

# shef's Skin Analysis Report

## 1. Overall skin condition summary

### Overall condition

shef, you describe your skin type as **dry**, and your scores show a **relatively stable structure** with a few clear weak points. Overall, your pores and wrinkles are in good condition, and your skin texture is around average. Your main tendencies are toward **dryness, uneven tone, and some under-eye concern**, with a possible sensitivity tendency.

### Main strengths and concerns

Your **wrinkle (94)** and **pore (83)** scores are strong, suggesting good firmness, minimal fine lines for your age, and no obvious pore problems. However, **acne (20)** and **redness (30)** are low, pointing to **breakouts and possible irritation/sensitivity**. **Dark circle (40)** and **color uniformity (51)** also need attention, indicating **dullness/uneven tone and tired-looking under-eye area**.

### Possible factors affecting your skin

As a **30-year-old woman with dry skin**, your barrier can be more fragile and reactive, especially with exfoliating or strong active ingredients. Dryness often worsens redness and makes acne marks and uneven tone more visible. Lifestyle patterns such as screen time, sleep quality, UV exposure, and hydration likely play a big role in your **dark circles, redness, and dullness**.

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## 2. Analysis of each skin dimension

Skin Indicator	Score	Key focus and details
Acne	20	<p><b>Meaning:</b> This is a low score, indicating a clear tendency to breakouts or residual acne issues even though your skin is dry. Dry-but-acne-prone skin often has a fragile barrier with congestion in certain areas. <b>Focus:</b> Gentle, low-dose exfoliation plus barrier repair, not aggressive stripping.</p> <p><b>Ingredient direction:</b> Mild BHA (salicylic acid at low %), niacinamide for oil/balance and barrier, soothing agents like allantoin, panthenol, and fermented extracts to calm and repair.</p>
Redness	30	<p><b>Meaning:</b> Low redness score suggests <b>easily flushed or irritated skin</b>, pointing toward a <b>sensitivity tendency</b>. Dryness further increases reactivity. <b>Focus:</b> Strengthen the barrier, reduce inflammation, and avoid harsh or overly frequent exfoliation. <b>Ingredient direction:</b> Panthenol, yeast/ferment filtrates (barrier and microbiome support), niacinamide at moderate levels, soothing plant extracts, and hydrating humectants.</p>
Dark Circle	40	<p><b>Meaning:</b> Under-eye area may appear tired, slightly darker or shadowed. Often linked to lifestyle (sleep, screens) plus thin, dry under-eye skin. <b>Focus:</b> Overall brightening and hydration to improve radiance, plus lifestyle adjustments. <b>Ingredient direction:</b> Gentle brightening ingredients (niacinamide, tranexamic acid), hydrating agents like glycerin and sodium hyaluronate, and barrier-supporting components to prevent further dryness.</p>

Skin Indicator	Score	Key focus and details
Color uniformity	51	<p><b>Meaning:</b> Around average; some <b>uneven tone, dullness, or early discoloration</b> (post-acne marks, mild pigmentation). <b>Focus:</b> Regular, gentle brightening and anti-inflammatory care while keeping barrier stable.</p> <p><b>Ingredient direction:</b> Tranexamic acid, niacinamide, mild AHA/BHA used with caution due to your redness, and hydrating ingredients to keep brightening well-tolerated.</p>
Smooth	61	<p><b>Meaning:</b> Slightly above average. Skin texture is generally okay but could be smoother and more refined with better hydration and controlled breakouts. <b>Focus:</b> Maintain and gradually improve smoothness without over-exfoliating your sensitive, dry skin. <b>Ingredient direction:</b> Low-dose acids (BHA, gentle AHA) in moderation, plus humectants (glycerin, hyaluronic acid) and barrier boosters (ceramides, panthenol).</p>
Spot	71	<p><b>Meaning:</b> Better than average but not perfect; some spots or post-inflammatory marks may be present. <b>Focus:</b> Prevent new marks by controlling acne and redness, and gently fade existing discoloration. <b>Ingredient direction:</b> Tranexamic acid, niacinamide, anti-inflammatory ingredients like dipotassium glycyrrhizate and soothing botanicals. Daily sunscreen is essential.</p>
Pore	83	<p><b>Meaning:</b> This is a strong area—pores are relatively refined and not a primary concern. <b>Focus:</b> Maintain by preventing congestion from acne while avoiding drying products that might irritate. <b>Ingredient direction:</b> Light BHA and niacinamide, but always balanced with hydration and barrier support.</p>

Skin Indicator	Score	Key focus and details
Wrinkle	94	<p><b>Meaning:</b> Excellent score for your age; minimal fine lines and good firmness. <b>Focus:</b> Maintenance and prevention, especially by protecting your barrier and using brightening/repair products rather than aggressive anti-aging.</p> <p><b>Ingredient direction:</b> Gentle vitamin A derivatives or peptides if desired, but your scores indicate no urgent need; barrier and brightening actives are higher priority.</p>

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.

