

# Nuruddin ansari gh's Skin Analysis Report

---

## 1. Overall skin condition summary

### Overall condition

Nuruddin ansari gh, you describe your skin type as **neutral** and **quite sensitive**, which usually means your skin is not overly oily or dry, but it can react more easily to strong ingredients or environmental changes. Overall, your scores show that your main tendency is toward **acne and blemishes**, with some **uneven tone and dark circles**, while your pores and wrinkles are in relatively good condition for your age.

### Main strengths and concerns

Your **wrinkle (94)** and **pore (83)** scores are strong, which fits well with your young age and neutral skin type. Your **smoothness (61)** is slightly above average, meaning your skin texture is okay but can still be refined. The main concerns are **acne (20)**, **redness (30)**, and **dark circles (40)**, plus **color uniformity (51)**. These suggest active breakouts or clogged pores, some irritation/sensitivity, and mild uneven tone.

### Possible influencing factors

Being **male** with **neutral but quite sensitive skin** means your skin may produce enough oil to trigger acne, but your barrier can still be easily irritated by strong acids, harsh cleansers, or over-exfoliation. Lifestyle habits (screen time, sleep pattern, diet, sun exposure) also strongly affect acne, redness, and dark circles at your age. Because your **redness score is low**, there is a clear **sensitivity tendency**, so gentle but effective barrier-supporting care is especially important.

---

## 2. Analysis of each skin dimension

Skin Indicator	Score	Key focus and details
Acne	20	<b>Very low score</b> – this is your top priority. It indicates frequent or active breakouts, clogged pores, or comedones. You need gentle but consistent <b>oil control and exfoliation</b> while protecting your sensitive skin. Helpful ingredient directions: <b>low-dose salicylic acid, niacinamide</b> for oil control and barrier support, and <b>soothing ingredients</b> like allantoin and panthenol to reduce irritation. Avoid harsh scrubs and too many new actives at once.
Redness	30	<b>Low score with sensitivity tendency.</b> This suggests visible redness or irritation, possibly from inflammation related to acne, cleansers that are too strong, or environmental triggers. Focus on <b>barrier repair and calming</b> : look for <b>panthenol, ferments (like Bifida/Lactobacillus), soothing plant extracts</b> , and avoid over-exfoliation or very high acid percentages. A buffering/repair serum can help you tolerate active products better.
Dark Circle	40	<b>Below average.</b> This may reflect late sleep, long screen time, or genetics. Skincare can only help slightly; habits matter more. Focus on <b>hydration and gentle brightening</b> , plus sun protection around the eye area. Ingredients like <b>hydrating humectants (glycerin, hyaluronic acid)</b> and <b>tone-evening ingredients</b> (niacinamide, tranexamic acid) can help the under-eye area look more even and less dull, together with good sleep.

Skin Indicator	Score	Key focus and details
Color uniformity	51	<b>Slightly below average.</b> This suggests mild uneven tone, post-acne marks, or dullness. Since you also have acne and sensitivity, you need <b>gentle brightening</b> rather than very strong acids. Good directions: <b>tranexamic acid</b> for spot prevention and post-acne marks, <b>niacinamide</b> for even tone and antioxidant support, plus <b>hydrating ingredients</b> to keep the barrier strong. Daily sunscreen is essential to prevent marks from darkening.
Smooth	61	<b>Around average, slightly above.</b> Your skin texture is generally okay but can be affected by acne and small bumps. Gentle chemical exfoliation with <b>low-dose salicylic acid</b> and adequate <b>hydration</b> can help maintain a smoother look. Pair exfoliation with <b>barrier-supporting ingredients</b> (panthenol, ceramides, niacinamide) to avoid over-drying, especially with your sensitivity.
Spot	71	<b>Good.</b> You do not have severe dark spots, but early <b>post-inflammatory marks from acne</b> can appear and worsen with sun exposure. Maintain this by using <b>gentle brightening</b> (tranexamic acid, niacinamide) and <b>consistent sunscreen</b> . This will also prevent future hyperpigmentation from acne lesions.
Pore	83	<b>Strong score.</b> Your pores are relatively fine or not very noticeable. To maintain this, manage oil and acne carefully without stripping the skin. Light <b>BHA (salicylic acid)</b> and <b>niacinamide</b> will help keep pores from clogging, but there is no need for very strong pore treatments that could irritate your sensitive skin.

