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17 Dermatologist-Recommended Toners for Sensitive Skin

By: MAYA ALLEN | 3.22.18

All the beauty gurus out there blessed with sensitive skin, I'm right there with you. I'm still dealing with unsightly dark spots from using strong alcohol-based toners with other harsh ingredients that left my face itchy, inflamed, and stressed out. *Not cute.* I wouldn't wish that on anyone. So, to save ourselves from future skin agony, we should be cautious about the toners in our beauty arsenal.

Since there's a bit of confusion surrounding what toner actually does and whether it's a crucial step in your skincare routine, let's get the latter out of the way first. Yes, it certainly is. Now onto the product search. When specifically looking for gentle toners for your skin, which could be acne-prone or oil-prone, look for soothing ingredients that'll balance out your skin's pH level, like rose water, jojoba oil, and other vitamins.

To help, though, we tapped top dermatologists from around the globe to share their all-time favorite toners for sensitive skin. In short, you can trust the below have reputation your skin won't be mad at.

14 / 17



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Jurlique Rosewater Balancing Mist \$35

"Jurlique Rosewater Balancing Mist is the perfect for sensitive dry skin types," explains ethnic skincare expert **William Kwan**, MD. "It contains rose water, which is one of my favorite natural moisturizers; aloe vera; and marshmallow root to hydrate the skin without irritation."

15 / 17



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La Roche Posay Effaclar Toner \$24

"La Roche Posay Effaclar Toner is perfect for my patients who are often sensitive but oily and possibly acne-prone," explains Kwan. "This contains salicylic acid, which can mildly exfoliate and help with discoloration and congestion on oily skin. This does contain alcohol, so be cautious if it feels too drying."

16 / 17



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Paula's Choice Skin Recovery Enriched Calming Toner \$21

"Paula's Choice Skin Recovery Enriched Calming Toner is another toner that's great for dry and sensitive skin," explains Kwan. "It contains antioxidants and niacinamide to help with fine lines and wrinkles. It can also help even out skin color on different skin tones."

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