

# Nuruddin ansari gh's Skin Analysis Report

## 1. Overall skin condition summary

### Overall condition

Nuruddin ansari gh, you describe your skin as **neutral** and **quite sensitive**. Your scores show that your main tendencies are **acne/breakouts**, some **uneven tone and dark circles**, while pores, wrinkles, and general smoothness are relatively better controlled for your age.

### Main strengths and concerns

Your strongest areas are **wrinkles (very high score)** and **pores**, which means you currently have good firmness for your age and no major pore enlargement concerns. However, **acne is a clear priority issue**, and you also have **dark circles and some uneven color** that can affect overall brightness. Your **redness score is low**, which suggests a **possible sensitivity tendency** and a skin barrier that needs protection when using active ingredients.

### Possible influencing factors

Being a **13-year-old male** means hormones can strongly influence **oil production and acne**, even if you feel your skin type is neutral. Your **self-assessed sensitivity** together with low redness score suggests your skin may react more easily to strong actives, over-cleansing, or harsh environments. Lifestyle habits such as sleep, screen time, diet, and sun protection will play a big role in how your acne, dark circles, and tone develop over the next few years.

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## 2. Analysis of each skin dimension

Skin Indicator	Score	Key focus and details
Acne	20	<p>This is a <b>low score</b>, meaning acne and breakouts are your main concern. At your age, this is strongly linked to hormones and follicle clogging. Focus on <b>gentle exfoliation and oil control</b> without damaging your barrier. Ingredient directions: low-dose <b>salicylic acid (BHA)</b> to clear pores, <b>niacinamide</b> to balance oil and support the barrier, plus <b>soothing/repair agents</b> like panthenol and allantoin to reduce irritation.</p>
Redness	30	<p>A <b>low redness score</b> suggests the skin easily shows irritation or is prone to sensitivity, even if redness is not always obvious. You need to be careful with high-concentration acids or over-exfoliation. Ingredient directions: <b>barrier-repair and soothing</b> (panthenol, ceramides, microbiome ferments), mild <b>anti-inflammatory</b> botanicals, and avoiding too many strong actives layered at once.</p>
Dark Circle	40	<p>This score indicates <b>visible dark circles</b> around the eyes, which may be related to genetics, thin skin, eye rubbing, lack of sleep, or screen time. While there is no specific eye product listed here, improving <b>overall circulation, hydration, and sleep</b> will help. Ingredient directions: <b>hydrating and brightening</b> actives near the eye area (used carefully) such as <b>niacinamide</b> and <b>tranexamic acid</b>, plus gentle moisturization and strict sun protection.</p>

Skin Indicator	Score	Key focus and details
Color uniformity	51	Slightly below average, meaning your skin tone is <b>somewhat uneven</b> or slightly dull in certain areas. This can be due to past acne marks, mild pigmentation, or uneven redness. Ingredient directions: <b>brightening + anti-spot actives</b> such as <b>tranexamic acid</b> and <b>niacinamide</b> , along with consistent <b>sunscreen</b> use to prevent further unevenness.
Smooth	61	Around average, suggesting your skin texture is <b>generally okay</b> , but small bumps or rough areas may appear, especially around acne-prone zones. Ingredient directions: <b>gentle renewing ingredients</b> (like low-level vitamin A derivatives or mild acids) plus <b>hydrating agents</b> (glycerin, sodium hyaluronate, panthenol) to support a smoother surface.
Spot	71	This is a relatively good score. You may have <b>some marks or spots</b> , possibly from past pimples or mild pigmentation, but not severe. Ingredient directions: to prevent this from worsening, use <b>spot-prevention actives</b> such as <b>tranexamic acid</b> and <b>niacinamide</b> , paired with daily <b>sun protection</b> .
Pore	83	A high score means <b>pores are in good condition</b> with no major enlargement or congestion visible in the analysis, despite your acne score. Keeping pores clear and controlling oil gently will help maintain this strength. Ingredient directions: <b>light BHA (salicylic acid)</b> , <b>niacinamide</b> for oil balance, and <b>non-heavy hydration</b> to avoid clogging.

