

Bonita Botanicals

Beauty and Wellness from the Inside and Out

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Bonita Botanicals Beauty & Wellness

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The Importance of using a Facial Toner

Everyone has their own skin care ritual, not to say what you're doing is right or wrong but does it really benefit your skin?

Many of us don't use a skin toner after cleansing our skin because we really don't pay attention to what's left behind. Did you know washing your skin doesn't necessarily remove all the dirt and grime and the remnants left behind can cause more damage than you think?

Just think, you wash your face at night before retiring to bed but deep below the surface the dirt sits there building up to group with tomorrow's daily grime. So you awake in the morning and again begin with a refreshing wash, exfoliation and end with a nurturing moisture and SPF but did you really remove the extra dirt that's sitting down deep?

This is why you should always follow a good skin cleansing with a Toner. Toners will remove the extra odds and ends deep below the dermis. Sure, a mask will draw out impurities but your skin can't take the drying effects of a daily mask and this is where Toners can become your new daily friend. Toners deliver extra nutrients to bring balance back to your skin after you cleanse.

Have you thought of the mineral deposits your tap water leaves behind to dull and dry your skin? Unless you're the small percentage of people using a filter to bathe, you're skin is lathered in mineral deposits and traces of other pollutants left behind. This is just another reason to use a good skin toner that will restore the normal ph levels to your skin; and Bonita Botanicals has the item to counteract what ails you...***Refreshing Orange and Cucumber Toner.***

We've dedicated ourselves to seeking ingredients that restore, invigorate and show-off that healthy glow we all hunt for. **continued on Page 2**

Bonita's 5-minute Pick-Me-Up

We tend to focus all of our attention on how to stay ahead of the curve forgetting about the soothing effects of ambiance and color balance.

Indulge in the things that make you happy and watch the positive effects it will have on your body.

Wear colors that motivate you to be at your best throughout the day. Buy colorful flowers that make you smile. Light a fragrant candle that sweeps throughout your rooms and invites and invigorates your soul.

Remember, your mind-set can also show through your skin, revealing your stress or happiness. In 2009 take hold of everything positive and pamper your body with peripheral affirmations.

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Winterize Your Skin!

The bitter air can suck all the moisture from every inch of your body creating a dry chapped and itchy environment but that doesn't mean you can't prevent and/or heal.

Many of us will procrastinate until the very end of the season then hurry to rectify that parched skin. But here's a quick tip; the longer you wait you prepare your body for spring, the more difficult the process of pumping vitality back into the cracks.

So what's a girl to do? Choose the right moisturizer to create a barrier against any harsh weather and don't forget to exfoliate.

Honey Pear Sugar Polish to eliminate dead skin cells followed by the intense moisture of Rain Body Butter will nourish and protect your delicate skin from being dried out.

Things to Watch for:

Itchy scaly skin is your body's way of alerting you that it needs more protection.

Dry flakes or cracks on the surface of your skin are a sure sign that you need a better barrier that provides more moisture.

Why wait for Spring to get here to perform double duty of repairs to your skin? Protect it now and it will thank you later!

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- Bladderwrack Extract - soothes irritated or inflamed skin rich in minerals.
- Carrot Root Extract - is high in non-animal based Vitamin A and carotenes.
- Panthenol - improves and increases the moisture retention capacity of the skin.
- Sunflower Seed Oil - is rich in Vitamin A & E and helps condition and moisturize
- Orange Oil - encourages moisture retention while Jasmine Oil and Cucumber Extract provide soothing and healing properties.

For oily skin types, a toner is just what you need to remove that extra layer of oil hidden below. It can also combat the return of that hint of oil shimmer by lunchtime.

For Dry skin types, a toner delivers extra vitamins and botanicals needed to stabilize your skin type and distributes those nutrients in areas that are needed most.

So don't forsake a good skin toner thinking it's not really needed. This is a necessary step to keep your skin balanced and beautiful.

This Month's Spotlight highlights January's favorite product

ORANGE & CUCUMBER TONER

Infused with antioxidant Grape Skin and Organic Algae Extract to moisturize and revitalize your skin. It's recommended as part of a daily skin care program for all skin types. Tap water/hard water leaves mineral deposits on the skin, which can cause skin to feel tight, dry and flaky. This often causes clients to believe their skin is drier than it in fact is; as a result, they may over moisturize which can cause congestion and even sagging. This skin toner removes this mineral residue and prepares skin for the proper protective treatment.

Delivers nutrients to stabilize your skin's PH balance and provide another barrier against environmental pollutants.