Skin Indicator	Score	Key focus and details
Wrinkle	94	<b>Excellent.</b> This is a major strength and consistent with your age. There is no urgent need for strong anti-aging actives. However, starting gentle <b>hydration and barrier care</b> now, along with <b>daily sun protection</b> , will help you maintain this advantage long-term without needing heavy anti-aging treatments.

Note: Perfect skin is 100 points; around 60 points is average.

---

### 3. Personalized skincare recommendations

Based on your skin concerns, these products are listed in priority order; full use yields the best results.

#### 1. Pore Refining Serum PR13 (B3 + Salicylic Acid Pore Refining Serum)

##### Why it suits you & what it improves

This serum is the best first step for your profile because it directly targets your **lowest scores: Acne (20), Redness (30)**, and also supports **Smoothness (61)** without being too strong for your sensitive skin. It offers **gentle salicylic acid** for acne and blackheads, while niacinamide and soothing ingredients help your barrier and redness.

##### Key ingredients and benefits for you

- **Salicylic Acid 0.15%:** A low, gentle level of BHA to help clear clogged pores, reduce comedones, and calm inflammatory acne over time. This is safer for your “quite sensitive” skin than high salicylic acid levels.
- **Niacinamide 2%:** Helps **control oil**, refine pores, and **strengthen the skin barrier**, which is important given your low redness score and sensitivity tendency. It also supports more even tone over time.
- **Allantoin 0.1%:** Soothing and anti-inflammatory; helps calm irritation and redness that often accompany acne.

- **1,3-Propanediol & Propylene Glycol**: Provide **hydration** so that exfoliation does not overly dry your skin.

Overall, PR13 focuses on **acne reduction, oil balance, and gentle texture refinement**, fitting your main concerns while respecting your sensitivity.

---

## 2. B5 Yeast Extreme Repair Serum R9+ (Barrier Repair & Stabilizing Base)

### Why it suits you & what it improves

With **low Acne, low Redness, and self-assessed sensitivity**, your skin clearly needs strong **barrier support and irritation control**, especially if you use exfoliating products. R9+ is designed exactly for this: it serves as a **repair and stabilizing base** that can be mixed into active serums to reduce irritation while boosting overall skin health. It is especially helpful for your **Redness (30)** and general sensitivity, and indirectly supports acne control by keeping your barrier strong and calm.

### Key ingredients and benefits for you

- **Panthenol 5%**: A high concentration of vitamin B5 that helps **repair the skin barrier**, reduces redness, and provides deep soothing—very important for your sensitive, acne-prone skin.
- **Butylene Glycol 12% & Propylene Glycol 2.715%**: Strong **hydrating humectants**, improving moisture levels so your barrier does not dry out from acne treatments or environmental factors.
- **Bifida Ferment Filtrate & Lactobacillus/Soybean Ferment Extract (0.05% each)**: Fermented ingredients that support **barrier defense and microbiome balance**, which may help reduce sensitivity and reactivity over time.
- **Andrographis/Kalanchoe extract (0.135%)**: **Antioxidant and soothing**, suitable for problem and sensitive skin.

### How to mix and use with another serum

For you, the best pairing is to **mix R9+ with Pore Refining Serum PR13**. This combination will:

- Target **acne and clogged pores** with salicylic acid and niacinamide from PR13
- At the same time **buffer and soothe your skin** with high panthenol and ferments from R9+, reducing the chance of irritation

## Mixing instructions

1. After opening R9+, **pour the entire bottle into the PR13 serum bottle**.
  2. This gives an approximate **serum : R9+ ratio of 2:1**, which is the optimal mixing ratio.
  3. **Shake well** after mixing so that the formulas combine evenly.
  4. Use the mixed serum as your **main treatment step** in both morning and evening routines (details in Section 4).
- 

## 3. Ultra Renovating Serum RV24 (Brightening & Tone Evenness)

### Why it suits you & what it improves

Your **Color uniformity (51)** and **Dark Circle (40)** suggest mild uneven tone and dullness, likely linked to acne marks and lifestyle. RV24 focuses on **even tone, dullness, and spot prevention**, making it a good complement to your acne- and barrier-focused routine. It is also formulated with **hydration and some barrier support**, which is helpful for your sensitive skin.

