

Skin Analysis Report

Overall Skin Condition Description

Dear 王小美,

Based on your skin test data, your current skin condition shows several areas that need focused care, especially wrinkles, acne, pores, and dark circles. Your self-assessed skin type and sensitivity are “unknown,” but your scores suggest a tendency toward **acne-prone, possibly combination/oily skin with early aging concerns and mild redness**. Overall, your skin has good potential to improve with the right, simple routine focusing on **barrier repair, gentle exfoliation, and brightening**.

Your main **strengths** are:

- **Color uniformity (66)**: Your overall skin tone is relatively even compared with the general population.
- **Smoothness (52)**: Skin texture is around average; there is room for refinement but it's not your worst issue.

Your main **concerns** are:

- **Wrinkles (20)**: Very low score suggests noticeable fine lines or early aging signs (possibly around eyes/forehead).
- **Acne (23) and Pores (30)**: Indicate active or recent breakouts, enlarged pores, and oil-related congestion.
- **Dark circles (34)** and **redness (45)**: Suggest dullness/fatigue around the eye area and a slightly sensitive or easily irritated skin tendency.
- **Spots (40)**: Some uneven pigmentation or post-acne marks starting to show.

Possible factors affecting your skin include:

- **Gender (female)**: Hormonal fluctuations can trigger acne, redness, and enlarged pores, especially around the menstrual cycle.
- **Potential skin type**: The combination of acne + enlarged pores suggests **combination to oily** tendencies, especially in the T-zone.

- **Potential sensitivity:** Your redness score is below average; even if you don't feel "sensitive," your skin may react more easily to strong acids, over-cleansing, or UV exposure.
- **Lifestyle** (general considerations): Irregular sleep, stress, screen time, and insufficient sun protection often worsen dark circles, wrinkles, and pigmentation. Even if you're not sure of your routine, these are common triggers to be aware of.

Skin Attribute Analysis

Skin Indicator	Score	Key Focus & Details
Wrinkle	20	<p>This very low score suggests early aging signs such as fine lines around eyes, forehead, or smile lines. At your life stage, this is often due to dehydration, UV exposure, and facial expressions rather than deep aging. You need gentle anti-aging and barrier support.</p> <p>Recommended ingredients: retinoids (Retinyl Palmitate in A18), peptides (Acetyl Hexapeptide-8), glycerin, panthenol, ceramides, and sunscreen. Avoid over-drying or harsh exfoliants around wrinkle-prone areas.</p>
Acne	23	<p>This indicates frequent or active breakouts, clogged pores, and possible post-acne marks. You likely have acne-prone skin, at least in some areas. Focus on oil control + anti-inflammatory + controlled exfoliation. Recommended ingredients: salicylic acid (BD14 or PR13), niacinamide, soothing agents (allantoin, panthenol, lotus extract), and microbiome-supporting ferments (in R9+). Avoid heavy, comedogenic creams and over-washing.</p>

Skin Indicator	Score	Key Focus & Details
Pore	30	Enlarged or visible pores, often linked with excess sebum and past acne. This is a key concern tied closely to acne. You need ingredients that regulate oil, clean inside pores, and strengthen the surrounding skin structure . Recommended: salicylic acid, niacinamide, glycolic acid (low concentration), and gentle hydration . Long term, barrier repair (panthenol, ceramides) will also help pores look smaller.
Dark Circle	34	This low score suggests visible under-eye darkness , possibly from pigmentation, thin skin, or blood stasis from fatigue/screen time. While no eye-specific product is listed, overall brightening, improved circulation via good sleep, and sun protection will help. Ingredients like niacinamide, tranexamic acid (RV24), and hydrating agents (hyaluronic acid, glycerin) improve overall brightness and indirectly help the eye area. Always keep strong acids away from the immediate eye contour.
Spots	40	You may have post-acne marks, sun spots, or uneven patches forming. This is an early warning sign for pigmentation issues. You'll benefit from brightening and anti-pigmentation care . Recommended ingredients: tranexamic acid (3% in RV24), niacinamide (2% in RV24), salicylic/glycolic acids for gentle turnover, and strict daily sunscreen use . These help both existing spots and prevention of new ones.

