

Advice seeking letter

Dear Agony Caridee,

I feel so depressed since I found my face has got more and more pimples for over one and a half year and they leave me scars. I've been applying foundation to cover them. I seemingly look better but the situation is getting worse. Moreover, I frequently do facials. I'm not sure if it helps. Another action I could take is to squeeze them. My mother told me not to do so. However, I believe squeezing them can help recovering.

Besides, every time I hang out with my friend, boys focus on her but not me. I'm a bit envious of her perfect skin. Under my observation, my beloved appreciates her beauty, too. How can I gain more attention from the boy?

What am I supposed to do to deal with those pimples? Help me please.

Jasmine

Advice giving letter

Dear Jasmine,

Don't worry! Everyone must pass through this stage of adolescence, including me. I have the same problem when I was in secondary school. Let me offer you advice on tackling the problem.

If I were you, I would leave those pimples alone. Your mother is right. You mustn't squeeze or touch them as they may be infected by bacteria of your hands and results in scars. Even if it looks bad for several days, it won't leave you scars afterwards. Furthermore, applying foundation is also bad for your skin. As Foundation blocks your pores, they can't breathe. There's an analogy between pores and nose. If your nose is stuck, you feel unwell. Therefore, it leads to more problems on your skin.

I recommend drinking more water. It boosts the hydration of your skin. Oils wouldn't be stuck in pores easily and you will have fewer pimples. Why don't you try to do facials by yourself with natural materials like honey? Honey repairs and hydrates your skin. But one thing you should be aware of is to do facials once a week only. Your skin needs rest.

You've also mentioned that the boy you love appreciates your friend. He will soon realize that appearance doesn't last long. You should show him your true personality. True love should not depend on appearance, but inner beauty. I believe you will find a guy that suits you the most.

Appearance doesn't mean everything. It's just a part of a person. Things will only get better. I hope the above advice help! Good luck.

Caridee