



15+ Best Facial Toners for Every Skin Type Review

If you've ever had the sneaking suspicion that something is missing from your skin care routine, you may find what you're looking for with skin toners. These multi-application products can make a significant impact on skin health for almost all skin types, so they're definitely worthy of your consideration. Here's what you'll need to know.

What Are Skin Toners?

We can sum up skin toners with just a single phrase. According to Cosmetic Dermatologist Dr. Paul Jarrod Frank, Founder of [PFRANKMD](#), the term “toner” applies broadly to “lotions that are used after cleansing.”

That's about as straightforward a definition as they come, but to get to closer to the heart of what toners are all about, we've got to take a look at some of the most common ingredients they contain.

Common Ingredients in Skin Toners



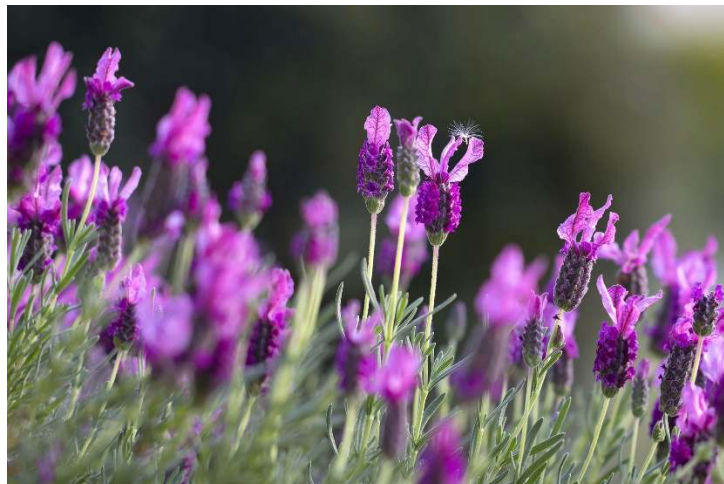
1. Witch Hazel and Alcohol

We'll start with **witch hazel and alcohol**. While not necessarily contained in all the toners you'll find on the market, they play a big role in the ones that decide to include them. They're astringents, which means they help constrict body tissue.

This quality can come in handy in reducing the appearance of pores. You might already know that your pores can expand to release impurities. When clogged with too much dirt and oil, they become much more noticeable, detracting from your normally amazing looks. While it doesn't actually shrink your pores, astringent helps reduce inflammation and clear away debris to leave you with skin that seems nearly pore-free.

Cleaning the skin and calming your pores serves the dual purpose of protecting your skin in a more general sense. Environmental impurities will have a tougher go of penetrating your skin with your pores in such fantastic shape.

A final note on astringents here. Alcohol can wreak havoc on some skin types, leaving them excessively dry. If you know you're prone to dry skin, you might want to avoid toners with alcohol, and substitute them with a gentler option like Salicylic Acid. If even that's too much, Lipo-Hydroxy Acid provides similar benefits with an even milder touch.



2. Lavender

Astringents aren't the only thing you'll find in skin toners. In one form or another, toners may also contain various extracts. **Lavender** is one of the most popular, and while there are some drawbacks (like the possibility of allergic reactions) the benefits often outweigh the possible risks. In addition to its soothing scent, lavender can help fight acne, heal minor injuries on the skin, prevent wrinkles, and moisturize, reducing the severity of dry skin conditions such as eczema.



3. Acids and Extracts

The various **acids and extracts** contained within many toners help serve other purposes too, such as restoring pH balance to your skin. Skin is generally somewhat acidic, and if you wash your face with alkaline soaps, your pH balance may become disrupted. Your body will try to restore these levels naturally, but adding a toner to your routine can speed the process along significantly.



4. Humectants

Though it wasn't always the case with skin toners (they were once notorious for drying skin out), the additional **humectants** found in many varieties nowadays can actually bind moisture to the skin. Furthermore, toners can leave skin feeling refreshed, and, those containing specific ingredients like **alpha hydroxy acids** and **glycolic acid** can reduce the likelihood of developing ingrown hairs.

Personally, I'm a fan of the toners with natural ingredients that take it easy on sensitive skin. All-in-all, though, skin toners across the gamut have an impressive range of benefits (part of the reason so many can gain from adding them to their daily skin care routine). Let's look at who, exactly, the main audiences for this stuff are.

Who Benefits From Skin Toners?

To again borrow from Dr. Frank, "toners can be used by all skin types and most cater to a specific skin type." In other words, if you have skin, there's likely a toner out there that will help you improve it in some way. You might already be able to guess what these are based upon some of the benefits we covered above.

Almost all will enjoy the cleansing, revitalizing, and refreshing aspects of toner. For those with oily skin, toner's ability to mattify the skin and reduce some of that unsightly sheen is a great boon. For those with dry skin, the presence of moisturizing agents does wonders at preventing flakiness and irritation.

If you're prone to breakouts, you may find toners with lavender a welcome remedy, and if you've been worrying about signs of aging, the antioxidants and phytochemicals contained therein should provide some protection against fine lines and wrinkles caused by the sun and environmental pollutants.

How to Use Skin Toners

Whichever toner you end up adding to your routine, there's a good chance you'll be using it twice daily — once in the morning and once at night.

Thankfully, it's an easy process to master:

1. **Start with a cleaning and a shave** — You'll begin by cleaning your face with lukewarm water (and shaving, if it's part of your day-to-day).
2. **Applying the toner** — Make sure to use a cotton ball or cotton pad to apply your toner. Saturate your applicator of choice, then wipe it across your face and neck (while avoiding your eyes). Be sure not to rinse the toner off, instead letting it dry naturally. Technically, you can stop here, but there's one additional step that will help optimize the effects of the toner.
3. **Don't forget to moisturize** — Toners may have some moisturizers of their own, but get the maximum benefits from these, you'll want to follow up with a bit of your favorite moisturizer.

It's as simple as that. Now that we've explored how toners work and how to use them, let's take a look at some specific options that are worth your attention.