

# Abha191 Mail's Skin Analysis Report

## 1. Overall skin condition summary

### Overall condition

Abha191 Mail, you describe your skin as **oily** and **very sensitive**. Your skin health indices show clear issues with **acne**, some **redness**, and **uneven tone**, while pores, wrinkles, and overall smoothness are relatively better. Overall, you have an **oily, breakout-prone, reactive** skin profile with some tone irregularities.

### Main strengths and concerns

Your strengths are **pore condition, wrinkle score, and basic smoothness**; this suggests your skin is still youthful, with generally good texture and no major aging concerns. The key issues to focus on are **acne (very low score), redness (possibly sensitive/inflamed), and color unevenness**, with **dark circles** as a secondary concern.

### Possible influencing factors

As a female with oily and very sensitive skin, you are more likely to experience **clogged pores, breakouts, and irritation** if products are too harsh or layered excessively. Environmental stress, hormones, cleansing habits, and sun exposure can all worsen **acne, redness, and uneven tone**, especially if your barrier is not well protected.

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## 2. Analysis of each skin dimension

Skin Indicator	Score	Key focus and details
Acne	20	<b>Very low score - major priority.</b> This indicates frequent or obvious breakouts, clogged pores, and inflammation. For you, the focus should be on <b>gentle oil control, pore decongestion, and calming</b> rather than aggressive stripping (because you are very sensitive). Ingredient directions: <b>low-dose salicylic acid, niacinamide</b> (oil control + barrier), and <b>soothing agents</b> like <b>allantoin</b> and barrier-repair complexes to reduce irritation while targeting acne.
Redness	30	<b>Low score - likely sensitivity/reactivity.</b> This suggests a tendency to <b>flush, irritation, or post-acne redness</b> . With “very sensitive” self-assessment plus this low score, your skin likely has a <b>fragile barrier</b> . Focus: <b>barrier repair, anti-inflammatory, and anti-irritant support</b> to reduce flare-ups from active ingredients. Ingredient directions: <b>panthenol, ferment extracts, soothing botanicals, niacinamide at moderate levels</b> , and avoiding over-use of strong acids.
Dark Circle	40	<b>Below average - secondary concern.</b> Dark circles can relate to genetics, thin skin, allergies, rubbing, or lack of sleep. Skincare can help only partially; lifestyle is important. Focus: <b>improving circulation, brightening, and barrier hydration</b> around the eye. Ingredient directions: <b>gentle hydrators, brightening actives (like niacinamide, tranexamic acid)</b> used carefully around the eye area (avoiding direct contact with eyes).

Skin Indicator	Score	Key focus and details
Color uniformity	51	<b>Slightly below average - uneven tone/dullness.</b> This may be from <b>post-acne marks, mild pigmentation, or general dullness</b> . Focus: <b>brightening and evening tone</b> while keeping irritation minimal due to your sensitivity and redness. Ingredient directions: <b>tranexamic acid, niacinamide, mild AHA</b> , combined with <b>hydration and barrier support</b> to keep skin stable.
Smooth	61	<b>Around average - texture acceptable but improvable.</b> You may have some unevenness from <b>clogged pores or past breakouts</b> , but not severe. Focus: <b>steady, gentle renewal</b> and <b>oil/comedone control</b> without triggering sensitivity. Ingredient directions: <b>low to moderate salicylic acid, mild retinoid (retinyl palmitate), humectants</b> that smooth and plump the surface.
Spot	71	<b>Above average - spots/pigmentation not severe.</b> Some marks or sun spots may exist (likely linked to acne marks), but overall they are not your worst issue. Focus: <b>prevent new spots</b> from forming (UV protection + controlling inflammation) and <b>lightly brightening</b> existing marks. Ingredient directions: <b>tranexamic acid, niacinamide, antioxidants</b> , combined with consistent sunscreen.
Pore	83	<b>Good score - pores are relatively well managed.</b> For an oily skin type, this is a strong point; enlarged pores are not your main issue. Focus: <b>maintain clarity</b> so pores don't worsen, mainly via gentle exfoliation and oil balance, not harsh stripping. Ingredient directions: <b>salicylic acid at controlled levels, niacinamide</b> , hydrating bases that won't clog.

Skin Indicator	Score	Key focus and details
Wrinkle	94	<b>Excellent score - aging signs are minimal.</b> Fine lines and wrinkles are not a concern now. Focus: <b>maintenance and prevention</b> , keeping collagen and barrier healthy. Ingredient directions: <b>vitamin A derivatives (like retinyl palmitate) at gentle levels, peptides, good hydration, and daily sunscreen</b> to preserve this advantage.