Your **primary improvement drivers** are:

- **Acne (20)**
- **Redness (30) / sensitivity tendency**
- **Dark circle (40) and overall color uniformity (51)**

Considering your **dry, redness-prone skin**, we prioritize **barrier repair + gentle acne care + brightening**, and avoid overly strong exfoliation.

#### 1. B5 Yeast Extreme Repair Serum R9+

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

R9+ directly targets your **low redness score and sensitivity tendency**, while also supporting acne recovery. With dry skin that still breaks out, your barrier is likely compromised. R9+ helps:

- Reduce **irritation and flushing**
- Improve **tolerance to active ingredients**
- Support overall **recovery after breakouts**

This can indirectly help your **acne, redness, and uneven tone** all at once.

### Key ingredients and how they help

- **Panthenol (5%)**: Potent barrier repair, helps reduce redness, irritation, and tightness from dryness.
- **Butylene Glycol (12%) / Propylene Glycol (2.715%)**: Deep hydration and improved penetration, keeping dry skin more comfortable.
- **Bifida Ferment Lysate (0.05%) & Lactobacillus/Soybean Ferment Extract (0.05%)**: Support the skin microbiome and barrier, ideal for easily irritated, acne-prone dry skin.
- **Kalanchoe Spathulata Extract (0.135%)**: Antioxidant and soothing, supportive for problem and sensitive skin.

You will use R9+ as a **mix-in base** with another serum (see mixing instructions under RV24 below).

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## 2. Ultra Renovating Serum RV24

### Why it suits you & what it improves

RV24 addresses your **color uniformity (51)** and **spots (71)** and supports hydration and barrier care for dry, redness-prone skin. It is brightening but formulated with hydrating and soothing components, which is safer for your **sensitive-leaning, dry** profile than stronger exfoliating acids.

It can help:

- Improve **overall dullness and uneven tone**
- Fade **post-acne marks and mild spots**
- Provide **hydration and mild barrier support**, which also benefits redness

### Key ingredients and how they help

- **Tranexamic Acid (3%)**: A well-known brightening active that helps **fade spots, post-inflammatory marks, and uneven tone** by inhibiting excess melanin formation.
- **Niacinamide (2%)**: Multi-functional—supports **barrier repair**, improves **tone uniformity**, and provides **antioxidant** benefits; also gently helps with redness and post-acne marks.

- **Sodium Hyaluronate (0.2%)**: Deep hydrating humectant to counteract dryness and support a plumper, smoother surface.
- **Glycerin, Propylene Glycol, 1,3-Propanediol**: Additional humectants to keep your dry skin comfortable.
- **Ceramide NP (0.005%) & Allantoin (0.1%)**: Barrier-supporting and soothing; helpful for your **redness** and for tolerating brightening actives.

### How to mix with R9+

For your skin, it is ideal to **mix R9+ with RV24** to combine **repair + brightening** in a more gentle, well-tolerated way:

1. Take your bottle of **RV24**.
  2. Open **R9+** and **pour the entire R9+ bottle into the RV24 serum bottle**.
  3. The final ratio is about **serum : R9+ = 2 : 1**.
  4. Close RV24 and **shake well** to mix. After mixing, this becomes your **core daily repair + brightening serum**, suitable for both morning and evening.
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## 3. Pore Refining Serum PR13 (B3 + Salicylic Acid Pore Refining Serum)

### Why it suits you & what it improves

Among the exfoliating/acne-focused serums, **PR13** is the gentler option and better suited for your **dry, redness-prone skin** than a stronger acid product. It targets your **very low acne score (20)** and helps keep pores clear without overwhelming your barrier.

Use this mainly on **acne-prone areas** or when breakouts appear, not necessarily every day on the whole face.

