

shefali's Skin Analysis Report

1. Overall skin condition summary

Overall condition

shefali, you describe your skin as **combination**. Based on your skin indices, your skin currently shows a **strong tendency toward acne and some redness**, with moderate uneven tone and dark circles. Other dimensions like pores, spots, wrinkles, and smoothness are relatively better.

Main strengths and concerns

Your **wrinkle (94)** and **pore (83)** scores are strong, suggesting that signs of aging and pore visibility are not major issues right now. **Smoothness (61)** is slightly above average, which is a good base to build on.

Your main concerns are: **acne (20 - very low)**, **redness (30 - low)**, **dark circles (40)**, and **color uniformity (51)**. The low redness score suggests a possible **sensitivity tendency**, especially when using stronger active ingredients or during environmental changes.

Possible factors affecting skin condition

As a **female with combination skin**, you may experience **hormonal fluctuations**, T-zone oiliness, and U-zone dryness, all of which can trigger acne and redness. Combination skin often needs careful balancing between **oil control and barrier support**. Daily habits such as cleansing frequency, sunscreen use, screen time (for dark circles), and overall stress/sleep quality are likely playing a role in your current skin status.

2. Analysis of each skin dimension

Skin Indicator	Score	Key focus and details
Acne	20	Very low score - main priority. This indicates frequent or noticeable breakouts/comedones. As a combination skin type, clogged pores in the T-zone are likely. Focus on gentle exfoliation and anti-acne care without stripping the barrier. Helpful ingredients: low-dose salicylic acid (BHA) to clear pores, niacinamide to regulate oil and support the barrier, and soothing agents (allantoin, panthenol) to reduce post-acne irritation.
Redness	30	Low score - possible sensitivity tendency. You may experience flushing, post-acne redness, or irritation from harsh products. This calls for barrier-support and calming care alongside any exfoliation. Look for panthenol, fermented extracts, soothing botanicals (e.g., Andrographis) and avoid aggressive over-exfoliation or too many strong actives at once.
Dark Circle	40	Below average - supporting concern. Dark circles may be related to lifestyle (sleep, screen time) and circulation more than topical issues alone. Skincare focus: maintain hydration and a smooth under-eye area , and ensure overall skin tone looks brighter so dark circles are less prominent. Brightening agents such as niacinamide and tranexamic acid can indirectly help by improving general tone.
Color uniformity	51	Slightly below average. Some dullness or uneven tone (old marks, shadowing) may be present, especially around acne spots or under the eyes. Focus on brightening and anti-spot ingredients: tranexamic acid, niacinamide , gentle hydration, and consistent sunscreen use to prevent further darkening.

Skin Indicator	Score	Key focus and details
Smooth	61	Slightly above average. Overall texture is decent but could be smoother, especially if acne and post-acne bumps are present. Targeted, mild exfoliation (e.g., low-level BHA/AHA) plus hydrating and barrier-repair ingredients will help keep the surface refined without increasing irritation.
Spot	71	Good - not a major concern currently. Some spots or post-inflammatory marks may exist, but they are not severe. Maintaining and gradually improving this dimension with tranexamic acid and niacinamide , plus diligent sun protection , will keep spots from worsening.
Pore	83	Strong - pores are relatively well-controlled. While you have acne, pore size itself is not your main problem. Your focus should be more on keeping pores clear (anti-clogging) than on shrinking them. Salicylic acid and niacinamide can maintain this good status.
Wrinkle	94	Excellent - major strength. Visible fine lines and wrinkles are minimal. The goal is prevention and maintenance , not aggressive anti-aging. Gentle vitamin A derivatives, peptides, and good hydration can help preserve this high score over time.

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

PR13 is the best match for your **very low acne score (20)** and combination skin. It's designed for **acne, blackheads, pores, and oiliness**, but with a **gentler salicylic acid level**, which is important because your **redness score is low (30)** and suggests some sensitivity risk.

This serum primarily targets **Acne**, and also helps maintain your strong **Pore** score and support **Smoothness** without aggressively stressing your barrier.

Key ingredients and how they help

- **Salicylic Acid 0.15%**: A gentle BHA that penetrates into pores to **dissolve excess oil and dead skin**, helping reduce breakouts and comedones while minimizing irritation.
- **Niacinamide 2%**: Helps **control oil**, refine the appearance of pores, and **strengthen your skin barrier**, which is crucial when you have both acne and redness tendencies.
- **Allantoin 0.1%**: A soothing, anti-irritant ingredient that **calms redness and supports repair**, balancing the exfoliating effect of salicylic acid.
- **1,3-Propanediol & Propylene Glycol (hydrating humectants)**: Help keep skin **hydrated**, reducing the risk of dryness or tightness often associated with acne treatments.

Overall, PR13 directly addresses your **highest priority: acne**, while respecting your potential sensitivity.

2. B5 Yeast Extreme Repair Serum R9+

Why it suits you & what it improves

R9+ is a **high-concentration repair and stabilizing base serum** that fits your profile extremely well. With **low redness (30)** and active exfoliation needs (for acne), your barrier needs extra **soothing and resilience support**. R9+ helps improve **Redness** and overall **skin tolerance**, and indirectly supports **Smoothness, Color uniformity**, and long-term skin health.

It is ideal to **pair with PR13**, buffering potential irritation and making your routine more comfortable and sustainable.

