

Skin Analysis Report

Overall Skin Condition Description

Dear 王小美,

Overall skin health

From your test, your skin currently shows **more concerns with acne, pores, wrinkles/fine lines, redness, spots, and dark circles**, while **overall color uniformity and smoothness are closer to average**. Since your self-assessed skin type and sensitivity are “unknown,” your results suggest you may have **tendency toward acne-prone / combination skin with a relatively fragile barrier** (because of acne + redness + pores together).

Main strengths and concerns

- **Strengths**

- **Color Uniformity (66)**: Your overall tone is relatively even compared with the general population, which is a good foundation for radiance.
- **Smoothness (52)**: Slightly below average but not severely compromised; texture is not the worst issue and can be improved with hydration and gentle routine.

- **Key concerns**

- **Wrinkles (20, very low)**: Indicates early fine lines or reduced elasticity relative to your age group. This often links to dehydration, UV exposure, and lifestyle.
- **Acne (23) & Pores (30)**: Strong tendency for breakouts, congestion, and enlarged pores, suggesting excess sebum, clogged pores, or inflammation.
- **Dark Circles (34)**: Under-eye tiredness and dullness are noticeable.
- **Redness (45)**: Mild to moderate redness; this often signals **hidden sensitivity**, even if you don't feel clearly “sensitive.”
- **Spots (40)**: Some hyperpigmentation or post-acne marks that may persist.

Possible influencing factors

- **Gender**: As a woman, hormonal fluctuations (menstrual cycle, stress, lack of sleep) can exacerbate acne, redness, and dark circles.
- **Potential skin type**: Acne + visible pores + some redness often indicates **combination to oily, acne-prone skin** with **impaired barrier**.
- **Hidden sensitivity**: Your redness score suggests your skin may react more easily to irritants, strong acids, or harsh routines, even if you don't notice obvious stinging yet.
- **Lifestyle** (likely contributors):
 - Irregular sleep or late nights → worsens **wrinkles, dark circles, and acne**.
 - Inconsistent sun protection → worsens **wrinkles, spots, redness, and uneven tone**.
 - Stress, high-sugar diet, or heavy makeup → worsens **acne and enlarged pores**.

With targeted care that **controls acne and repairs the skin barrier while adding gentle brightening and anti-aging**, you can significantly improve both clarity and smoothness.

Skin Attribute Analysis

Skin Indicator	Score	Key Focus & Details
Wrinkle	20	This very low score suggests your skin is aging faster than average for your age group, with early fine lines or reduced elasticity. Common causes: dehydration, UV exposure, and insufficient barrier protection. You would benefit from retinoid derivatives and peptides (e.g., Retinyl Palmitate, Acetyl Hexapeptide-8 in Ultra Youth Activating Serum A18) plus consistent hydration and daily sunscreen to slow further collagen breakdown.

Skin Indicator	Score	Key Focus & Details
Acne	23	A strong acne tendency: clogged pores, inflammatory breakouts, and post-acne marks are likely. You need oil-control and pore-clearing ingredients such as Salicylic Acid and Niacinamide , along with soothing components (Allantoin, Panthenol). Ultra Blemish Defense Serum BD14 is a focused acne solution to deeply unclog pores and prevent new blemishes, but must be paired with barrier-repairing care.
Pore	30	Enlarged and possibly clogged pores are a clear concern. This often occurs with excess sebum, repeated breakouts, and loss of elasticity. Ingredients like Salicylic Acid help clear the pore lining; Niacinamide helps refine pore appearance over time. Because your acne is also severe, a pore + acne care serum such as BD14 is highly relevant, used carefully and followed with hydration.
Dark Circle	34	Noticeable under-eye darkness and fatigue. Causes can include genetics, thin skin, lack of sleep, screen time, and poor circulation. While no dedicated eye product is listed in your current product set, overall brightening, barrier strengthening, and better sleep can indirectly improve this. Gentle hydration (H2O) and anti-inflammatory ingredients (Panthenol, Bifida Ferment from R9+) support the delicate eye area when used around but not too close to the lash line.
Spots	40	This suggests some hyperpigmentation, post-acne marks, or sun spots . To prevent and fade them, you need melanin-inhibiting and brightening actives . Tranexamic Acid (3%) and Niacinamide (2%) in Ultra Renovating Serum RV24 can help lighten spots and even your tone, especially when combined with strict sun protection.