Skin Indicator	Score	Key Focus & Details
Redness	45	Slightly below average, indicating mild sensitivity or reactive skin (flushing, redness around nose/cheeks, or after using strong products). Even if you don't feel "sensitive," your skin barrier needs care. Focus on soothing, non-irritating routines and avoid overusing exfoliants. Recommended: panthenol (H20, R9+), allantoin, lotus extract, ferments (R9+), and avoiding fragrant or harsh scrubs . Introduce actives slowly and always combine with hydration.
Smoothness	52	Around average. You might feel some roughness, tiny bumps, or textural irregularities , but it's not your worst area. Consistent gentle exfoliation + good hydration will refine texture. Ingredients: salicylic acid (for clogged pores), glycolic acid (surface smoothing in BD14), humectants (glycerin, hyaluronic acid), and panthenol . Avoid aggressive physical scrubs that can worsen redness.
Color Uniformity	66	This is your best-performing indicator . Your overall skin tone is relatively even compared to peers, though you still have local issues like spots or dark circles. Maintain this by preventing new pigmentation : regular sunscreen, antioxidant and brightening ingredients like niacinamide and tranexamic acid (RV24) , plus gentle care to avoid inflammation (acne and redness can cause future uneven tone).

Note: A score of 100 indicates perfect skin quality; a score of 60 indicates average.

Personalized Recommendations

Based on your skin concerns, these products are listed by priority. For best results, use the full routine.

1. Ultra Blemish Defense Serum BD14 (Primary Choice for Acne + Pores + Texture)

Why it suits you:

Your scores for **acne (23)** and **pores (30)** are among the worst, and smoothness is only average. BD14 directly targets **acne, clogged pores, and rough texture**, while also helping with **post-acne marks and uneven tone**. The 1.5% salicylic acid is effective for your level of concern, but must be introduced gradually because your redness score suggests some sensitivity.

Key ingredients & benefits:

- **Salicylic Acid 1.5%**: Oil-soluble BHA that penetrates pores, dissolves sebum plugs and blackheads, prevents new acne formation, and refines pores.
- **Glycolic Acid 0.5%**: AHA that gently exfoliates the surface, improving **smoothness and color uniformity**.
- **Niacinamide**: Helps **control oil, reduce inflammation, brighten post-acne marks**, and support the skin barrier.
- **Allantoin, fish mint extract (Houttuynia)**: Soothing, anti-inflammatory support to counter irritation.

2. Ultra Youth Activating Serum A18 (Primary Choice for Wrinkles + Early Aging)

Why it suits you:

Your **wrinkle score (20)** is the lowest, showing clear need for anti-aging and barrier repair. A18 focuses on **fine lines, elasticity, and overall skin quality**, which is essential at your stage to prevent deeper wrinkles later.

Key ingredients & benefits:

- **Retinyl Palmitate 0.5% (Vitamin A derivative)**: Promotes **cell turnover and collagen production**, improving fine lines, texture, and early wrinkles while being milder than pure retinol.
- **Acetyl Hexapeptide-8 (hexapeptides)**: Targets **dynamic lines** (from facial expressions), softening their appearance.
- **Babassu Oil Glycereth-8 Esters 7% + Glycerin 5% + Hydrogenated Polyisobutene**: Provide **emollience and hydration**, improving skin plumpness and comfort.

- **Dipotassium Glycyrrhizate, Allantoin**: Soothing, help with mild redness and barrier support.

A18 also mixes well with R9+ (see routine) for extra repair if your skin feels sensitive or over-exfoliated.

3. Ultra Renovating Serum RV24 (Brightening & Spot Control)

Why it suits you:

With **spots (40)** and dark circles (34), you already show **pigmentation and dullness**. RV24 is ideal to **fade spots, prevent new pigmentation, and improve overall brightness**, while adding hydration that your skin needs alongside exfoliating products.

Key ingredients & benefits:

- **Tranexamic Acid 3%**: Powerful anti-pigmentation ingredient that **inhibits melanin production**, helping to fade dark spots and post-inflammatory hyperpigmentation from acne.
 - **Niacinamide 2%**: Brightens, improves uneven tone, supports the barrier, and has mild anti-inflammatory benefits—useful for both acne marks and redness.
 - **Sodium Hyaluronate 0.2% + Glycerin + Propanediol**: Hydrate and plump skin, supporting smoothness and reducing the appearance of fine lines.
 - **Ceramide 3 + Chamomile Extract + Polyquaternium-51**: Help **strengthen the skin barrier and soothe**, which is important because you're using exfoliating acids.
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Personalized Skincare Routine & Lifestyle Guidance

Morning Routine

1. Gentle Cleanse

- Use a mild, non-stripping cleanser with lukewarm water.
- Avoid foaming cleansers that leave a “squeaky” feeling; that often worsens redness and oil rebound.

2. Treatment Serum - Brightening & Barrier (RV24 focus)

- Apply **Ultra Renovating Serum RV24** in the morning for spot and tone control.
- If you also have **R9+**: mix **2 parts RV24 with 1 part R9+** in your palm, apply evenly to face and neck.
- Avoid direct contact with the eye contour; use what's left on your fingers gently around the orbital bone only.

