



DIY Face Toner with Rice Water

- ¼ cup Rice water*
- 1-2 tsp Aloe Vera gel
- 5-10 drops Lavender oil
- Carrier oil optional (If you have very dry skin, you can add 1 tablespoon of any natural oil such as jojoba, olive, avocado & coconut oil)

*Rice water recipe in notes.

1. Once you have your rice water ready, you can make this face toner in under 5 minutes!

2. All you have to do is add the aloe vera gel and lavender oil to the rice water (as well as carrier oil if using).

3. Stir thoroughly until everything is dissolved.

4. You can pour your toner into a dropper bottle, spray bottle or any other glass bottle. Later, you can apply it with cotton balls or simply by spraying a small amount onto your clean face. Shake the bottle before use. Keep the rice water toner in the fridge between uses. It will last up to 10 days.

Use this simple DIY face toner every day or just spritz a bit of it on your face every time you feel it needs some extra hydration. The use of rice water helps to brighten the skins, tightens enlarged pore and fades acne marks, aging spots and other skin imperfections. Lavender oil is a must-have for its calming & relaxing properties, helping soothe skin irritations. Lavender also helps promote healthy, clear skin.

NOTES:

How to make Rice water

- 3 tbsp Organic Rice
- ¼ cup water

To make rice water, soak the rice in the water for 2 hours, then strain. Once you have collected the water store in the fridge for up to 10days.