Skin Indicator	Score	Key Focus & Details
Redness	45	Mild to moderate redness suggests potential sensitivity, barrier damage, or latent inflammation (from acne, environment, or harsh products). Even if you don't think you're "sensitive," your skin likely needs soothing and barrier-repairing care: Panthenol, Allantoin, Bifida Ferment Lysate, Lactobacillus Ferment, and anti-inflammatory plant extracts (found in R9+ and H20). Use exfoliating acids (BD14) gradually to avoid aggravating redness.
Smoothness	52	Your skin texture is slightly rougher than ideal but not severely damaged. This can be due to microcomedones, mild dehydration, or early fine lines. Gentle chemical exfoliation (low-dose Salicylic Acid 1.5% in BD14) plus consistent hydration (Hyaluronic Acid, Glycerin) will help refine texture. Avoid over-exfoliating, which could worsen redness and sensitivity.
Color Uniformity	66	This is your relatively best-performing aspect. Overall, your complexion is more even than average, despite some spots and dark circles. To maintain and further enhance this condition, Niacinamide and Tranexamic Acid (RV24) are effective, along with daily UV protection to prevent new unevenness.

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 (Top Priority)

Why it suits you:

Your **Acne (23)** and **Pores (30)** are major concerns, and they're also driving **spots, redness, and roughness**. BD14 is formulated specifically for **acne-prone, clogged, and enlarged-pore skin**, making it the most urgent product for you.

Key actives & benefits for your skin:

- **Salicylic Acid 1.5%**
 - Deeply cleans inside pores, dissolving sebum plugs and blackheads.
 - Reduces inflammatory acne and helps prevent new breakouts.
- **Glycolic Acid 0.5%**
 - Gently exfoliates the surface, helping **smooth texture and fade post-acne marks**, supporting your **Smoothness (52)** and **Spots (40)**.
- **Niacinamide 0.5%**
 - Helps balance oil, refine pores, and improve tone uniformity.
 - Supports your existing advantage in **Color Uniformity (66)**.
- **Allantoin & botanical extracts**
 - Help soothe and mildly calm irritation, which is important given your **redness (45)**.

Because your redness score indicates possible hidden sensitivity, you should **start BD14 slowly (every other day)** and always follow with hydrating care and daytime sunscreen.

2. Ultra Youth Activating Serum A18

Why it suits you:

Your **Wrinkle score (20)** is very low for your age group, pointing to early aging, dehydration lines, or weakened elasticity. A18 directly targets **fine lines, texture, and firmness** while providing emollient moisture.

Key actives & benefits:

- **Retinyl Palmitate 0.5% (Vitamin A derivative)**
 - Stimulates gentle cell renewal and collagen support.
 - Helps reduce fine lines over time and improve overall skin quality.

- **Dual peptides (including Acetyl Hexapeptide-8)**
 - Help smooth dynamic fine lines and improve skin elasticity.
- **Babassu Oil Glycereth-8 Esters (7%) & Glycerin (5%)**
 - Provide both moisture and nourishment without being overly heavy for most skin types.
 - Support your **smoothness** and help buffer potential irritation from BD14.
- **Dipotassium Glycyrrhizate & Allantoin**
 - Calm irritation and support the barrier, helpful for **redness (45)** and hidden sensitivity.

Used consistently, A18 addresses your **premature wrinkle score** and improves skin resilience, making your skin less reactive and more even.

3. B5 Yeast Extreme Repair Serum R9+

Why it suits you:

Given your **redness, acne, and low wrinkle score**, your skin likely has a **compromised barrier and chronic inflammation**. R9+ is a **core repair and soothing serum** that can be combined with other actives (A18, RV24, H20) and is especially helpful when you're using exfoliating acids like BD14.

Key actives & benefits:

- **Panthenol 5% (Vitamin B5)**
 - Strong barrier repair and humectant effect.
 - Soothes irritation and reduces redness, supporting your **Redness (45)** and helping your skin tolerate BD14 and A18.
- **Bifida Ferment Lysate & Lactobacillus/Soybean Ferment**
 - Support the skin microbiome, enhance resilience, and may help with environmental stress and sensitivity.
- **Kalanchoe Spathulata Extract**
 - Anti-inflammatory and antioxidant, assisting with both **acne-related inflammation** and **early aging**.
- **Humectant base (Butylene Glycol, Propylene Glycol)**
 - Boost hydration, helping with **smoothness and fine lines**.

R9+ works as a **“buffer and healer”**: it makes your overall routine safer and more comfortable, particularly important for your hidden sensitivity and ongoing acne care.

Personalized Skincare Routine & Lifestyle Guidance

Morning Routine

1. Cleanser (gentle, low-foam, non-stripping)

- Use lukewarm water and a mild cleanser to remove overnight oil and sweat without irritating your already-redness-prone skin.
- Avoid harsh scrubs and strong foaming cleansers.