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 / what it improves

With **Acne = 20** and **oily, very sensitive skin**, you need **acne control that is gentle and barrier-friendly**. PR13 is formulated exactly for **acne, blackheads, pores, and oiliness** while including soothing and hydrating elements.

It targets your **acne (20)**, **supports redness (30)**, and **helps maintain good pore (83) and smoothness (61)** without being too strong for sensitive skin.

##### Key ingredients and how they help

##### 1. Salicylic Acid 0.15%

- Oil-soluble exfoliant that goes into pores to **dissolve sebum plugs and reduce comedones and breakouts**.
- The low level is appropriate for **very sensitive** skin that cannot tolerate high acid percentages.

## 2. Niacinamide 2%

- Helps **control sebum production** and **strengthen the skin barrier**, which is crucial given your redness and sensitivity.
- Also supports **even tone**, contributing to better **color uniformity (51)**.

## 3. Allantoin 0.1%

- A **soothing and anti-inflammatory** agent that helps reduce irritation and supports healing of compromised skin, beneficial for both **acne and redness**.

## 4. Hydrating base (1,3-Propanediol, Propylene Glycol)

- Maintain **hydration** so the skin does not become overly dry or stripped from acne treatment, helping to preserve barrier function.

Overall, PR13 is your **core acne-control serum**, designed to balance **oil management, pore care, and sensitivity**.

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## 2. B5 Yeast Extreme Repair Serum R9+

### Why it suits you / what it improves

You are **very sensitive** with a low **redness score (30)** and ongoing acne. This implies **barrier fragility** and a higher risk of irritation whenever you use acids or brightening actives. R9+ is a **high-concentration repair and stabilizing base serum** that:

- Directly supports **barrier repair and soothing**, targeting your **redness (30)** and helping your skin tolerate daily actives.
- Helps reduce the **irritation risk from PR13** and any future actives, which is extremely important for you.
- Indirectly aids **acne** by calming inflammation and improving skin resilience.

### Key ingredients and how they help

#### 1. Panthenol 5% (Vitamin B5)

- Strong **barrier-repair and soothing** ingredient. Helps reduce redness and discomfort, ideal for **sensitive, reactive skin**.

- Improves hydration, which stabilizes the skin so acne treatments can work with less irritation.

## 2. Butylene Glycol 12% / Propylene Glycol 2.715%

- Provide **deep hydration and help active penetration** while maintaining a comfortable skin feel.

## 3. Bifida Ferment Lysate & Lactobacillus/Soybean Ferment Extract (0.05% each)

- Support the **skin microbiome and barrier defense**, which is valuable for **sensitivity and post-acne recovery**.

## 4. Andrographis/Kalanchoe extract

- Offer **antioxidant and soothing** effects, further calming redness and environmental stress.

### How to mix with another serum

For your skin, the best pairing is **R9+ with PR13**, so you get **acne control plus strong barrier support**.

- After opening R9+, **pour the entire 10 ml bottle into your PR13 bottle**.
  - This gives an approximate **serum : R9+ ratio of 2 : 1**, as designed.
  - Close and **shake well after mixing**.
  - Use this **mixed acne + repair serum** in your routine (you will apply this in both morning and evening routines, as suitable).
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## 3. Ultra Renovating Serum RV24

### Why it suits you / what it improves

Your **color uniformity score is 51** and **dark circle is 40**, suggesting **some dullness, uneven tone, and marks**, likely from acne. You also have a decent **spot score (71)**, so pigmentation is not extreme but still worth managing early. RV24 focuses on **even tone, dullness, and spots**, while also supporting hydration and barrier care—important because of your **sensitive, redness-prone skin**.

RV24 mainly addresses **color uniformity (51)**, **supports spot (71)**, and **gently helps overall brightness**, without relying on harsh exfoliation.

## Key ingredients and how they help

### 1. Tranexamic Acid 3%

- A targeted **brightening and anti-spot ingredient** that helps **inhibit melanin production** and fade marks and uneven tone, including **post-acne marks**.
- Generally considered **gentler than many traditional strong brighteners**, which is suitable for your sensitive tendency.

### 2. Niacinamide 2%

- Supports **even tone, antioxidant protection, and barrier repair**, helping with **uneven color** and **redness** at the same time.
- Works synergistically with tranexamic acid to improve overall radiance.

### 3. Sodium Hyaluronate 0.2% + Glycerin / Propylene Glycol / 1,3-Propanediol

- Provide **multiple levels of hydration**, helping keep your skin **plump and comfortable** so it can tolerate daily brightening.

