

# shefali's Skin Analysis Report

## 1. Overall skin condition summary

### Overall condition

shefali, you describe your skin type as **combination skin**. This usually means you may have an oilier T-zone (forehead, nose, chin) and more normal/occasionally dry cheeks. Your self-assessed sensitivity is not specified, but your skin indices show a **tendency toward reactivity**, especially around acne and redness.

### Main strengths and concerns

Your strongest areas are **wrinkles (94)** and **pores (83)**, which suggests that your skin is doing very well in terms of visible aging signs and pore condition. **Smoothness (61)** and **spot (71)** are around or above average, while **color uniformity (51)** and especially **dark circle (40)** show room for improvement. The **lowest scores are acne (20) and redness (30)**, indicating that breakouts and inflammation/sensitivity-like reactions are your main priorities.

### Possible factors affecting skin condition

As a 30-year-old **female with combination skin**, your skin can be influenced by hormones, stress, lifestyle, and product choices. The combination of **low acne and redness scores** suggests that your barrier can be easily irritated or congested if products are too harsh or not balanced. Environmental exposure (UV, pollution), hydration habits, and sleep quality are also likely to affect your **tone uniformity and dark circles**.

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## 2. Analysis of each skin dimension

Skin Indicator	Score	Key focus and details
Acne	20	This is <b>significantly below average</b> , suggesting frequent or persistent breakouts, clogged pores, or comedones. Focus on <b>gentle but effective exfoliation</b> and <b>oil regulation</b> without stripping your barrier. Helpful ingredients: <b>low-dose salicylic acid</b> for pore cleansing, <b>niacinamide</b> for oil balance and barrier support, and <b>soothing agents</b> like allantoin and panthenol to calm inflammation.
Redness	30	A low score indicates a <b>clear tendency toward sensitivity and inflammation</b> (red marks after acne, flushing, or irritation). Your routine should prioritize <b>barrier repair, calming, and avoiding overly strong acids</b> . Look for <b>panthenol, ferments (Bifida, Lactobacillus), soothing plant extracts</b> , and moderate levels of actives like niacinamide to reduce irritation and strengthen resilience.
Dark Circle	40	This suggests <b>visible under-eye darkness</b> or tired-looking eyes. While PAL products here are not eye-specific, overall <b>tone evenness, hydration, and barrier health</b> will support a brighter appearance. Tone-improving ingredients such as <b>tranexamic acid, niacinamide</b> , and good daily <b>UV protection</b> help prevent further darkening and dullness around the eye area (used around, not too close to the eye).

Skin Indicator	Score	Key focus and details
Color uniformity	51	Slightly below average, pointing to <b>mild uneven tone, dullness, or post-acne marks</b> . Focus on <b>brightening and anti-mark care</b> while keeping the barrier stable. Effective ingredients include <b>tranexamic acid (for melanin and spots), niacinamide (for overall tone and antioxidant support)</b> , and gentle hydration (glycerin, hyaluronic acid) to keep skin plump and luminous.
Smooth	61	Around average, meaning your <b>skin texture is generally okay</b> , but fine roughness or small bumps may be present, especially with your low acne score. Maintaining a balance of <b>light exfoliation</b> and <b>good moisturization</b> will help. Ingredients: <b>salicylic acid or mild AHA</b> for surface refinement, <b>retinoid derivatives</b> for renewal, and hydrating agents like <b>glycerin</b> and <b>ceramides</b> to keep the surface smooth.
Spot	71	Above average; <b>pigmentation and spots are present but not your main issue</b> . Still, early care can prevent worsening. Brightening ingredients like <b>tranexamic acid, niacinamide</b> , and supporting antioxidants/soothing extracts help fade marks gradually while preventing new ones, especially important if you get <b>post-inflammatory marks after acne</b> .
Pore	83	This is a strong area; <b>pores are relatively refined and not a major concern</b> . To maintain this, keep <b>oil and acne under control</b> and avoid heavy, pore-clogging products. Light <b>salicylic acid</b> and <b>niacinamide</b> can maintain clarity without needing aggressive pore treatments.

