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Acne Calming Gel Spot Treatment: A Natural Solution for Acne-Prone Skin

Acne Calming Gel Spot Treatment is a natural remedy to help reduce inflammation, redness, and bacteria on acne-prone skin. This gentle treatment can be applied directly to blemishes to soothe and heal them naturally.

What This Recipe is Good For

This recipe is especially beneficial for:

- Reducing redness and inflammation associated with acne.
- Soothing irritated skin.
- Helping to minimize acne breakouts without harsh chemicals.

Shopping List

Essential Oils:

- [Tea Tree Essential Oil \(10 ml\)](#)

Base Ingredients:



- [Aloe Vera Gel \(1 cup, 240 ml\)](#)
- [Witch Hazel \(1/2 cup, 120 ml\)](#)
- [Vitamin E Oil \(1 tablespoon, 15 ml\)](#)

Tools Needed:

- Small Mixing Bowl – Found in the kitchenware section. Price: \$5
- Spoon or Stirring Stick – Found in the kitchenware section. Price: \$2
- Small Funnel – Found in the kitchenware section. Price: \$3
- Reusable 1 oz (30 ml) Dropper Bottles (10 pieces) – Found in the travel or beauty aisle. Price: \$12

Total Estimated Cost: \$51

Step-by-Step Instructions

Step 1: Setting Up Your Workspace

1. **Gather all ingredients and tools** on a clean, flat surface like a kitchen counter or table.
2. **Wash your hands** to ensure cleanliness while handling the ingredients.

Step 2: Mixing the Ingredients

1. **Take the small mixing bowl** and place it on your workspace. This is where you'll mix the ingredients.
2. **Measure 1 cup (240 ml) of aloe vera gel** using a measuring cup and pour it into the bowl.
3. **Measure 1/2 cup (120 ml) of witch hazel** and add it to the aloe vera gel.
4. **Add 1 tablespoon (15 ml) of vitamin E oil** into the mixture.
5. **Add 20 drops of tea tree essential oil** into the mixture for its antibacterial properties.

See also [Energize Your Mornings: DIY Energizing Morning Body Wash Recipe](#)

Step 3: Mixing and Storing

1. **Use the spoon or stirring stick** to gently mix all the ingredients until they are well combined. Stir slowly to avoid any air bubbles.
2. **Use the small funnel** to pour the mixture into the dropper bottles. Make sure not to



overfill them.

Step 4: Usage Instructions

1. **Wash your face with a gentle cleanser** and pat it dry.
2. **Use the dropper to apply a small amount** of the gel spot treatment directly onto the acne spots.
3. **Gently rub in the gel** using your fingertips in a circular motion until fully absorbed.
4. Use the treatment twice daily, in the morning and before bed, for best results.

Tips and Precautions

- **Test the product on a small skin area** before applying more broadly to ensure no allergic reaction occurs.
- **Store the dropper bottles** in a cool, dry place away from direct sunlight.

Variations and Options

- You can add a few drops of lavender oil for additional calming properties.
- Try using a pump bottle if you prefer a different application method.

Conclusion

The Acne Calming Gel Spot Treatment is an excellent natural solution for those dealing with acne. Its soothing and healing properties make it a perfect choice for clear and healthy skin.