

# Bay Leaf Toner

Pick a handful of bay leaves (or dried)  
Add a mug of spring water to a saucepan  
Add 10 bay leaves  
Bring to heat, then simmer for 10 minutes.  
Remove from heat and let cool  
Pour the water into a glass bottle & discard the leaves.  
Keep in the fridge (keeps for 5 days)

## Benefits

Reduces wrinkles and fine lines  
Brightens skin tone  
Tightens pores  
Natural astringent properties help tighten skin  
Full of antioxidants to protect against damage  
and promote a radiant complexion.



@sexagenarian