

- Prep Time: 10 minutes
- Infusion & Cooling Time: 30 minutes
- Total Time: 40 minutes
- Difficulty / Intensity: Low (Beginner Friendly)
- Yield: Approximately 8 fl oz (240 mL)
- Shelf Life: 2 weeks (Refrigerated)

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Ingredients

- 1 medium fresh beetroot (peeled and finely grated)
- 1 tbsp whole dried cloves
- 1/2 cup pure organic rose water (or distilled water)
- 1/2 cup witch hazel (alcohol-free)
- 1 tbsp hydrolyzed collagen powder (unflavored, bovine or marine)
- 1/2 tsp vegetable glycerin (optional, for added hydration)
- 4-5 drops tea tree essential oil or lavender essential oil (optional)

Required Equipment

- Small stainless steel saucepan
- Fine-mesh strainer or cheesecloth
- Glass measuring cup

- Funnel
- 8 oz sterilized dark glass spray bottle or pump bottle

Step-by-Step Instructions

Step 1: Prepare the Botanical Base

1. Wash, peel, and finely grate the fresh beetroot.
2. In a small stainless steel saucepan, combine the grated beetroot, whole cloves, and rose water (or distilled water).

Step 2: Gentle Simmer & Infusion

1. Place the saucepan over medium-low heat. Bring the mixture to a gentle, low simmer. Do not let it boil vigorously, as excess heat can degrade delicate antioxidants and floral hydraulics.
2. Allow the mixture to simmer gently for 8 to 10 minutes until the liquid turns a deep, rich crimson and the aromatic clove fragrance is released.
3. Remove the pan from heat, cover with a lid, and allow it to steep and cool completely to room temperature (about 20 minutes).

Step 3: Strain the Liquid

1. Place a fine-mesh strainer lined with cheesecloth over a clean glass measuring cup.
2. Pour the steeped mixture through the strainer, pressing down gently on the beetroot solids with the back of a spoon to extract every drop of vibrant botanical liquid.
3. Discard or compost the remaining solids.

Step 4: Blend Active Ingredients

1. Slowly sprinkle the hydrolyzed collagen powder into the warm-to-cool liquid, whisking continuously until the powder dissolves completely with no clumping.
2. Stir in the alcohol-free witch hazel and vegetable glycerin (if using).
3. If adding essential oils, drop them in now and stir thoroughly to distribute.

Step 5: Bottle and Store

1. Using a clean funnel, carefully pour the finished toner into your sterilized dark glass bottle.
2. Secure the cap tightly and shake vigorously for 10 seconds to ensure uniform blending.

3. Label the bottle with the batch date and store it in your refrigerator.

How to Apply

1. Cleanse: Wash your face thoroughly with a gentle cleanser and pat dry with a towel.
2. Shake: Give the toner bottle a light shake before each use to redistribute the active ingredients.
3. Application Methods:
 - Spray: Close your eyes and spritz 3-4 bursts directly across your face, neck, and chest. Gently tap into skin with clean fingertips.
 - Cotton Pad: Saturate a soft cotton pad or reusable bamboo round with toner and sweep smoothly over your skin in upward motions.
4. Follow Up: Allow the toner to absorb for 60 seconds before applying your preferred serum, moisturizer, or face oil to lock in hydration.
5. Frequency: Use morning and night after cleansing.

Usage Guidelines & Skin Compatibility

Skin Type	Compatibility	Usage Recommendation
Normal / Combination	Excellent	Suitable for daily use, morning and evening.
Oily / Acne-Prone	High	Clove and witch hazel help balance sebum and calm active breakouts.
Dry	Moderate	Add the optional vegetable glycerin to maximize moisture retention.
Sensitive	Patch Test First	Perform a 24-hour patch test on the inner arm due to the active nature of cloves.