Skin Indicator	Score	Key focus and details
Wrinkle	94	Your <b>best-performing dimension</b> . Fine lines and wrinkles are minimal for your age. The goal is <b>prevention and maintenance</b> : support collagen and renewal with a <b>gentle vitamin A derivative</b> , peptides, and consistent hydration. Daily <b>sunscreen</b> is crucial to preserve this advantage long-term.

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. B5 Yeast Extreme Repair Serum R9+ - Barrier repair and sensitivity control (to mix with RV24)

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

With **very low acne (20)** and **redness (30)**, your skin shows both **inflammation and likely barrier fragility**. R9+ is designed exactly for this: it acts as a **high-concentration repair base** that reduces irritation from active ingredients and improves tolerance over time. It will directly support your **redness**, indirectly stabilize **acne-prone, combination areas**, and provide a safer foundation for brightening or exfoliating care.

##### Key ingredients and how they help

- **Panthenol 5%**: Strong barrier repair and soothing; reduces stinging and supports healing after breakouts.
- **Butylene Glycol 12% + Propylene Glycol 2.715%**: Deep hydration and enhanced penetration, helping skin stay plump and more resilient.
- **Bifida Ferment Lysate & Lactobacillus/Soybean Ferment Extract (0.05% each)**: Support a balanced **skin microbiome** and long-term defense, which is valuable for both **acne-prone and redness-prone** skin.

- **Kalanchoe / Andrographis-type soothing extract**: Antioxidant and calming action, suitable for **problem and sensitive skin**.

### How to use / mixing

For you, the best pairing is to **mix R9+ into Ultra Renovating Serum (RV24)** (see product 2), so you get brightening and tone benefits buffered by strong barrier repair.

- After opening R9+, **pour the entire 10 ml bottle into your RV24 serum bottle**.
  - This gives an optimal **serum : R9+ ratio of about 2:1**.
  - Close and **shake well**; use this mixed serum as your main treatment both morning and evening.
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## 2. Ultra Renovating Serum RV24 - Uneven tone, dark circles support & post-acne marks

### Why it suits you & what it improves

Your **color uniformity (51)** and **dark circle (40)** scores show clear unevenness and dullness, and with acne at 20, you may also have **post-inflammatory marks**. RV24 focuses on **brightening, spots, and overall glow** while still offering hydration and mild barrier support, making it ideal as your **core active serum**—especially when mixed with R9+ to make it gentler for your sensitive, redness-prone skin.

Key dimensions targeted:

- **Color uniformity (51)** – more even tone and brightness.
- **Dark circle (40)** – helps with overall facial brightness and may slightly improve the appearance around the eyes (use around orbital bone, not too close to lash line).
- **Spot (71)** – maintains and gradually improves pigmentation and post-acne marks.

### Key ingredients and how they help

- **Tranexamic Acid 3%**: A gold-standard brightener that helps **inhibit melanin production**, fade spots, and improve overall tone—great for both **post-acne marks and general dullness**.

- **Niacinamide 2%**: Multifunctional—**brightens, supports barrier repair, and offers antioxidant benefits**. It also complements your acne concern by gently balancing skin.
- **Sodium Hyaluronate 0.2% + Glycerin/Propylene Glycol/1,3-Propanediol**: Hydration complex to keep skin plump, support smoothness (score 61), and reduce irritation potential.
- **Allantoin 0.1% + botanical extracts + Ceramide NP**: Extra **soothing and barrier care**, helpful given your low redness score and combination skin.

### How to use with R9+

- Use the **mixed RV24 + R9+ serum** morning and evening after cleansing and toner.
  - Apply over face and neck; use a bit less around the eye area and avoid getting too close to the eyes.
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## 3. Pore Refining Serum PR13 - Gentle acne and oil-control support

### Why it suits you & what it improves

Your **acne score (20)** is your biggest weakness. You need acne and comedone control, but your **redness (30)** suggests you should avoid overly strong acids initially. PR13 gives you a **gentle level of salicylic acid plus barrier-supporting niacinamide**, which is ideal for combination skin that breaks out but is easily irritated. It focuses on **acne management and oil balance** while keeping irritation risk relatively lower.

Key dimensions targeted:

- **Acne (20)** – unclogging pores, reducing breakouts and blackheads.
- Supports maintaining **pore (83)** and **smoothness (61)** by preventing congestion.

