

Skin Tonics – It’s Best to Bother

Tonics, toners and astringents, oh my! Confused about which is what? You’re not alone. But don’t worry. What they’re called isn’t as important as what skin care problem they address.

There are a variety of products on the market today that fall into the tonic, toner and astringent category. The ones that people most often try are those that are marketed as oil-eliminating products; they often contain a lot of alcohol and leave the skin feeling dry.

Treat Skin Problems You Actually Have

Oil-elimination is an important skin care practice for certain skin types, but a root issue for everyone. Many people confuse the cause of acne and other skin issues as being directly related to oily skin. They end up causing damage by removing natural oils their skin needs to stay healthy and not treating the actual problem.

The best thing you can do for your skin is to find out exactly what type of skin you have. Talk with a professional who can help you understand what causes your specific skin problems and what the best ways are to address them. You don’t want to do more damage when you’re trying to repair what’s already happened.

Once you know what causes your skin problems, you’ll have a good idea of what to look for in products to treat them. Tonics, toners, and mists can do much more than just eliminate oil!

The Right Tonic For Your Needs

For our products, we like the term Tonics. First, in fitting with how we designed our products; the term denotes a curative, remedy-oriented product. We have a variety, such as:

- **Chiara Tonic:** Exfoliating Oil Control Solution

This tonic was developed to assist in controlling oil and bacteria. It gently exfoliates to improve look and tone of skin.

- **Chiara Tonic II:** Super Exfoliating Oil Control Solution

Bikini bumps begone! That’s right, tonics aren’t only for your face. Chiara Tonic II is a great decongestant for problematic body skin. It’s also the most effective solution for ingrown hairs around the bikini line that result from waxing and shaving and areas where men typically shave. It smells like cherries and is power-packed with salicylic and glycolic acid for quick results.

- **Damage Control Tonic:** Environmental Aging Prevention & Management Solution

This tonic is a therapeutic cocktail of active antioxidants and L-lactic acid. It refines and balances the skin and it’s perfect for mature skin or people who suffer from “city skin” (skin damaged by urban environments and city lifestyles, i.e. sun, smog, stress, city grime, poor eating habits, alcohol intake, lack of sleep, sharing make-up products/applicators and other on-the-go, quick-fix habits).

- **Simmer Down Tonic:** Calming & Soothing Solution

This therapeutic tonic is designed to calm overly sensitive skin while infusing moisture. It has Willow herb Extract, a botanical alternative to cortisone, which has anti-inflammatory properties.

Using Tonics Effectively

Using tonics allow serums and moisturizers to better penetrate into your skin, nearly twice as much. Pores provide a penetration channel from the epidermis towards the dermis and tonics soften pores to allow this to happen.

Step-by-step

1. Splash your face with water.
2. Use an appropriate cleansing wash. BellaPelle Skin Care offers a variety of choices for all types of skin. Some favorites include our Simmer Down Wash for sensitive skin and the Lighten Up Bar for skin brightening and pore cleansing.
3. Rinse with lukewarm water.
4. Pat the skin dry with a soft towel.
5. Spritz or use a saturated cotton ball to evenly apply the appropriate tonic to your skin.
6. Immediately apply the appropriate serum or moisturizer to your skin while it is still wet from the tonic.
7. Allow your skin to absorb the serum or moisturizer until it no longer feels wet. Then apply your favorite sun protection!

