

# shefali's Skin Analysis Report

## 1. Overall skin condition summary

### Overall condition

shefali, you describe your skin as **combination**. Your skin health scores show relatively **good pores and wrinkle condition**, with more concerns around **acne, redness, color unevenness, and dark circles**. This means you sit between oily and dry zones, with some local problem areas rather than full-face issues.

### Main strengths and concerns

Your **pore (83)** and **wrinkle (94)** scores are strong, suggesting that your skin texture and signs of aging are relatively well-controlled for now. The main concerns are **acne (20)** and **redness (30)**, followed by **dark circles (40)** and **color uniformity (51)**. This points to a tendency toward **breakouts, inflammation/sensitivity, and uneven tone**, especially around the eye area and possibly some dullness or early discoloration.

### Possible influencing factors

As a **female with combination skin**, your oil production, hormones, and T-zone vs. U-zone differences can easily drive **acne and redness**. The **low redness score** also hints at a possible **sensitivity tendency**, so over-exfoliating or using too many “strong” products at once may backfire. Daily lifestyle factors like **screen time, sleep pattern, UV exposure, and stress** are also likely contributing to your **dark circles and uneven tone**.

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## 2. Analysis of each skin dimension

Skin Indicator	Score	Key focus and details
Acne	20	This is your <b>lowest score</b> , indicating active or recurring breakouts, clogged pores, or comedones. Priority is <b>gentle oil control + anti-acne + barrier protection</b> , not harsh stripping. Look for <b>low-dose salicylic acid</b> and <b>niacinamide</b> to clear pores, reduce excess oil, and support the skin barrier while calming inflammation. Soothing and hydrating components (like <b>allantoin, panthenol</b> ) help your skin tolerate anti-acne actives.
Redness	30	A low redness score suggests <b>visible redness and a potential sensitivity tendency</b> . This can be from inflammation, irritation, or a weakened barrier. Focus on <b>barrier-repair and soothing ingredients</b> such as <b>panthenol, probiotic/ferment extracts, niacinamide at moderate levels, and calming botanicals</b> . Avoid jumping straight into very strong acids without buffering support.
Dark Circle	40	This indicates <b>more noticeable under-eye darkness</b> —from pigmentation, vascular factors, or fatigue. While none of the available products are eye-cream-specific, you can still support this area indirectly by <b>evening skin tone, improving hydration, and strengthening the barrier</b> . Ingredients like <b>tranexamic acid and niacinamide</b> for brightening, plus good general hydration, will help the under-eye area look more even over time (used carefully around, not too close to the lashes). Lifestyle (sleep, screens, UV) is also key.

Skin Indicator	Score	Key focus and details
Color uniformity	51	A mid-range score suggests <b>mild to moderate uneven tone or dullness</b> —early spots, post-acne marks, or general lack of brightness. You'll benefit from <b>brightening and pigment-regulating ingredients</b> such as <b>tranexamic acid and niacinamide</b> , paired with <b>hydrating agents and daily sunscreen</b> to prevent further darkening. Gentle exfoliation from BHA/AHA helps, but should be balanced against your redness.
Smooth	61	Slightly above average, meaning your <b>overall texture is acceptable but not perfectly refined</b> . Small bumps, residual marks, or mild roughness may be present. Gentle, controlled <b>cell turnover support</b> (mild salicylic acid, possibly vitamin A derivatives) plus consistent <b>hydration and barrier support</b> will help keep the surface smoother without aggravating redness.
Spot	71	A relatively good score; major dark spots or pigmentation are <b>not your main problem</b> , but early marks or localized discoloration likely exist (especially post-acne). You can still benefit from <b>targeted brightening</b> with <b>tranexamic acid + niacinamide</b> , mainly to prevent new marks from settling and to fade existing ones gradually.
Pore	83	This high score suggests your <b>pores are relatively well-controlled</b> , likely not very enlarged overall. However, since acne is low, micro-congestion may still occur in certain areas (e.g., T-zone). Maintenance with <b>light BHA and niacinamide</b> is ideal—enough to keep pores clear without over-drying or irritating.

Skin Indicator	Score	Key focus and details
Wrinkle	94	Your best score. <b>Fine lines and wrinkles are minimal for now.</b> This is the time to <b>maintain</b> , not aggressively treat: gentle <b>vitamin A derivative (retinyl palmitate)</b> and <b>hydrating/emollient ingredients</b> like glycerin and oils can help preserve skin smoothness and delay future lines, always paired with sun protection.