### Key ingredients and how they help

- **Salicylic Acid 0.15%**: Oil-soluble BHA that **cleans inside pores**, helping with blackheads, whiteheads, and inflammatory acne with a milder concentration.
- **Niacinamide 2%**: Helps **regulate oil, support the barrier, and calm inflammation**—excellent for combination, acne-prone skin.

- **Allantoin 0.1%**: Soothing and anti-irritation, matching your **redness risk**.
- **Hydrating humectants (1,3-Propanediol, Propylene Glycol)**: Light hydration so the formula doesn't over-dry your skin.

### How to use

- Use after cleansing, **before toner** (as directed) **on acne-prone zones (e.g., T-zone or breakout areas)**.
  - Start once daily at night; if skin is comfortable, you can adjust frequency, but given your redness score, stay gentle and monitor your skin.
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## 4. Personalized skincare routine and lifestyle suggestions

### Morning Routine

#### 1. Cleanser

- Use a gentle, non-stripping cleanser suited for combination skin. Avoid harsh foaming washes that can aggravate redness and barrier issues.

#### 2. Treatment - Mixed RV24 + R9+ serum

- After cleansing and (optional) hydrating toner, apply your **RV24 + R9+ mixed serum** over face and neck.
- This step targets **uneven tone, dark circles appearance, spots**, and strengthens the barrier to help with **redness and post-acne marks**.

#### 3. Moisturizer + Sunscreen

- Follow with a lightweight moisturizer appropriate for combination skin.
  - Finish with **broad-spectrum sunscreen (SPF 30 or above)** every day, even when indoors, to protect your strong **wrinkle score (94)** and prevent worsening of **spots and dark circles**.
  - You can use the Skin Beauty Pal App's **UV reminder** to help you remember when UV levels are high and when to reapply sunscreen.
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## Evening Routine

### 1. Cleanser

- Gently remove makeup and sunscreen, then cleanse with a mild face wash. Keep water lukewarm to avoid triggering redness.

### 2. Targeted acne step - PR13 (Pore Refining Serum)

- After cleansing and **before toner** (as per product instructions), apply **PR13** to acne-prone or oily areas (e.g., T-zone, breakout spots).
- Start with **once per day at night**; if your skin feels comfortable and not more red or tight, you can continue. If irritation occurs, reduce frequency.

### 3. Treatment - Mixed RV24 + R9+ serum, then moisturizer

- After PR13 is absorbed, you can apply a gentle hydrating toner if you use one.
  - Then apply your **RV24 + R9+ mixed serum** to full face and neck.
  - Finish with a **simple moisturizer** to lock in hydration and support overnight repair.
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## Lifestyle Suggestions

### 1. Diet and hydration

- Aim for **balanced meals** with plenty of vegetables, fruits, and adequate protein; reducing excessive sugar and very greasy foods may help with **acne control (20)**.
- Keep **hydration consistent** (small, frequent water intake throughout the day) to support skin plumpness and barrier health, which indirectly helps with **redness and smoothness**.
- Use the Skin Beauty Pal App's **hydration reminder** feature to keep your water intake on track.

### 2. Sun protection and environment

- UV exposure is a major driver of **spots, uneven tone, wrinkles, and dark circles**. Apply sunscreen every morning and reapply if you're outdoors or near windows for long periods.

- The Skin Beauty Pal App's **UV reminder** can alert you when UV levels are high, helping you adjust behavior (reapplication, hats, shade).
- When possible, avoid long exposure to very hot, dry, or polluted environments that can worsen **redness**; consider gentle cleansing at night to remove pollutants.

### 3. **Sleep and habits for skin repair**

- Aim for **regular, sufficient sleep**; nighttime is when your skin does most of its **repair and regeneration**, which supports all indices, especially **acne, redness, and dark circles**.
- Manage stress where possible (light exercise, stretching, or relaxation routines), as stress can aggravate breakouts and redness.
- Avoid frequently touching or picking at your face; this can worsen **acne (20)**, prolong **red marks**, and disrupt your strong **pore and wrinkle scores**.

If you ever feel your skin becomes very reactive, painful, or your acne worsens suddenly, consider using the Skin Beauty Pal App's **doctor consultation or clinic booking** features for professional medical advice.

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.