Skin Indicator	Score	Key focus and details
Wrinkle	94	<p>This is your <b>strongest dimension</b>, showing <b>very good firmness and minimal visible lines</b>, which is expected and excellent at your age. The goal is <b>maintenance</b>, not aggressive anti-aging. Ingredient directions: mild <b>vitamin A derivatives</b> and <b>peptides</b> can be used conservatively later if needed, but your current focus should remain on <b>acne and barrier care</b>, plus sun protection to preserve this advantage.</p>

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

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### 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 and what it improves

For you, this is the best first active serum because it directly targets your **lowest score: Acne (20)** while staying **gentler** for your **quite sensitive** skin and low redness score. The low-dose salicylic acid helps keep pores clear and reduce breakouts, which also helps prevent new spots and uneven tone in the future.

##### Key ingredients and how they help

- **Salicylic Acid 0.15%**: A mild BHA that enters pores, dissolves excess oil, and helps clear blackheads and pimples with less irritation than higher percentages—ideal for a younger, sensitive skin.
- **Niacinamide 2%**: Helps **control oil**, reduce the likelihood of clogged pores, and **strengthen your barrier**, which is important given your sensitivity tendency. It also has a mild **brightening and anti-inflammatory** effect, contributing to better color uniformity over time.

- **Allantoin 0.1%**: Soothing and calming, supports repair when skin is irritated from acne or environmental stress.
- **Hydrating bases (1,3-Propanediol, Propylene Glycol)**: Provide light hydration so the formula doesn't overly dry your skin.

Overall, PR13 focuses on **acne, pores, and oil balance**, while still respecting your sensitive nature.

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## 2. B5 Yeast Extreme Repair Serum R9+ (to be mixed with PR13)

### Why it suits you and what it improves

Your low **Redness (30)** and self-reported **sensitivity** indicate that your **barrier and tolerance** need support, especially when you use any exfoliating or active serum. R9+ is designed exactly for **repair, soothing, and stability**, making it a perfect partner to mix with PR13. Together, they help you treat acne while **reducing the risk of irritation**, which is especially important at your age.

### Key ingredients and how they help

- **Panthenol 5% (Vitamin B5)**: Strong barrier-repair and soothing ingredient; helps reduce redness, stinging, and discomfort when using actives like salicylic acid.
- **Butylene Glycol 12% & Propylene Glycol 2.715%**: Provide deep hydration and help other ingredients penetrate more evenly, improving comfort and resilience.
- **Bifida Ferment Filtrate & Lactobacillus/Soybean Ferment Extract (0.05% each)**: Support the **skin microbiome** and long-term barrier health—useful for sensitive, reactive skin and for skin stressed by acne.
- **Andrographis Paniculata Extract (0.135%)**: Has **antioxidant and soothing** functions, suitable for problem-prone and sensitive skin.

### How to mix with PR13

- After opening R9+, **pour the entire bottle into the PR13 serum bottle**.
- This gives an overall **serum : R9+ ratio of about 2:1**, which is the recommended balance.
- Close the PR13 bottle and **shake well** so the mixture is even.
- Use this **mixed serum** as your daily active step (details in the routine section).

This combination helps you **control acne** (PR13) while **protecting and repairing your barrier** (R9+).

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### 3. Ultra Renovating Serum RV24 (Brightening and Tone-Perfecting)

#### Why it suits you and what it improves

Your **Color uniformity (51)** and **Dark Circle (40)** scores show that mild uneven tone and dullness are secondary concerns, and your **Spot (71)** is good but still worth maintaining. RV24 is designed for **even tone, dullness, and spots**, and it's relatively **barrier-friendly**, making it suitable as a supporting serum if introduced carefully alongside your mixed PR13+R9+.

#### Key ingredients and how they help

- **Tranexamic Acid 3%**: A powerful brightening ingredient that helps **reduce uneven pigmentation**, post-acne marks, and overall dullness by inhibiting melanin formation. This supports better **color uniformity** and helps keep spots under control.
- **Niacinamide 2%**: Supports **even skin tone, barrier repair, and antioxidant defense**. It also helps with mild oil balance and redness, contributing indirectly to calmer, clearer skin.
- **Sodium Hyaluronate 0.2% + Glycerin / Propylene Glycol / 1,3-Propanediol**: Provide **hydration**, helping maintain a smooth, plump look, which can also improve how dark circles and texture appear.
- **Allantoin 0.1% + soothing botanical extracts + Ceramide NP (0.005%)**: Support **barrier function and calming**, valuable for your sensitive tendency.

