Fill in the blanks with words you hear from the audio. You should not write more than 3 words for each of the blanks.

You shouldn't have to suffer to look good. Certain beauty treatments are _____ and might actually cause you _____ . Stay safe and avoid these beauty trends and _____ that experts warn against.

	Home microneedling to boost collagen growth

Microneedling involves puncturing the skin with tiny needles in an effort to generate new collagen. On TikTok, at-home microneedling trend grew in 2020 and is already experiencing five times more engagement in 2021 but experts say it's _____ to do at home. While some studies have shown that _____ microneedling can improve skin suppleness and lessen wrinkles, it needs to be done in a really clean, safe setting so that you don't get an _____ which can lead to scarring.

	Ordering Botox online and attempting it at home

There are hundreds of websites that sell an _____ which they claim is Botox. They'll even ship it right to your home. While it might sound tempting, considering the cost of going to the clinic and having it injected by a _____, there is no way for you to know what you're actually injecting .Those without _____ or experience with neurotoxins should also not inject any products into your skin.

	Using glue to remove blackheads

Blackheads are essentially clogged pores that look like brown dots on your face. They're tricky to remove, but thankfully there are plenty of _____ treatments that work. One not to use is glue. There's been a recent trend of using regular school glue to remove blackheads and other blemishes. Aside from the risk of getting it in your eye, this kind of glue is not made for your face and can leave your skin _____ . Instead, seeing an aesthetician or _____ for _____ and treatment would be the best and safest solution to all your skin problems.

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