3. Moisturizer

- Choose a **lightweight, non-comedogenic** cream or gel, especially if your T-zone is oily.
- Focus on areas that feel dry or tight, but don't skip your oily areas—they still need hydration.

4. Sunscreen (very important with acids and brightening ingredients)

- Use a **broad-spectrum SPF 30-50** every morning, even on cloudy days.
- Apply a generous amount on face, neck, and exposed areas, 15-20 minutes before going outside.
- Reapply every 2-3 hours if you're outdoors or near windows. This is crucial to:
 - Prevent **new wrinkles**
 - Stop **spots** from darkening
 - Protect skin that's more vulnerable due to **salicylic/glycolic acid and retinoids**

Night Routine

1. Gentle Cleanse

- Remove sunscreen and makeup thoroughly but gently.
- Double cleansing (oil/balm, then a mild cleanser) can be used if you wear heavy makeup, but avoid harsh rubbing.

2. Alternate Night Treatments

To avoid over-irritation, **don't apply all active serums every night at the same time.**

Plan example:

- **3 nights per week - Acne & Pores Focus (BD14 Nights)**
 - After cleansing, apply **Ultra Blemish Defense Serum BD14** on the whole face or mainly on acne-prone areas (T-zone, chin).
 - Start **every other night** as recommended, and watch for stinging, dryness, or increased redness.
 - Avoid eye area and corners of nose.
 - Follow with a simple moisturizer after it absorbs.
- **2-3 nights per week - Anti-Aging Focus (A18 Nights)**
 - After cleansing, apply **Ultra Youth Activating Serum A18** over the entire face, avoiding direct eye area at first.
 - If you have R9+: mix **2 parts A18 with 1 part R9+** to make the retinyl palmitate more comfortable and boost repair.
 - Follow with moisturizer.
- **1-2 nights per week - Recovery & Brightening (RV24 or R9+ focus)**
 - On nights when skin feels a bit sensitive, tight, or red, skip BD14.
 - Use **RV24 mixed with R9+ (2:1)** for gentle brightening + barrier repair.
 - This “recovery night” will help maintain your barrier, reducing risk of irritation.

Adjust the frequency if you feel too dry, red, or stinging—**less is better than overdoing actives**.

3. Moisturizer

- Seal everything with a **non-comedogenic moisturizer**.
- On nights after BD14, choose something more soothing and hydrating.
- If your skin ever feels very dry or tight, use a slightly richer cream on the cheeks and a lighter layer on the T-zone.

Lifestyle Guidance**1. Hydration Habits**

- Aim for around **1.5-2 liters of water per day**, adjusting for activity level and climate.

- Drink in **small amounts throughout the day** rather than a lot at once; this supports circulation and helps reduce dullness and dark circles.
- Use the **Skin Beauty Pal App's Hydration Reminder**:
 - It calculates your ideal water intake based on **gender, weight, environment, and cup size**,
 - Sends **regular reminders** so you don't forget to drink water consistently.

2. Sun Protection & Environment

- Limit direct sun exposure between **10:00-16:00** when UV is strongest.
- Use physical barriers: **hats, sunglasses, umbrellas**, especially important because you're using **salicylic acid, glycolic acid, and retinyl palmitate**, which make skin more vulnerable to UV-induced damage.
- The **Skin Beauty Pal App's UV Protection Alert** can:
 - Check **UV index** in your area,
 - Combine it with your **skin tone, sunscreen SPF, and outdoor activity level**,
 - **Remind you when to reapply sunscreen**, helping prevent further wrinkles, spots, and redness.

3. Sleep & Daily Routine

- Try to keep a **regular sleep schedule**, ideally sleeping before **23:00-00:00**, since skin repair peaks at night.
- Aim for **7-8 hours of quality sleep** to help reduce dark circles, inflammation, and early wrinkles.
- Reduce **screen time** before bed; blue light and eye strain can worsen under-eye darkness and fatigue.
- Manage stress (light exercise, stretching, breathing exercises), as stress hormones can trigger acne and redness.

If you'd like more precise adjustments—for example, exact frequency of each serum based on how your skin reacts, or help choosing a specific cleanser and sunscreen type—you can book a consultation with a dermatologist directly through the **Skin Beauty Pal** platform. A professional can also confirm your exact skin type and sensitivity level for even more tailored care.

Important Notice: This report is intended for informational purposes only and is not a substitute for professional medical diagnosis, treatment, or advice.

For any concerns or urgent medical issues, please consult your doctor immediately.

Report edited by:

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