

Name: _____

Reading & Vocab



Dear Pat,

First of all, you have to know that many girls your age go through what you are experiencing. Acne and (1) _____ are a passing phase which affects many teenagers. When your (2) _____ settle in a few years, your (3) _____ will improve. Sure you will feel (4) _____ and shy. Worrying about this will make things worse as it adds to your (5) _____.

I have a few home remedies you can try but don't expect immediate (6) _____. Just for now stop using any of the over-the-counter lotions and creams you have bought. Natural home remedies are better because they are free from (7) _____.

Try using fresh coconut water as a face wash. Leave it on your (8) _____ for a few minutes then wash it off thoroughly with clean water. (9) _____ is also a good remedy too, scoop up the gel and mix with a few drops of lemon juices. Apply to the face and rinse it off after 20 mins.

I think with these remedies, your face will feel fresher and (10) _____. Take care and don't get stressed!

smoother

stress

aloe vera

Best,
Aunty

result

complexion

face

chemicals

pimples

embarrassed

hormones

