

Yes, this is a homemade face spray with **carrot juice, aloe vera, Vitamin E, and Geogard ECT** can offer some benefits for acne-prone skin, although it's not a complete treatment. Let's break down how each ingredient can help:

## 1. Aloe Vera:

- **Benefits:** Aloe vera has ***anti-inflammatory*** and ***antibacterial*** properties, which can help reduce redness, swelling, and irritation associated with acne. It also hydrates without clogging pores, making it great for oily or acne-prone skin.

## 2. Carrot Juice:

- **Benefits:** Carrot juice is rich in ***beta-carotene (Vitamin A)***, which helps with skin cell turnover and can assist in ***clearing acne***. Vitamin A is also known for reducing inflammation and helping with acne scars.

## 3. Vitamin E:

- **Benefits:** Vitamin E is an antioxidant that helps protect the skin from ***free radical damage***, and it can support the ***skin's healing*** process. However, for acne-prone skin, it's best to use in small amounts, as too much oil might clog pores in some cases.

## 4. Essential Oils (Optional):

- If you add **tea tree oil**, which is known for its ***antibacterial*** and ***anti-inflammatory*** properties, it can be very effective in reducing acne breakouts.
- **Lavender oil** can also help soothe irritated skin and reduce the likelihood of new acne forming.

Why **Geogard ECT** is beneficial in this particular spray:

1. **Extends Shelf Life:** Geogard ECT helps keep the spray fresh for 3-4 weeks when stored properly, compared to only 5-7 days without it. This makes it more convenient

for regular use.

2. **Broad Spectrum Protection:** It provides protection against a wide range of microorganisms, ensuring that your homemade skincare product remains safe to use, especially since water-based products are prone to contamination.
3. **Eco-Friendly and Mild:** Geogard ECT is a natural, eco-certified preservative that is gentle on the skin, making it suitable for sensitive or acne-prone skin. Its natural composition aligns well with the other natural ingredients in your spray.

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## How it Affects Acne:

- Aloe vera and carrot juice are both gentle on acne-prone skin, helping to reduce inflammation, heal acne scars, and provide moisture without causing breakouts.
- Adding a small amount of \*essential oils\* like tea tree can make the spray even more effective against acne-causing bacteria.

## Things to Consider:

- **Patch Test First:** Some people may react to Vitamin E or essential oils, especially if used in large quantities. Always do a patch test to ensure your skin tolerates the ingredients well.
- **Mild Formula:** This spray is supportive but may not fully treat severe acne. For more serious acne, consider combining it with a targeted acne treatment.

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## Benefits:

1. Hydration Without Clogging Pores
2. Reduces Acne and Inflammation
3. Healing and Soothing
4. Antioxidant Protection

5. Prevents Bacterial Growth in Product
  6. Brightens and Evens Skin Tone
  7. Refreshes and Soothes Skin
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**Here's a step-by-step guide for preparing your homemade face spray with carrot juice, aloe vera, Vitamin E, Geogard ECT, and optional essential oils for acne-prone skin:**

### **Ingredients:**

- Aloe Vera Gel – 2 tablespoons (fresh or store-bought)
- Fresh Carrot Juice – 1 tablespoon
- Vitamin E Oil – 2-3 drops (from a capsule is ideal)
- Geogard ECT (preservative) – 0.6 ml for 100 ml of spray
- Distilled Water – 2 tablespoons
- Essential Oils (optional, tea tree or lavender) – 2-3 drops each
- Spray Bottle – 50-100 ml, sterilized

### **Instructions:**

#### ***Step 1: Prepare Fresh Carrot Juice***

Peel and wash a small carrot.

Blend or juice it until smooth.

If using a blender, strain the juice through a cheesecloth or fine mesh to remove any pulp.

Measure 1 tablespoon of the juice.

#### ***Step 2: Prepare Aloe Vera Gel***

If using fresh aloe vera, extract the gel from a leaf and blend until smooth.

