the skin for better absorption of serums and moisturisers.
- Adds an additional layer of hydration to prevent dryness.

Exfoliation:

Removes dead skin cells and promotes cell turnover for a brighter, smoother complexion.

Oil Control:

Helps regulate sebum production, reducing shine and pore congestion.

Brightening:

Reduces pigmentation and dullness, enhancing skin radiance.

Calming:

Soothes redness, irritation, and sensitivity with gentle, nourishing ingredients.

How to Use Toners

Frequency:

Hydrating and soothing toners: Use daily, morning and evening.

Exfoliating toners: Limit to 1-3 times per week, depending on skin tolerance.

Application:

Apply using a cotton pad or by patting directly onto the skin with clean hands.

Follow-Up:

Layer serums, moisturisers, and SPF (in the morning) after toning.

Selecting the Right Toner

- Dry Skin: Look for hydrating ingredients like hyaluronic acid and glycerin.
- Oily/Acne-Prone Skin: Choose toners with salicylic acid, tea tree oil, or witch hazel.
- Sensitive Skin: Opt for calming ingredients like centella asiatica or chamomile.
- Dull Skin: Exfoliating toners with AHAs, BHAs, or vitamin C work well.
- Ageing Skin: Toners with antioxidants like vitamin C or niacinamide provide anti-ageing benefits.