

From: Auntie@

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Subject: Don't worry!



Have you ever heard the story of the ugly duckling? The bird that was unhappy because it thought it was so ugly? But it grew up into a beautiful **(1) horse/dragon/swan**. Well, the same will happen with you. Your acne will not last forever. One day it will **(2) melt/disappear/come back**.

It's hard to be **(3) patient/cool/angry**, I know. You can't cure acne, but you can **(4) mend/fix/treat** it. You can buy special creams to help, but there are other things you can do too.

Look after your health in the weeks before your party. Drink lots of water and eat a healthy **(5) meal/diet/food**. Take plenty of **(6) exercise/energy/activity** and always have a shower afterwards. Keep your skin clean and don't squeeze your **(7) eyes/spots/fingers**. Above all, get plenty of **(8) sleep/food/drink** because your body needs rest.