



TONER MITT: HOW + WHEN TO USE IT



WHAT IT IS

A pre-moistened, full-body toner mitt designed to cleanse, tone, and prep skin anytime you need a quick reset. It removes surface residue without exfoliation.

Use the mitt any time skin needs a quick reset especially when something on the surface could get in the way of comfort or performance.

WHAT IT DOES

Sweeps away sweat, residue, SPF, makeup, post-tan bronzer, environmental buildup

Balances skin pH for better treatment absorption

Leaves skin refreshed, clean, and prepped for WellFit sessions, tanning, or daily skincare

Ideal for travel or on-the-go freshening

BEST TIMES TO USE THE TONER MITT

BEFORE A WELLFIT SESSION

Creates a clean, balanced surface so our treatments perform at their highest level. Removes anything that could interfere with even application.

BEFORE A WORKOUT

If you apply heavy SPF, makeup, or products in the morning, using the mitt before gym time helps remove buildup that might occlude pores during exercise.

AFTER A WORKOUT

Perfect for sweaty skin when you can't shower immediately. Wipes away sweat and impurities, helping prevent congestion and keeping skin clear.

BEFORE A SUNBED SESSION

- Ensures skin is clean and free of deodorant, lotions, or residue
- Helps prevent product buildup from blocking UV exposure
- Ideal for quick refresh when you can't shower first

WHEN YOUR SPRAY TAN IS OVER (TAN REMOVAL)

- Helps remove remaining bronzer and old tan buildup
- Smooths out uneven fade or patchiness
- Great for stubborn areas like neck, hands, elbows, and ankles
- Ideal prep before applying a new spray tan or starting a fresh skincare cycle

DAILY OR ON THE GO REFRESH

- After commuting or travel
- Midday "reset" for sticky or oily skin
- When you want to freshen up without showering

POST-SHOWER, PRE-SKINCARE

Use as the first step in your full-body skincare routine to prep for moisturizer or body serums.

AFTER OUTDOOR ACTIVITIES

- Ensures skin is clean and free of deodorant, lotions, or residue
- Helps prevent product buildup from blocking UV exposure
- Ideal for quick refresh when you can't shower first

BEFORE BED ON NON-SHOWER NIGHTS

Quick cleanse/toning pass when you don't wash your whole body but want clean skin before sleep.

RED LIGHT THERAPY

Before: Residue such as makeup, SPF, oils, or sweat can scatter light, decreasing penetration. A clean surface = more consistent exposure.

CRYOTHERAPY

Before: Skin must be clean and completely dry. A toner mitt helps remove lotions or oils that can feel uncomfortable in extreme cold or create a slick surface.

SAUNA/INFRARED SAUNA

Before: Removing makeup, SPF, and oils helps prevent pore occlusion during heating and sweating.
After: Sauna increases sweat + salt excretion. If someone is not showering immediately, a toner mitt is a practical hygienic reset.

COLD PLUNGE

Before: Removing lotions or oils can improve safety (slip-reduction) and personal hygiene.

MASSAGE/BODYWORK

Before: Removes deodorant, sweat, fragrance, SPF all things that interfere with oils and lotions.
After: Massage oils often leave residue. If someone doesn't want a full shower, the mitt can be used for a partial cleanse.