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 and what it improves

With very low **Acne (20)** and low **Redness (30)**, you need **gentle acne care that also respects sensitivity**. PR13 is designed exactly for this: to help with **acne, blackheads, pores, and oiliness** while being relatively mild and including soothing/hydrating components. It directly targets your **acne** while supporting a more stable barrier, which also helps with **redness** over time.

##### Key ingredients and how they help

- Salicylic Acid 0.15%** – A low-dose BHA that gently exfoliates inside pores, helping to **clear clogs, reduce comedones, and prevent breakouts** without the intensity of higher-percentage acids (better for your redness tendency).
- Niacinamide 2%** – Helps **control oil, support barrier repair, and reduce inflammation**, which is ideal for combination, breakout-prone, and slightly sensitive skin. It also contributes to a **more even tone** over time.
- Allantoin 0.1%** – A classic **soothing and anti-inflammatory** ingredient that helps calm irritation and support healing, valuable for your low redness score.

4. **Humectants (1,3-Propanediol 3%, Propylene Glycol 0.965%)** – Provide **hydration** so anti-acne care doesn't leave your skin tight or stripped.

Overall, PR13 primarily addresses **Acne**, and secondarily helps with **Redness, Pores, and Color uniformity**.

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## 2. B5 Yeast Extreme Repair Serum R9+

### Why it suits you and what it improves

Your combination of **low Acne, low Redness, and mid-level Color uniformity** signals that your skin needs **strong barrier support and irritation control** alongside any active treatments. R9+ is a **high-concentration repair and stabilizing base serum** that:

- Reduces the risk of irritation from ingredients like acids or brightening actives.
- Helps your skin recover and stay more stable, which is crucial given the **sensitivity tendency implied by your redness score**.

It supports **Redness**, overall **barrier health**, and indirectly benefits **Acne and Color uniformity** by calming inflammation and improving long-term tolerance.

### Key ingredients and how they help

1. **Panthenol 5%** – A high level of pro-vitamin B5 that **repairs the barrier, soothes irritation, and reduces redness and discomfort**. Very suitable for reactive or inflamed areas.
2. **Butylene Glycol 12%, Propylene Glycol 2.715%** – Potent **hydrating and penetration-enhancing humectants**, giving your skin deep moisture and helping other actives work better without dryness.
3. **Bifida Ferment Filtrate 0.05% & Lactobacillus/Soybean Ferment Extract 0.05%** – **Ferment-based ingredients** that support **barrier integrity and microbiome balance**, contributing to improved resilience and less reactivity over time.
4. **Andrographis/Kalanchoe Extract 0.135%** – Provides **antioxidant and soothing benefits**, suitable for problem or sensitive skin.

### How to mix and use with another serum

For your needs, the best pairing is with **Ultra Renovating Serum RV24** (see next product). When you start using them together:

1. After opening **R9+**, **pour the entire 10 ml bottle into the RV24 serum bottle**.
  2. This gives an overall **serum : R9+ ratio of about 2 : 1**, which is the optimal mixing ratio.
  3. **Shake the RV24 bottle well** after mixing so the formulas combine evenly.
  4. Use this **mixed brightening + repair serum** in your routine as your main treatment step.
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## 3. Ultra Renovating Serum RV24

### Why it suits you and what it improves

Your **Color uniformity (51)** and **Dark Circle (40)** scores show that tone issues and mild dullness are important secondary concerns after acne and redness. RV24 is focused on **even tone, dullness, and spots**, while also offering **hydration and barrier care**, which is ideal for your sensitive-leaning, combination skin.

Once mixed with **R9+**, it becomes a **brightening + repairing serum** that:

- Helps **even out post-acne marks, mild spots, and general dullness**.
- Supports the barrier with ceramide, niacinamide, and hydration, important given your redness.
- Gently, indirectly supports the under-eye area (applied around, not too close) by improving overall face brightness.

### Key ingredients and how they help

1. **Tranexamic Acid 3%** – A well-studied **brightening agent** that helps **inhibit melanin production, fade spots and post-inflammatory marks, and improve uneven coloration**. Great for your **Color uniformity and Spot** scores, and helpful for dark-circle-related pigmentation.
2. **Niacinamide 2%** – Works on **evening skin tone, strengthening the barrier, and providing antioxidant protection**. It supports **brightening**, helps with **redness and oil balance**, and complements your acne and sensitivity concerns.

