

14 Natural Skin Toners for Oily, Dry, Sensitive and Aging Types

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Skin is the largest organ of the body, and acts as a protective layer against the harsh UV rays of the sun as well as protects from heat, dust, pollution and all types of impurities. But all these impurities take a heavy toll on the skin itself making it dull, rough, excessively oily or dry and susceptible to skin problems like acne, pimples, dark spots, hyper-pigmentation, wrinkles and freckles. It is imperative to take particular care of skin by following a daily skin care regimen that includes proper cleansing, toning and moisturizing in order to maintain overall health of the skin, and keep skin diseases and signs of skin aging at bay. In this article, we are going to discuss the second vital step of skin care – toning. It is one of the indispensable parts of regular skin care, and natural [skin glowing tips](#) are incomplete without the mention of skin toner.



Benefits of Using a Skin Toner after Cleansing

There is a lot of confusion whether it is necessary to use a toner after cleansing the face or is it okay to skip this step completely. Facial toners play an important role in providing a clean facial appearance. But it is not necessary to splurge a fortune in branded toners; a homemade toner is effective enough to provide a youthful and younger appearance to the skin.

Restore pH balance of skin – One of the basic uses of facial toners is balancing and re-establishing the natural pH balance of the skin so that it is less prone to oiliness and infections, giving a smoother and even appearance.

Shrink and tighten Open Pores – Large open pores on face allow more dirt and toxins to enter the skin, thereby causing infections and irritation. Toners tighten and shrink the side of the facial pores allowing fewer toxins and oils to seep into the skin and give a cleaner, fresher and less oily appearance to the skin. It also prevents the breakout of pimples and acne.

Detoxify the Skin – Chemicals present in various makeup products affect the healthy appearance of the skin. Facial toners help to remove these toxins from the skin surface along with the residue left by smoke, smog, and other chemical deposits. It provides a brighter and clearer appearance to the skin and lead to fewer wrinkles.

Reduce Acne – Acne and pimples are painful breakouts that cause inflammation and facial scarring. It can lead to excessive oiliness of the skin. The astringent property of toners removes the oily build-up, dead skin cells and dust from the skin surface in order to prevent future breakouts and lighten the facial blemishes.

Provide Hydration and Nourishment – Facial toners supply moisture and nourishment to the skin cells which is essential to maintain elasticity and smoothness of skin and give it a more youthful appearance. It also works as an effective base for application of cosmetics.



14 Natural Skin Toners for All Skin Types

It is very much possible to prepare your own natural facial toner as per your skin type using the ingredients available in your kitchen and pantry without spending money on expensive beauty products.

White Vinegar and Water Toner

White vinegar is an extremely popular kitchen ingredient that can be used as a natural skin toner for sensitive skin which is prone to rashes, inflammation, infections and allergies. White vinegar contains 5 to 8% acetic acid, and it is usually distilled from malt vinegar. It is also used as an

effective [DIY natural hair conditioner](#) for smooth and silky hair. It works as a mild astringent to reduce excess oil and sebum from the skin surface and shrink the open pores to provide a smooth and supple appearance of the skin. The powerful antimicrobial properties of white vinegar help to eradicate acne-causing bacteria and prevent acne and pimple breakouts.



Mix equal quantity of water and white vinegar and wipe your face with this mixture 2 to 3 times a day in order to remove excess oil, dirt, impurities and sebum from your skin and tone the open pores.

Camphor and Rose Water Toner

Natural skin care tips for oily skin must include skin toner because it tones the open skin pores and reduces the secretion of sebum and oil from the skin. Camphor is an amazing natural ingredient that has been used for decades for skin and hair care. It is one of the potential [homemade acne treatments](#) that show prompt results. It also soothes skin itching, irritation, redness, skin infections and allergies. Rose water possesses amazing anti-inflammatory, anti-bacterial and hydrating properties that are suitable for all skin types.



Add a pinch of natural camphor in a bottle of rose water and shake it well. Use this mixture as a facial toner and wipe your face with it 3 to 4 times a day to reduce excessive oil and sebum, reduce open pores and cool and sooth the skin during hot summer.

Lemon Juice Toner

The list of best natural skin care products for healthy skin is incomplete without the inclusion of lemon juice. It is a wonderful skin toner for oily skin, and the citric acid present in lemon also helps in lightening [skin tan](#). Lemon juice is loaded with skin-friendly vitamins that help to lighten age spots, scars, skin disorders, and hyperpigmentation. The natural antibacterial properties of lemon juice help to cure acne and pimple, which is more prevalent in the case of oily skin. It is a natural exfoliant that gently peels the top layer of the dead skin cells to provide a smooth and even complexion.



