

Skin Analysis Report & Recommendations for Saveri Sheen

Hello, Saveri Sheen! It's wonderful to meet you and assist you in understanding your skin requirements better. Below is a detailed analysis of your skin health, personalized skincare recommendations, and advice to help you achieve a glowing, healthy complexion.

Overall Skin Condition Description

Your Skin's Health Condition

Your skin overall reflects good health with strong performance in multiple areas like smoothness, reduced pores, and color uniformity. These indicators suggest you have less visible uneven texture, minimal pore concerns, and well-maintained tone balance. This highlights that your existing habits and your age (16 years) provide a strong foundation for healthy skin conditions.

Strengths and Areas of Focus

Your Skin Strengths:

- Smoothness (100)**: Excellent texture with no concerns over rough patches or dryness.
- Pores (88)**: Your pores are well-refined, showcasing healthy skin with no enlarged pore issues.
- Color Uniformity (83)** and **Wrinkle (83)**: Your skin tone is even and wrinkle-free, reflecting youthful resilience.

Key Concerns:

- 1. **Acne (54):** Your acne score is moderate; while not severe, it indicates occasional breakouts or pustules may occur. Improved pore-cleansing and exfoliation routines could help manage this.
- 2. **Dark Circles (56):** The presence of mild dark circles around the under-eye area indicates tiredness or thin skin in this area.
- 3. **Spots (72):** While moderate, it highlights potential exposure to pigmentation or minor blemishes, which may worsen without preventative care.

Factors Influencing Your Skin

- 1. **Age:** At 16, your skin naturally has strong regenerative abilities, making it easier to maintain resilience and elasticity.
- 2. **Skin Type (Neutral Skin):** Your overall balance (neither overly oily nor excessively dry) simplifies skincare and product compatibility.
- 3. **Sensitivity (Minor Sensitive):** Slight sensitivity means care needs to be taken in exfoliant and active ingredient use.
- 4. **Lifestyle Factors:** Adequate sleep, a proper hydration routine, and maintaining UV protection are vital for sustaining your skin’s overall health.

Skin Attribute Analysis

Skin Indicator	Score	Key Focus & Details
Acne	54	A moderate score. This indicates skin might occasionally have pimples or blackheads. Ingredients like salicylic acid or niacinamide, which exfoliate and balance oil production, can help control breakouts.
Dark Circles	56	The dark under-eye area may result from late nights, thin under-eye skin, or genetics. Hydration, brightening agents like niacinamide, and a proper sleep routine can address this.

Skin Indicator	Score	Key Focus & Details
Spots	72	Indicates minor pigmentation or blemishes. Ingredients such as tranexamic acid and niacinamide can help lighten pigmentation and prevent future discoloration.
Redness	75	A great score! Minimal redness, but slight sensitivity noted. Ingredients like allantoin can soothe occasional irritation.
Wrinkles	83	Excellent for your age! Skin appears firm and youthful with no visible dynamic or fine lines. Maintain protection with moisturizing and anti-aging ingredients like peptides.
Color Uniformity	83	Skin tone is even and bright. This indicates good melanin balance; maintaining hydration and avoiding harmful exposure to UV is essential to preserve this.
Pores	88	Exceptionally high! Your pores appear refined; no visible enlargement is noted. Proper cleansing and occasional exfoliation will maintain this state.
Smoothness	100	Perfectly smooth skin. No roughness or textural concerns; this indicates hydrated and healthy skin.

Personalized Skincare Recommendations

Product 1: Pore Refining Serum PR13

Why it's suitable for you:

This serum is ideal for addressing your acne score while improving the smoothness and health of your pores. It combines **salicylic acid (0.15%)** to remove dead skin cells and prevent acne, with **niacinamide (2%)**, which improves the skin barrier and reduces post-acne dullness. Allantoin also ensures it is soothing for your mildly sensitive skin.

Key ingredients and benefits:

- **Niacinamide (2%)**: Reduces oil, prevents acne breakouts, and strengthens the barrier.