Measure 2 tablespoons of the gel. Use store-bought gel only if it's pure and additive-free.

#### ***Step 3: Mix Aloe Vera and Carrot Juice***

In a clean bowl, mix 2 tablespoons of aloe vera gel with 1 tablespoon of carrot juice. Stir gently.

#### ***Step 4: Add Vitamin E Oil***

Pierce a Vitamin E capsule and squeeze out 2-3 drops into the mixture. Stir until well combined.

#### ***Step 5: Add Geogard ECT Preservative***

Measure 0.6 ml of Geogard ECT (for 100 ml of spray) and add to the mixture. Stir thoroughly to ensure it's fully incorporated.

#### ***Step 6: Optional – Add Essential Oils***

If desired, add 2-3 drops of tea tree oil (for antibacterial properties) or lavender oil (for soothing effects).

Stir well to blend the oils into the mixture.

#### ***Step 7: Dilute with Distilled Water***

Add 2 tablespoons of distilled water to dilute the formula and make it easier to spray.

Stir again to mix everything evenly.

#### ***Step 8: Transfer to Spray Bottle***

Using a small funnel, transfer the mixture into a sterilized spray bottle.

Make sure the bottle is tightly sealed.

#### ***Step 9: Shake Well***

Shake the bottle thoroughly before each use, especially to mix the oils and Vitamin E with the rest of the ingredients.

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## **Usage:**

Patch test before full use: Spray a small amount on your wrist or jawline, and wait for 24 hours to ensure no adverse reactions.

If no irritation occurs, spray on clean, dry skin, focusing on acne-prone areas.

Use morning and evening or whenever your skin needs a refresh.

### ***Storage:***

Store in a cool, dark place (like a refrigerator) to preserve freshness.

With Geogard ECT, the spray lasts 3-4 weeks. Without it, use within 5-7 days.

### ***Notes:***

- Adjust the amount of Vitamin E or omit it if you experience irritation.
  - Essential oils are optional but useful for acne-fighting benefits.
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### ***Cost Breakdown (in ₹):***

1. **Aloe Vera Gel (2 tablespoons = ~30 ml)**
  - For best results, use fresh, homegrown aloe vera gel if possible.
2. **Carrot (1 tablespoon fresh juice)**
  - A single carrot costs around ₹10–₹15, and you'll use only a small part for 1 tablespoon of juice.
  - Cost for 1 tablespoon of juice: Approximately ₹2–₹3
3. **Vitamin E Oil (2-3 drops)**
  - A pack of Vitamin E capsules (30–60 capsules) costs around ₹100–₹200.
  - Cost for 1 capsule (2-3 drops): Approximately ₹3–₹5
4. **Geogard ECT (0.6 ml for 100 ml spray)**
  - Geogard ECT costs around ₹500–₹700 for a 30 ml bottle.
  - Cost for 0.6 ml: Approximately ₹10–₹14
5. **Distilled Water (2 tablespoons = ~30 ml)**
  - A liter of distilled water costs around ₹20–₹30.
  - Cost for 30 ml: Approximately ₹0.60–₹1
6. **Essential Oils (optional, 2–3 drops each)**
  - Tea tree oil costs around ₹200–₹300 for a 10 ml bottle, and lavender oil costs around ₹250–₹350 for a 10 ml bottle.
  - Cost for 2-3 drops of each: Approximately ₹5–₹10 (if using both).
7. **Spray Bottle (50–100 ml)**
  - Spray bottles can be bought for around ₹30–₹80 depending on the material (plastic, glass).
  - Cost for the spray bottle: Approximately ₹50

### ***Total Cost (approximate):***

*If you use all the ingredients (including both essential oils), the total cost would be approximately:*

- **Without Essential Oils:** ₹66–₹73
- **With Essential Oils:** ₹71–₹83

*This is an estimate based on a single batch for a 100 ml spray bottle.*

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***Enjoy the soothing, hydrating effects of your homemade face spray!***