3. **Hydration complex (Glycerin 1.0925%, Propylene Glycol 1.8%, 1,3-Propanediol 1.5%, Sodium Hyaluronate 0.2%)** – Creates a solid **moisture base** to keep skin plump and comfortable while using brightening actives.
4. **Dipotassium Glycyrrhizate 0.1% & Allantoin 0.1%** – **Soothing, anti-inflammatory** ingredients that help calm the skin and support your low redness score.
5. **Ceramide NP 0.005% & botanical extracts** – Provide **additional barrier reinforcement and gentle antioxidant support**, useful for both daily stress and tone maintenance.

RV24 (especially mixed with R9+) targets **Color uniformity, Spots, mild Redness, and overall texture**, and indirectly benefits **Dark Circles** when combined with lifestyle care.

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## 4. Personalized skincare routine and lifestyle suggestions

### Morning Routine

#### 1. **Cleanser (gentle, non-stripping)**

Use a mild cleanser suited to combination skin to remove overnight oil without over-drying. This prepares your skin for actives and makes them more effective.

#### 2. **Mixed RV24 + R9+ brightening & repair serum**

- Use the **pre-mixed bottle** (RV24 with the entire R9+ poured in).
- Apply a small amount to face and neck, and gently pat in, avoiding getting too close to the eye margin.
- This step helps with **uneven tone, post-acne marks, and barrier repair**, while calming redness.

#### 3. **Moisturizer + Sunscreen (SPF as directed)**

- Follow with a light moisturizer suited for combination skin if you feel you need extra hydration.
- Finish with **broad-spectrum sunscreen every morning**, even on cloudy days. This is crucial to protect your progress in **acne marks, redness, and uneven tone** and to prevent worsening dark circles from UV exposure.

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## Evening Routine

### 1. **Cleanser (double cleanse if wearing makeup/sunscreen)**

Remove makeup and sunscreen thoroughly (using an oil or balm first if needed), then cleanse with a gentle face wash. Clean skin helps actives like salicylic acid and tranexamic acid work effectively.

### 2. **Pore Refining Serum PR13 (acne and oil control focus)**

- After cleansing, **apply PR13 to areas prone to acne and oiliness** (T-zone or full face if needed).
- Use a thin layer and let it absorb.
- This step gently **clears clogged pores, reduces breakouts, and controls excess sebum**, while niacinamide and allantoin help with **barrier support and redness**.

### 3. **Mixed RV24 + R9+ serum, then moisturizer**

- After PR13 has absorbed, apply your **mixed RV24 + R9+ serum** over the face and neck.
- This gives you **brightening, hydration, and deep barrier repair** overnight, supporting your low redness and tone issues.
- Seal everything in with a suitable moisturizer if your skin feels dry or tight in certain areas, especially cheeks and around the eyes (keeping product away from the lash line).

If your skin feels particularly sensitive or irritated on some nights, you can:

- **Skip PR13 for that night** and only use the **mixed RV24 + R9+** serum followed by moisturizer to focus on calming and repair.

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## Lifestyle Suggestions

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

- Aim for **balanced meals** with plenty of vegetables, fruits, and healthy fats (e.g., nuts, seeds, fish), and try to limit excessive sugar and highly processed foods, which can worsen **acne and inflammation**.

- Keep a consistent **water intake** throughout the day to support overall hydration and skin smoothness. You can use the **Skin Beauty Pal App's hydration reminder** to help you drink regularly instead of in big, irregular bursts.

## 2. Sun protection and environment

- UV exposure worsens **redness, uneven tone, post-acne marks, and dark circles**. Make daily sunscreen a non-negotiable habit and reapply as appropriate if you're outdoors.
- Protective accessories (hats, sunglasses) and seeking shade in peak hours will support your skincare products' brightening and anti-redness effects.
- The **Skin Beauty Pal App's UV reminder** can alert you on high-UV days so you remember to apply or reapply sunscreen and adjust outdoor time if needed.

## 3. Sleep and daily habits

- Aim for **regular, sufficient sleep**, since poor sleep directly contributes to **dark circles, dullness, and slower skin repair**.
- Reduce late-night screen exposure where possible, especially just before bed, to help both sleep quality and eye strain (which can worsen the appearance of dark circles).
- Manage stress with small, consistent habits—light exercise, stretching, or relaxation routines—to support hormonal balance that affects **acne and redness**.
- Avoid frequent picking or squeezing of pimples; this significantly increases the risk of **redness, scarring, and uneven tone** that products must later work harder to correct.

By combining **targeted actives (PR13, RV24)** with **strong repair support (R9+)** and steady lifestyle habits, you give your skin the best chance to improve **acne, redness, uneven tone, and dark circles** while preserving your 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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