Squeeze the juice of a lemon and apply it on the face directly. Wait for 10 minutes and wash off with water. If your skin is too sensitive, you can dilute the lemon juice with some water.

Alum and Glycerine Toner

Alum is popularly used for soothing irritated skin after shaving, and it is other wonderful uses as well. The combination of alum and glycerin is not only one of the best natural skin toners but also the ultimate solution to the problem of [how to get rid of dry skin on your feet](#) naturally. Alum is has been used for centuries to treat various types of skin problems, and it is available in the form of powder as well as blocks. Alum is beneficial for smoothing wrinkles and fine lines, acne and pimples, and it also helps in removing excessive hair for women. Glycerine is an organic compound made from carbon, oxygen and hydrogen that is highly viscous, water-soluble and non-toxic. It hydrates the skin from within thanks to its humectant properties and also works as an amazing anti-aging solution.



Mix $\frac{1}{3}$ rd spoon of powdered alum in 100 gm of glycerine, mix them together to prepare a natural toner for dry skin and store it in the fridge. Take some of the toner on a cotton ball and use it to wipe your clean skin 2 to 3 times a day.

Chamomile Tea Toner

Chamomile tea toner is one of the best skin toners for dry and damaged skin that provides deep nourishment to the skin. It is also one of the potential [home remedies for dark circles and bags](#) around eyes. Chamomile is a herb that refers to different daisy-like plants which are members of the Asteraceae family. Chamomile has been used for ages in traditional medicine for centuries for addressing various types of skin disorders. It is chiefly useful for the treatment of dry skin because it moisturizes and cleans dry skin from inside, soothes skin irritation and sunburn and functions as an excellent natural skin bleach that lightens the complexion.\



Boil 100 ml of water in a pot and steep one chamomile tea bag in the water for 5 minutes. Apply this tea on the face and neck, let it soak into the skin pores for 20 minutes and then wash the face and neck with normal water. Repeat it once daily.

Milk, Honey and Egg Toner

What better way to even out wrinkles and hydrate coarse and rough skin while toning it than with the combination of milk, honey, and egg whites? While milk supplies nourishment and essential nutrients to the aging skin, the humectant properties of honey traps moisture in the skin to give it a smooth and youthful appearance. Egg white smooths and even out wrinkles, creases and fine lines – the main visible signs of skin aging. It also supplies high-quality protein to the skin which is the main building block of tissues. Milk is also used in [homemade hair treatments for dry damaged hair](#).



Take 1 tablespoon of milk, 1 teaspoon of honey and 1 egg white in a glass bowl and mix all the ingredients well. Brush on the mixture evenly on the face and leave it to dry for 15 minutes. Wash our face with cold water to get back the youthful glow.

Mint Toner

Mint is an extremely popular and refreshing herb that is widely used in foods, beverages as home remedies all around the world. The uses of [mint oil for hair](#) and skin are well known. This herb is loaded with menthol and anti-bacterial properties that make it the best natural toner for oily skin and a common ingredient in cleansers, astringents, and moisturizers. It cleans the skin pores intensely and also shrinks their size to give an even, smooth and younger appearance to the skin.

The juice of mint leaves is the ultimate solution to the question of how to reduce oily skin naturally. It minimizes the oiliness of the skin and helps to keep it oil-free and spotless at all times. The high concentration of salicylic acid in mint makes it the ideal remedy for acne and pimples. It also has the potential to unclog the skin pores resulting in fewer pimples.



Wash 2 handfuls of mint leaves and boil it with 2 cups of water. Add 1/2 teaspoon to alum to the water after it is boiled. Strain this liquid and let it cool down. Store this mint toner in the refrigerator for regular use. Just trickle 3 to 4 drops of the toner on a cotton ball and wipe your face with it 2 to 3 times a day.

Aloe Vera Toner

Aloe Vera is by far the best natural skin care ingredient that can provide effective relief for various skin conditions such as excessive dry skin, severe acne, and aging skin. It is also used as a potent [natural remedy for scalp psoriasis](#) because it possesses amazing moisturizing properties that work as good as skin care creams. Application of pure aloe vera gel on the face as a toner helps to diminish and smooth out the wrinkles, fine lines and spots associated with aging. It also helps to restore the elasticity of the skin that is lost with aging. This is because aloe vera contains vitamin C and E, both of which are known to increase the generation of collagen in the skin which aids to improve firmness and suppleness of skin.

Cut the leaf of an aloe vera plant and squeeze out the gel from the leaf. Apply it straight to the face and neck in a consistent way. Wait for 20 minutes and then wash off with water to get youthful and glowing skin naturally.