Key ingredients and how they help

- **Panthenol 5% (Vitamin B5)**: A high-dose barrier-repair ingredient that **soothes irritation, reduces redness, and supports skin healing** – perfect when you're using exfoliating acids.
- **Butylene Glycol 12% & Propylene Glycol 2.715%**: Strong humectants providing **deep hydration and better penetration** of actives, helping skin feel plumper and more comfortable.
- **Bifida Ferment Lysate 0.05% & Lactobacillus/Soybean Ferment Extract 0.05%**: Fermented ingredients that **support the skin barrier and microbiome balance**, helping your skin become more resilient over time.
- **Kalanchoe/Andrographis-like soothing extract 0.135%**: Offers **antioxidant and calming** benefits, suitable for **problem and sensitive skin**.

How to use and mix with PR13

- After opening R9+, **pour the entire 10 ml bottle into your PR13 serum bottle**.
- This creates an optimal **serum : R9+ ratio of about 2:1**.
- **Shake well** after mixing.

You will then use this **mixed serum** as your main targeted treatment for acne + barrier repair.

3. Ultra Renovating Serum RV24

Why it suits you & what it improves

RV24 is designed for **even tone, dullness, and spots**, making it well-suited to improve your **Color uniformity (51)** and help with mild **spots (71)** and generalized dullness that can accentuate dark circles. It complements the acne-focused PR13+R9+ mix by working more on **brightening, evening skin tone, and gentle hydration** – without relying on harsh exfoliation, which is safer for your redness tendency.

Key ingredients and how they help

- **Tranexamic Acid 3%**: A targeted brightening ingredient that **helps fade spots and post-inflammatory marks**, and improves overall **uneven tone** by inhibiting excess melanin formation.

- **Niacinamide 2%**: Reinforces **barrier repair**, provides additional **brightening and tone-evening**, and offers **antioxidant protection** – ideal for your uneven color and prevention of new spots.
- **Sodium Hyaluronate 0.2% + Glycerin / Propylene Glycol / 1,3-Propanediol**: A strong **hydration complex** that plumps and softens skin, supporting **smoothness** and helping skin look fresher (which can make dark circles appear less stark).
- **Allantoin 0.1% and botanical extracts**: Add mild **soothing and conditioning**, which is valuable given your low redness score.

You can use RV24 alongside your PR13+R9+ mixed serum to **address both acne and uneven tone** in a balanced way.

4. Personalized skincare routine and lifestyle suggestions

Morning Routine

1. Cleanser

- Use a **gentle, non-stripping cleanser** suitable for combination skin. Avoid over-washing; once in the morning is enough.

2. Brightening & Hydration - Ultra Renovating Serum RV24

- After cleansing, apply **RV24** to your face and neck.
- This will work on **overall tone, post-acne marks, and hydration**, supporting color uniformity and a fresh look.

3. Moisturizer + Sunscreen

- Follow with a **light, non-comedogenic moisturizer** focused on hydration, not heavy oils.
 - Finish with **broad-spectrum sunscreen (SPF 30+ or higher)** every morning, even on cloudy days. This is critical for maintaining your good **spot score (71)** and improving **color uniformity**.
 - You can use the **Skin Beauty Pal App's UV reminder** to help you remember reapplication and track high-UV days.
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Evening Routine

1. Cleanser

- Gently cleanse to remove sunscreen, makeup, and pollutants. Double cleansing (oil/balm then gentle foam/gel) is fine if you wear heavier sunscreen or makeup, as long as both steps are mild.

2. Acne & Repair - PR13 + R9+ Mixed Serum

- Use your **mixed serum** (PR13 with the **entire bottle of R9+ poured in and shaken well**).
- Apply after cleansing (and before any toner if you use one, following PR13's guidance).
- This step targets your **acne (20)** while **supporting barrier repair and reducing potential irritation** thanks to the R9+ content.

3. Brightening & Hydration (Optional Layering) - Ultra Renovating Serum RV24

- If your skin feels comfortable and not sensitive, you can apply **RV24 after the mixed serum**, especially on areas with uneven tone or marks.
- If your skin ever feels tight, stinging, or more red, **skip RV24 that night** and use only the mixed PR13+R9+ and moisturizer.

4. Moisturizer

- Seal everything with a **balancing moisturizer** that is not too rich for your T-zone but gives enough comfort for drier areas. This supports ongoing **barrier strength** and keeps your redness under control.
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Lifestyle Suggestions

1. Diet and Hydration

- Aim for **consistent water intake throughout the day** to support overall hydration from within. You can use the **Skin Beauty Pal App's hydration reminder** to keep a steady habit.

- Emphasize **balanced meals** with vegetables, fruits, and omega-3 sources (e.g., fish, flaxseed). Try to **limit very sugary or highly processed foods**, which may aggravate acne in some individuals.

2. Sun Protection and Environment

- Sun exposure can **worsen uneven tone, spots, and redness**, and indirectly impact acne marks. Apply and reapply **sunscreen** regularly, seek shade, and use hats or umbrellas when outdoors for longer periods.
- The **App's UV reminder** can help you monitor high-UV days and remind you when extra protection or reapplication is especially important.
- Avoid long, hot showers and very harsh physical scrubs, as these can worsen **redness and sensitivity**.

3. Sleep and Habits

- Aim for **7-9 hours of quality sleep**; night-time is when your skin carries out most of its **repair and renewal**.
- Try to keep **screen use** (phones/computers) lower late at night; prolonged screen time can contribute to **eye strain and darker-appearing under-eyes**.
- Manage stress with simple routines like **light exercise, stretching, or breathing exercises**, as chronic stress can show up as **breakouts and dullness**.
- Be gentle with blemishes: **avoid picking or squeezing acne**, which can worsen redness, increase marks, and lower your color uniformity score.

By focusing on **gentle acne care (PR13)**, **strong barrier support (R9+)**, and **balanced brightening (RV24)**, you can steadily improve your lowest scores—especially acne, redness, dark circles (via brighter overall tone), and color uniformity—while maintaining your current strengths in pores and wrinkles.

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.