- **Salicylic Acid (0.15%)**: Exfoliates and unclogs pores.
 - **Allantoin**: Soothes and reduces irritation.
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Product 2: Ultra Hydration Serum H20

Why it's suitable for you:

Your skin smoothness is excellent, but hydration is essential for preserving this quality. This serum replenishes moisture with **sodium hyaluronate (0.5%)** and includes **panthenol** and ceramides to maintain the skin's protective barrier and reduce sensitivity.

Key ingredients and benefits:

- **Sodium Hyaluronate (0.5%)**: Provides instant and deep hydration.
 - **Panthenol (0.5%)**: Restores and soothes minor sensitivity.
 - **AcquaCell™ Hydration Factor**: Boosts moisture retention.
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Product 3: Ultra Renovating Serum RV24

Why it's suitable for you:

To address dark circles and spots, this brightening formula with **3% tranexamic acid** and **2% niacinamide** directly targets pigmentation and dullness. It not only fades existing spots but also prevents new ones from forming.

Key ingredients and benefits:

- **Tranexamic Acid (3%)**: Reduces pigmentation and spot formation.
 - **Niacinamide (2%)**: Brightens and repairs uneven skin tone.
 - **Sodium Hyaluronate**: Adds hydration.
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Personalized Skincare Routine & Lifestyle Advice

Morning Routine

1. **Cleanse**: Use a gentle cleanser suitable for your neutral, mildly sensitive skin.
2. **Tone**: Apply a sensitive-skin-friendly toner to rebalance skin pH.

3. **Treat:** Use **Pore Refining Serum PR13** to manage acne and refine pores. Shake well before use and apply a pea-sized amount.
 4. **Hydrate:** Follow with **Ultra Hydration Serum H20** to lock in moisture.
 5. **Protect:** Use a broad-spectrum sunscreen (minimum SPF 30) to shield your skin from UV damage.
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Evening Routine

1. **Cleanse:** Double cleanse to remove sunscreen and impurities.
 2. **Tone:** Apply a toner to prep your skin.
 3. **Treat (Spot Care):** Apply **Ultra Renovating Serum RV24** to focus on spots and dark circles. Mix 2 parts of RV24 with 1 part of **B5 Repair Essence R9+** for improved results.
 4. **Hydrate:** Use **Ultra Hydration Serum H20** to restore moisture overnight.
 5. **Moisturize:** Seal the hydration with a lightweight moisturizer suitable for your skin type.
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Lifestyle & Skincare Advice

1. Hydration Habits:

Ensure to drink at least **6-8 glasses of water per day**. Stay consistent by leveraging the **Skin Beauty Pal Hydration Reminder** to track your water intake.

2. Sun Protection & Environmental Factors:

Use sunscreen daily, even indoors, as UV rays accelerate pigmentation and wrinkles. Leverage the **UV Protection Alert** feature of Skin Beauty Pal to reapply sunscreen at the right intervals.

3. Sleep Routine:

Aim for at least **8 hours of quality sleep** to minimize dark circles and promote skin repair. A consistent bedtime of around 10 PM allows your skin to optimize its natural repair process.

4. Healthy Lifestyle Tips:

5. Limit junk food and foods high in sugar, which can contribute to acne.
 6. Incorporate fresh fruits, vegetables, and omega-3-rich foods into your diet for glowing skin.
 7. Stay active with moderate physical activity (like Yoga) to boost circulation and give your skin a natural glow.
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Saveri, by following this comprehensive routine and incorporating these recommended products, you' ll be able to tackle your skin concerns effectively while maintaining your skin' s strengths. If you have any further questions or notice skin sensitivity, I' d recommend reaching out to a dermatologist through the **Skin Beauty Pal Platform** for a personalized consultation.

Wishing you healthy and radiant skin!

Report compiled by [Pers Active Lab \(A Skin-Pal Initiative\)](#) in collaboration with leading dermatologist, Dr Surbhi Mahajan.