

TONERS & MISTS— DO YOU REALLY NEED ONE?

You've cleansed, now what?

The step between cleansing and treatment is your best opportunity to prep, refresh, and support your skin barrier. This is where toners and mists come in. Used well, they're not just extras—they're helpers.

Toners have come a long way since the alcohol-laden, pore-tightening versions we used in the 90s. These days, the toner or mist, is a modern skin prep step that can hydrate, balance, or calm—depending on what your skin needs. But do you really need one?

The Modern Role of a Toner

Think of toner or mist as your skin's "reset" button after cleansing. It helps:

- Rebalance the skin's pH after water and cleanser
- Rehydrate skin post-cleanse to prep for serums/moisturisers
- Deliver targeted ingredients like calming botanicals, hydration boosters, or gentle exfoliants
- Enhance absorption of what comes next in your routine

Toners are not just for oily skin—or for swiping away leftover makeup. Today's formulas are smart, gentle, and purposeful.



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How (and When) to Use a Toner / Mist in Your Routine

1. Cleanse first — Double cleanse if wearing makeup or SPF.
2. Apply the toner/mist immediately (within ~30 seconds) to slightly damp skin.
3. Follow with your active serums (vitamin C, peptides, etc.).
4. Finish with moisturiser + SPF in the morning.
5. Re-mist during the day as needed, especially in dry environments or after sun exposure.

Pro Tips for Incorporation

1. Always apply while skin is still damp
2. Your toner is like the water before you seal with richer creams—lock it in.
3. Choose based on your skin needs that day
4. Don't over-saturate
5. A few mists are enough—don't drench your skin so that it stays damp too long.
6. Midday refresh is optional—but useful. Ok to use over makeup.
7. Keep one in your handbag or on your desk to refresh throughout the day—especially in summer or when working in air-conditioning.
8. After being outside or in reverse cycles (air conditioning), a light mist can reset hydration.
9. Follow with your treatment + moisture steps
10. Toner/mist doesn't replace serum or moisturiser—it complements them.



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Choosing the Right Toner for You

We stock a curated range of Dermalogica toners and mists to suit every skin type and concern:

UltraCalming Mist

- For sensitive, red, or reactive skin
- Instantly soothes and calms irritation
- Hero ingredients: Oat, Ginger, Aloe, Cucumber

Antioxidant Hydramist

- For ageing, dehydrated, or tired skin
- A peptide-rich mist that firms and revitalises
- Hero ingredients: Vitamin C, Bamboo, Pea Extract

Hyaluronic Ceramide Mist

- For dehydrated or barrier-compromised skin
- Delivers long-lasting hydration and strengthens the barrier
- Hero ingredients: Hyaluronic Acid, Ceramides, Rose Water

Multi-Active Toner

- For all skin types
- Refreshes, hydrates and evens out skin porosity
- Hero ingredients: Aloe, Arnica, Lavender, Balm Mint

Micro-Pore Mist

- For oily, breakout-prone, or congested skin
- Helps reduce excess oil and refine pore appearance
- Hero ingredients: Niacinamide, Witch Hazel, Green Tea, Wild Rose

