

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.

2. Analysis of each skin dimension

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

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

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

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**.

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).

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+.

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.)

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:

PAL and leading dermatologists.