Tomato Toner

When it comes to natural skin care for sensitive skin, there is no other ingredient like ripe red and juicy tomatoes. It is an amazing natural skin toner that tightens the skin and shrinks the open pores and cures skin irritation, itching and rashes at the same time. Daily application of tomato juice on the face also helps to get rid of [black heads on nose](#). Tomatoes contain vitamins A, C and K that enhances the overall health of the skin, and it can be used to remove dead skin cells from the skin surface to reveal clear and radiant skin. It works as an effective astringent that keeps away unwanted shine and oil from the forehead and nose.



Cut a fresh tomato into two halves and strain the juice from it by squeezing it hard, add 1 tablespoon of cucumber juice to it and mix thoroughly. Dip a cotton ball in the mixture and wipe your face with it 2 times a day to reduce excessive oiliness, acne, and open pores.

Cucumber and Curd Toner

Cucumber has an amazing cooling effect on the skin and helps soothe and hydrate the skin during the scorching summer. It is an amazing toner for oily skin that deep cleanses the skin pores and

removes excess sebum and dirt from the skin surface. It also creates a perfect moisture and oil balance so that the skin is neither too dry nor too oily. Raw cucumber is also a wonderful solution to the problem of [how to reduce hip fat](#) and cellulite on hips and thighs. The astringent properties of cucumber soak away excess oil and sebum from the skin pores, shrinks them and lightens sunburn. It also helps to improve complexion and rejuvenate the skin. The lactic acid in curd also works as a natural bleach and skin whitener.



Peel and grate 1 fresh cucumber and keep aside. Beat 2 to 3 tablespoons of unflavored sour curd and add the cucumber to the curd. Mix profoundly and apply to face and neck. Wait for 10 minutes and rinse with lukewarm water.

Green Tea Toner

The benefits of [green tea for weightloss](#) are well known, but this antioxidant rich tea has amazing skin benefits as well. The antioxidants present in green tea helps in maintaining all round healthy skin and reduce the appearance of the noticeable signs of aging as wrinkles, fine lines, age spots, and freckles. It locks the moisture in the skin in order to prevent dryness and roughness of skin and also soaks away excess oil from the skin surface so that you can get rid of that embarrassing shine. It is the ultimate anti-aging skin toner that is loaded with polyphenols that destroy free radicals and neutralize the damage caused by oxidative stress.



Boil 1 cup of water in a pot and steep 1 to 2 green tea bags in the boiling water for 10 minutes. Let the water cool down completely and store it in an empty spray bottle. Spritz it on your face every morning and evening to lock the youthfulness of your skin.

Neem Toner

What better way to protect pimple and acne prone skin and reduce the chances of skin infections, rashes, and allergies than with the medicinal benefits of neem leaves? Neem leaves not only helps to heal cracked skin but also moisturizes dry skin and helps to maintain skin cell structure. It helps to relieve irritations and inflammatory skin conditions such as eczema. The powerful antiseptic and antimicrobial properties of neem make it the perfect remedy to [cure ring worm](#).



Wash a handful of neem leaves and add them to 1 cup of boiling water, boil the leaves and water while keeping the, covered. Now, remove the container from the heat and let it cool completely. Strain the liquid and stock in a container in the refrigerator. Apply the neem toner on face 2 times a day to keep your skin germ and bacteria free.

Apple and Honey Toner

The humectant properties of honey make it the perfect moisturizer for excessive dry and flaky skin. The application of [honey on chapped lips](#) is a time-tested remedy that has been used for ages to soothe dry lips during dry winter months. Apple has special perks for aging skin thanks to its high vitamin c content. Vitamin C speeds up cell regeneration process of the skin and reduces the appearance of wrinkles, fine lines and sagging skin. It also helps in strengthening hair and nails. The combination of apple and honey is the ultimate toner for aging skin.



Cut a medium sized apple into small pieces and blend them evenly in a blender. Add 1 tablespoon of honey to it and mix thoroughly. Apply the toner generously on face and neck and wait for 10 minutes and then rinse completely. Apply this toner every day in order to get glowing, clear and younger skin.

Apple Cider Vinegar Toner

Apple cider vinegar is a readily available multipurpose ingredient that is used for addressing a wide range of hair and skin problems. Apple cider vinegar helps to restore and balance the natural pH of the skin and enhance the overall complexion. It evens out the skin tone, lightens sun tan and age spots, removes dead skin cells and shrinks the size of skin pores. Above all, apple cider vinegar toner is simple to make, and it can be stored for future use as well.



Mix 2 tablespoons of apple cider vinegar with 4 tablespoons of distilled water. Combine it and store in a bottle. Soak a cotton ball in the mixture and wipe your face with it 2 times a day.

So, now that you are aware of 14 different natural facial toners as per different skin types; get ready to include them in your daily skin care routine and flaunt fresh and youthful skin every day.

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