

# Asking for advice/ Giving advice

I have bad acne spots on my face. Every time I look at myself in the mirror, I get disgusted and depressed. Please, tell me what I can do to get rid of these spots. **What should I do to look better?**



**If I were you, I wouldn't** worry so much. That's quite normal during adolescence.



You'd **better** avoid fatty food.



**Why don't you** try some natural types of soap?



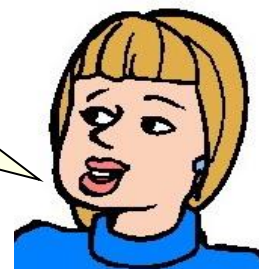
You **should** avoid stress because it can cause skin problems.



My hair is too curly. I've tried several types of shampoo to get straight hair, but in vain. What can I do? **What do you advise me?**



You **ought to** use a heavy conditioner every time you wash your hair.



**Why not** consult a hair therapist? He may give you a treatment suitable to your case.



**I advise you to** use some hair oils. These are available at every pharmacy and at reasonable prices.