### Key ingredients and how they help

- **Salicylic Acid (0.15%)**: A low-concentration BHA that gently helps **unclog pores, reduce comedones and acne**, and smooth texture. This milder level is more compatible with sensitive or dry skin.
- **Niacinamide (2%)**: Helps **control sebum**, support **barrier repair**, and calm post-acne marks. Also benefits overall tone and redness slightly.
- **Allantoin (0.1%)**: Soothing and anti-inflammatory, helping counteract potential irritation from BHA.

- **1,3-Propanediol / Propylene Glycol**: Hydrating humectants to prevent excessive dryness.

Given your dryness and redness, start with **targeted, low-frequency use** (e.g., 2-3 nights per week, only on problem areas) and adjust based on tolerance.

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## 4. Personalized skincare routine and lifestyle suggestions

### Morning Routine

#### 1. Cleanser

- Use a **gentle, low-foam, non-stripping cleanser** formulated for dry or sensitive skin. Avoid harsh scrubs and very hot water.

#### 2. Mixed RV24 + R9+ serum (core morning serum)

- After cleansing, apply your **mixed RV24 + R9+** serum to the entire face and neck.
- This step provides **brightening + hydration + barrier repair**, supporting your redness, uneven tone, and long-term acne recovery.

#### 3. Moisturizer + Sunscreen

- Follow with a **moisturizer** suited for dry skin (cream or lotion with hydrating and barrier-supporting ingredients).
  - Finish with a **broad-spectrum sunscreen (SPF 30 or higher)** every morning, even on cloudy days, to protect against dark spots, uneven tone, and redness.
  - You can use the **Skin Beauty Pal App's UV reminder** to help you remember reapplication and sun-intensity changes during the day.
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## Evening Routine

### 1. Cleanser

- Gently cleanse to remove sunscreen, makeup, and pollution. Double cleansing is fine if you wear heavy makeup, but keep both steps mild and non-drying.

### 2. Targeted acne care with PR13 (2-3 nights per week to start)

- On **selected evenings**, after cleansing and before your mixed serum:
  1. Shake **PR13** well.
  2. Apply a small amount **only on acne-prone or congested areas** (e.g., T-zone, active spots).
  3. Let it absorb for a short time.
- Start with **2-3 nights per week**, monitor for redness or dryness; adjust frequency based on how your skin feels.

### 3. Mixed RV24 + R9+ serum (nightly core)

- Every night (including PR13 nights, if tolerated), apply your **mixed RV24 + R9+** to the full face and neck.
- This helps **soothe redness, support barrier repair, and brighten** over time, which is important for acne marks, dullness, and your sensitive tendency.

### 4. Moisturizer

- Seal everything in with a **rich, barrier-supporting cream** appropriate for dry skin, especially around the cheeks and under-eye area.
- You can gently extend a small amount around the eye contour to support hydration (avoid getting too close to the lash line).

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## Lifestyle Suggestions

### 1. Diet and hydration

- Aim for **adequate daily water intake** to support skin hydration from within; dry skin often worsens when you are dehydrated.
- Prioritize a diet with **fruits, vegetables, healthy fats (e.g., fish, nuts), and reduced ultra-processed foods and high sugar**, which can aggravate acne and inflammation.

- Use the **Skin Beauty Pal App's hydration reminder** to nudge you to drink water regularly, especially if you're busy or forgetful.

## 2. Sun protection and environment

- Sun exposure can **worsen redness, dark circles (via pigment and vascular changes), and uneven tone**. Apply and reapply **sunscreen** when outdoors, and consider hats/shade.
- Avoid long, hot showers and very dry indoor air; both can weaken your barrier and increase redness. A **humidifier** in very dry environments can help.
- The **Skin Beauty Pal App's UV reminder** can help you track high-UV times and remind you to be extra diligent with protection.

## 3. Sleep and habits

- **Dark circles and redness** are often worsened by lack of sleep and stress. Aim for **consistent, sufficient sleep** and try to keep a regular sleep schedule.
- Limit prolonged **late-night screen time**, which strains the eye area and affects overall skin recovery.
- Manage stress with light exercise, stretching, or relaxation techniques. Chronic stress can aggravate acne and inflammation.
- Avoid picking at blemishes—this greatly increases the risk of **red marks and spots**, which your skin is already a bit prone to.

By focusing on **barrier repair (R9+), brightening and hydration (RV24), and gentle acne control (PR13)**, while supporting your lifestyle habits, you can gradually improve **acne, redness, dark circles, and uneven tone** while preserving your already strong **pore and wrinkle** scores.

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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