Use RV24 mainly to address **uneven tone and post-acne marks** while helping keep your skin comfortable and hydrated.

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## 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, which can increase redness and sensitivity.

#### 2. Mixed PR13 + R9+ serum (acne control + repair)

- After cleansing, lightly pat your face dry.
- Shake your **PR13 bottle that already has the full R9+ mixed in.**
- Apply a small amount (about pea-sized total) to your whole face, focusing on acne-prone areas.
- Use once daily in the morning at first; if your skin feels comfortable, you can continue this schedule. If you feel dryness/irritation, reduce to every other morning and keep using a gentle moisturizer.

#### 3. Moisturizer + sunscreen

- Apply a light, non-comedogenic moisturizer suitable for neutral/sensitive skin.
- Finish with a **broad-spectrum sunscreen (SPF appropriate for daily use)** every morning, even on cloudy days. This is crucial to protect your **high wrinkle score** for the future and to prevent **worsening spots and uneven tone**.

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### Evening Routine

#### 1. Gentle cleanse

- Cleanse your face to remove sweat, oil, and sunscreen.
- Again, avoid harsh foaming cleansers or strong scrubs.

## 2. Mixed PR13 + R9+ serum (adjust frequency if needed)

- If your skin tolerated the morning use well and does not feel tight, red, or stingy, you can **use the mixed serum once a day (either morning or night)**.
- For quite sensitive skin at your age, a safe pattern is:
  - Start with **once a day** (either AM or PM).
  - If irritation appears, scale back to **every other day**.
- At night, focus application on areas with **active acne and clogged pores**.

## 3. RV24 (brightening and tone care) - optional, low-frequency start

- On nights when your skin feels calm (no stinging or strong redness), you can introduce **Ultra Renovating Serum RV24**:
  - Use it **on alternate nights** from heavier use of the mixed PR13+R9+, or use mixed serum in the morning and RV24 at night.
  - Apply a thin layer after cleansing (if not using the mixed serum in the same routine).
- Follow with a **gentle moisturizer**.
- Note: Because you are young and sensitive, keep it simple—if your skin feels overwhelmed, **prioritize the mixed PR13+R9+ and pause RV24** until the barrier feels stable.

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## Lifestyle Suggestions

### 1. Diet and hydration

- Aim for a balanced diet with **plenty of vegetables, fruits, and sufficient protein**; try to limit very greasy, sugary, and highly processed foods, which can worsen acne for some people.
- Drink water regularly through the day instead of drinking a lot all at once. You can use the **Skin Beauty Pal App's hydration reminder** to help you remember to drink water at regular intervals.

### 2. Sun protection and environment

- Sun exposure can **darken acne marks, worsen uneven tone and dark circles, and lead to earlier wrinkles** later.

- Use **sunscreen every morning**, and reapply if you are outdoors for long periods.
- Seek shade during strong midday sun and wear hats if possible.
- The **Skin Beauty Pal App's UV reminder** can alert you when UV levels are high so you know when to be extra careful with sun protection.

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

- Try to keep a **regular sleep schedule** and aim for enough hours of rest; poor sleep can make acne, oiliness, and dark circles worse.
- Reduce **late-night screen time**, especially on your phone close to your face; this can disturb sleep and encourage eye rubbing.
- Avoid picking or squeezing pimples, as this increases the risk of **scars and dark marks**, which would lower your spot and color uniformity scores.
- Keep pillowcases, towels, and anything that touches your face **clean**, and avoid strong fragrance products that can irritate sensitive skin.

If at any point your skin becomes very uncomfortable, very red, or you are unsure whether something is normal, consider using the **Skin Beauty Pal App's doctor consultation or clinic booking features** to get professional, in-person guidance.

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.