2. Repair + Anti-aging Serum (R9+ mixed with A18)

- In your palm, mix **2 parts Ultra Youth Activating Serum A18 with 1 part B5 Yeast Extreme Repair Serum R9+**.
- Apply gently over face and neck, avoiding direct contact with the eyelids and corners of the eyes.
- This combination:
 - Targets **wrinkles (20)** and texture (A18).
 - Soothes and repairs the barrier (R9+), helping with **redness and sensitivity**.

3. Moisturizer (simple, non-comedogenic)

- Choose a lightweight lotion if your T-zone is oily, or a slightly richer cream if you feel tight.
- This locks in A18 + R9+ and keeps your skin comfortable.

4. Sunscreen (very important, SPF 30+ broad spectrum)

- Apply generously every morning and reapply every 2–3 hours when outdoors.
- This step is essential to:
 - Prevent **wrinkles from worsening**.
 - Stop **spots** and **redness** from becoming more obvious.
 - Protect your exfoliated skin when using BD14 at night.

Night Routine

1. Makeup removal / Cleanser

- If you wear makeup or sunscreen, first use a gentle remover (oil, balm, or micellar) then follow with a mild cleanser.
- Ensure pores are clean to minimize breakouts.

2. Targeted Acne Serum - Ultra Blemish Defense Serum BD14

- Start with **every other night** because of your **redness (45)** and hidden sensitivity.
- After cleansing and gently patting your skin dry, apply a thin layer of BD14 to areas with acne, roughness, or larger pores (T-zone, cheeks with breakouts).
- Avoid the immediate eye area and corners of the nose/mouth.
- Once your skin shows no significant irritation after 1-2 weeks, you may gradually increase usage frequency, but you do not need to use it every night if your skin feels dry or tight.

3. Repair Serum (R9+) - especially on nights with BD14

- After BD14 absorbs (wait ~5-10 minutes), apply **B5 Yeast Extreme Repair Serum R9+** over the whole face.
- It helps:
 - Calm any acid-related irritation.
 - Strengthen the barrier and relieve **redness and sensitivity**.
 - Support recovery from acne-related inflammation.

4. Optional Anti-aging Nights (A18)

- On nights when you **do not** use BD14, you can focus more on **anti-aging**:
 - Mix **2 parts A18 with 1 part R9+** in your palm and apply evenly to face and neck.
- This alternating pattern (BD14 nights vs. A18+R9+ nights) balances **acne control and barrier/anti-aging support**, reducing risk of over-irritation.

5. Moisturizer

- Finish with a moisturizer suitable for your current skin feel. If your face feels a bit dry/tight from BD14, choose a slightly richer cream.

- Avoid heavy, very occlusive products that may clog pores.
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Lifestyle Guidance

1. Hydration habits

- Aim for roughly **1.5-2 liters of water per day**, adjusting based on your body size, activity level, and climate.
- Sip slowly throughout the day instead of drinking a lot at once; this helps overall circulation and may indirectly improve **dark circles and skin plumpness**.
- You can use the **Skin Beauty Pal App's Hydration Reminder**:
 - It calculates your suggested daily water intake considering **gender, weight, environment, and cup size**.
 - It sends **regular reminders**, helping you form a stable hydration habit.

2. Sun protection & environmental factors

- UV exposure is a major driver of **wrinkles, spots, redness, and uneven tone**.
- In addition to sunscreen:
 - Wear hats, sunglasses, and seek shade during peak sun hours.
 - Reapply sunscreen every 2-3 hours when outdoors, especially while using exfoliating acids (BD14) and retinoid derivatives (A18).
- Use the **Skin Beauty Pal App's UV Protection Alert**:
 - It uses the **UV index, your skin tone, sunscreen SPF, and your outdoor activity** to estimate how long your protection lasts.
 - It reminds you **when to reapply** sunscreen, which is crucial now that your skin barrier is being exfoliated and renewed.

3. Sleep and daily routine

- Try to sleep **before 11:00 pm** and get **7-8 hours** of quality sleep. The skin's natural repair peak is roughly between 10 pm and 2 am.
- Poor sleep worsens **dark circles, acne, redness, and fine lines**.
- Reduce long, continuous screen time at night; blue light and eye strain can worsen **under-eye darkness and fatigue**.

- Manage stress with gentle exercise (e.g., walking, yoga) and regular mealtimes; high stress and irregular eating can trigger or worsen **acne and redness**.

If you'd like a more in-depth discussion about possible underlying sensitivity, hormonal influences, or if your acne becomes cystic or painful, please consider **booking a consultation with a dermatologist through the Skin Beauty Pal platform** for tailored medical advice and, if needed, prescription support.

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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