### Key ingredients and benefits for you

- **Tranexamic Acid 3%**: A powerful yet targeted **brightening ingredient** that helps inhibit melanin production, supporting fading of **post-acne marks** and preventing new discoloration. This directly supports your **color uniformity** and can give a more even skin tone.
- **Niacinamide 2%**: Adds another layer of **tone-evening and barrier repair**, plus antioxidant benefits. It works on dullness, mild spots, and overall skin clarity while stabilizing the skin.
- **Sodium Hyaluronate 0.2% + Glycerin / Propylene Glycol / 1,3-Propanediol**: A combination of humectants to **hydrate the skin deeply**, which is important when you are using any exfoliating or acne-focused product.
- **Allantoin 0.1% and botanical extracts + a tiny amount of Ceramide NP**: Provide **conditioning, soothing, and extra barrier support**.

RV24 will be most useful once your acne is slightly more controlled, helping your skin look **brighter and more even**, and supporting long-term skin health.

---

## 4. Skincare routine and lifestyle suggestions

### Morning Routine

#### 1. Gentle cleanse

- Use a mild, non-stripping facial cleanser with lukewarm water. Avoid harsh scrubs or very hot water to protect your sensitive barrier and reduce redness.

#### 2. Mixed serum (PR13 + R9+)

- After cleansing, use your **pre-mixed PR13 + R9+ bottle**.
- Apply a small amount to the whole face, focusing on areas with acne or rough texture.
- This will **gently clear pores, control oil, and at the same time repair and soothe your skin**.

#### 3. Moisturizer + Sunscreen

- Use a light, non-comedogenic moisturizer suitable for neutral/sensitive skin.
  - Finish with a **broad-spectrum sunscreen** every morning, even on cloudy days. This prevents **acne marks from darkening** and protects your strong wrinkle score.
- 

### Evening Routine

#### 1. Gentle cleanse

- Cleanse after your day (especially if you sweat or have been outdoors). Keep it gentle to avoid stripping your skin, which can worsen both acne and redness.

#### 2. Mixed serum (PR13 + R9+)

- Apply the same **PR13 + R9+ mixed serum** after cleansing.
- At your age and with sensitive skin, this single mixed serum is enough for acne control and barrier repair without overloading your skin with many different actives.

### 3. **Optional: RV24 (Ultra Renovating Serum)**

- If your skin feels comfortable and not irritated, you can **introduce RV24 gradually** in the evening, **2-3 times a week**, on nights when your skin feels calm.
  - Apply RV24 **after the mixed serum has absorbed**, focusing on areas with uneven tone or post-acne marks.
  - Observe your skin: if any redness or stinging increases, reduce how often you use it. Always follow with a simple moisturizer if needed.
- 

## **Lifestyle Suggestions**

### 1. **Diet and hydration**

- Try to limit very oily, very sugary, or heavily processed foods, as they can sometimes worsen acne in some people.
- Aim to drink enough water across the day; consistent hydration supports your skin barrier and may help reduce dullness and dark circles.
- You can use the **Skin Beauty Pal App's hydration reminder** to help you remember to drink water regularly.

### 2. **Sun protection and environment**

- Sun exposure can **worsen redness, make acne marks darker, and lead to uneven tone**. Apply sunscreen every morning and reapply if you stay outdoors for long.
- Seek shade and wear a hat when the sun is strong.
- Air pollution and smoke can also irritate sensitive, acne-prone skin, so cleanse gently but thoroughly at night.
- The **Skin Beauty Pal App's UV reminder** can help you know when UV is high and remind you to protect your skin.

### 3. **Sleep and daily habits**

- Try to keep **regular sleep hours**; staying up late and long screen time can make **dark circles and dullness** worse and may also affect acne.
- Avoid frequently touching or picking at your pimples—that increases redness, scarring risk, and uneven tone.
- Manage stress through relaxing activities, sports, or hobbies; stress can indirectly influence breakouts.



- If your acne or redness becomes much worse, painful, or you feel unsure about your skin, consider using the [Skin Beauty Pal App's doctor consultation/clinic booking](#) to get professional medical advice.

By focusing on **acne control (PR13)**, **barrier repair (R9+)**, and **gentle brightening (RV24)**, along with consistent routines and good habits, you can steadily improve your skin health while protecting your sensitivity.

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:

[PAL](#) and leading dermatologists.