




Cicco. Body Care

*Honoring Your Microbiome
and Mother Nature*



Daily Facial Regimens and Applying Toner

The daily regimen you choose for yourself is entirely based on how much time you have to dedicate, your willingness to keep up with it and of course the products available to you. Applying a toner is, (in an ideal world), the second step of four in a complete morning and nighttime care regimen. After cleansing, toner is applied so that valuable nutrients can be maximally absorbed and nourish your skin through additional steps in your regimen. They hydrate, refresh and assist in rebalancing skin's flora after disrupting it with a cleanser. Not only do toners reduce sebum production, support the integrity of capillary blood vessels and gently astringe the skin but they also remove any traces of makeup left after washing/cleansing. Applying toner to clean, damp skin in the morning upon rising and at night before bed is seen as a pre-moisturizer in your daily regimen.

-  Never allow water to mix into your toner bottle as this provides a breeding ground for bacteria that we don't want! Likewise, never allow contact with unclean applicators.
-  Do not "scrub" or "rub" toners into skin. Apply gently in a circular motion over cheeks, then straight back and forth over chin and forehead. Allow to air dry.
-  To prolong the life of your toner, keep it out of direct sunlight and in a cool, dry place. You may also choose to keep it in the refrigerator while not in use.

"Your Body Is Your Temple.
Keep It Pure And Clean For The Soul To Reside In"
- B. K. S. IYENGAR