### 4. Soothing and barrier-supportive extracts (Chamomile, Ceramide NP, plant extracts)

- Contribute to **calming and barrier reinforcement**, which helps counterbalance actives and fits your **very sensitive** profile.

RV24 is ideal as your **tone-correcting, brightening, and hydrating serum**, complementing the acne + repair focus of PR13 + R9+.

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## 4. Personalized skincare routine and lifestyle suggestions

### Morning Routine

#### 1. Cleanser

- Use a **gentle, low-foam, non-stripping cleanser** suitable for oily and sensitive skin. Avoid harsh scrubs or very strong foaming washes.

#### 2. Mixed Acne + Repair Serum (PR13 + R9+)

- After cleansing, apply your **mixed PR13 + R9+ serum** to the whole face (avoiding the immediate eye area).
- This helps **control oil and acne** while **soothing and protecting your barrier** for the day.

#### 3. Brightening and Hydrating Serum (RV24)

- After the mixed serum absorbs, apply **Ultra Renovating Serum RV24** to the face and neck.
- Focus on areas with **uneven tone or post-acne marks**, but you can use it all over for overall brightness.

#### 4. Moisturizer (lightweight)

- Choose an **oil-controlling, non-comedogenic lotion or gel** that is simple and fragrance-free, to avoid triggering sensitivity.

#### 5. Sunscreen (very important)

- Use a **broad-spectrum SPF 30+ or higher** every morning, last step. This protects your **redness, acne marks, and color uniformity** from worsening.
  - You can use the **Skin Beauty Pal App's UV reminder** to help you remember when to reapply and be extra careful on high-UV days.
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## Evening Routine

### 1. Gentle Cleanser (double cleanse if needed)

- If you wear sunscreen and/or makeup, use a **mild first cleanse (such as a gentle remover or cleansing oil/balm)**, followed by your **gentle water-based cleanser**.
- Avoid harsh rubbing, especially around areas with redness or active breakouts.

### 2. Mixed Acne + Repair Serum (PR13 + R9+)

- After cleansing, apply the **mixed PR13 + R9+ serum** again.
- Evening is a key time to **decongest pores and calm inflammation** while the skin repairs overnight.

### 3. Brightening and Hydrating Serum (RV24)

- Apply RV24 after the mixed serum absorbs.
- Consistent night use supports **fading marks, evening skin tone, and maintaining hydration**.

### 4. Moisturizer

- Use a **simple, barrier-supporting moisturizer** at night—fragrance-free, non-comedogenic.
- If you feel stinging or excessive tightness, consider a slightly richer but still lightweight formula to support your sensitive barrier.

(If your skin feels unusually irritated or very red on any day, you can choose to use **only the mixed R9+ + PR13 in a smaller amount**, or in particularly fragile periods, even **R9+ paired with a plain moisturizer** and temporarily reduce frequency of RV24.)

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## Lifestyle Suggestions

### 1. Diet and Hydration

- Aim for **balanced meals with vegetables, fruits, whole grains, and lean proteins**, and reduce high-glycemic, very sugary, and greasy foods, which can **exacerbate acne**.

- Drink **adequate water throughout the day** to support skin hydration and detox pathways. You can use the **Skin Beauty Pal App's hydration reminder** to help maintain consistent intake.

## 2. Sun Protection and Environment

- UV exposure worsens **redness, post-acne marks, and overall uneven tone**. Always use sunscreen in the morning, and **reapply every 2-3 hours** if outdoors.
- On days with strong sun or pollution, wear **hats, seek shade, and cleanse gently but thoroughly** at night.
- Let the **Skin Beauty Pal App's UV reminder** notify you when UV is high so you can adjust protection and avoid flare-ups.

## 3. Sleep and Daily Habits

- Try to get **7-8 hours of quality sleep**, as skin does most of its **repair and regeneration at night**. Poor sleep can worsen **acne and dark circles**.
- Avoid frequent **face-touching or picking at pimples**, which increases inflammation, redness, and risk of marks.
- Manage stress through light exercise, stretching, or relaxation techniques; chronic stress can **trigger breakouts and sensitivity**.
- Keep pillowcases and towels **clean and changed regularly** to minimize bacteria contact with your oily, acne-prone skin.

Following this targeted plan—with **mixed PR13 + R9+ for controlled acne and barrier repair, plus RV24 for tone and brightness**—will help you steadily improve your **acne, redness, and uneven color**, while preserving your **strong pore and wrinkle scores** over time.

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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