

# 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 that **acne and redness are your weakest areas**, while pores and wrinkles perform relatively well. Overall, your skin tends to be **acne-prone, reactive, and somewhat uneven in tone**, with some concern around dark circles.

### Main strengths and concerns

Your **pore (83)** and **wrinkle (94)** scores are strong, suggesting that pore size and early aging/fine lines are currently **not major issues**. Texture (**smooth: 61**) is around average, but **acne (20)**, **redness (30)**, and **dark circles (40)** are clear priorities. The **color uniformity score (51)** shows room for improvement in overall brightness and evenness.

### Possible factors affecting skin condition

Being **female with oily and very sensitive skin** means your skin may react easily to over-exfoliation, harsh cleansers, or strong actives, yet still produce excess oil and be acne-prone. Lifestyle factors such as stress, sleep, diet, and sun exposure can all aggravate acne, redness, and dark circles. The combination of oiliness and sensitivity requires **gentle but effective actives** plus **strong barrier support** to avoid flare-ups.

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## 2. Analysis of each skin dimension

Skin Indicator	Score	Key focus and details
Acne	20	<p><b>Very low score - main priority.</b> This indicates frequent or noticeable breakouts/comedones. For oily, very sensitive skin, the focus is <b>gentle oil control + anti-acne + barrier protection</b>. Ingredient directions: low-dose <b>salicylic acid (BHA)</b> for clogged pores, <b>niacinamide</b> for sebum regulation and barrier, <b>soothing/repair agents</b> like panthenol, allantoin, and microbiome-supporting ferments to reduce irritation from actives.</p>
Redness	30	<p><b>Low score - suggests sensitivity/inflammation.</b> This likely reflects a tendency to redness, irritation, or reactive skin. Focus on <b>calming and barrier repair</b>, avoiding over-exfoliation and too many strong actives at once. Ingredient directions: <b>panthenol, Bifida ferment, Lactobacillus ferment, Andrographis extract, niacinamide at moderate levels, allantoin</b>, and hydrating humectants to stabilize skin and improve tolerance.</p>
Dark Circle	40	<p><b>Below average - secondary concern.</b> May indicate visible under-eye darkness from pigmentation, thin skin, or lifestyle (sleep, screen time). Topicals help only partially; lifestyle is key. Ingredient directions: <b>gentle brightening ingredients</b> (like niacinamide and tranexamic acid around the eye area if tolerated and not too close to the waterline) plus consistent hydration and sun protection.</p>

Skin Indicator	Score	Key focus and details
Color uniformity	51	<p><b>Slightly below average.</b> Suggests mild uneven tone or dullness, possibly post-acne marks or overall lack of radiance. Focus on <b>brightening and anti-inflammatory ingredients</b> that are suitable for sensitive, acne-prone skin. Ingredient directions: <b>tranexamic acid, niacinamide, gentle AHAs at low level, humectants</b> to improve clarity and glow without over-irritation.</p>
Smooth	61	<p><b>Around average.</b> Skin texture is relatively acceptable but can be affected by acne bumps, residual marks, or mild roughness. Focus on <b>controlled exfoliation + hydration + barrier care.</b> Ingredient directions: low-level <b>salicylic acid</b>, small amounts of <b>glycolic acid</b>, plus <b>hydrators</b> (glycerin, sodium hyaluronate) and soothing ingredients to keep the surface refined but comfortable.</p>
Spot	71	<p><b>Above average.</b> You may have some spots or post-inflammatory marks, but overall pigmentation is not severe. Focus on <b>maintenance and prevention</b>, especially against new post-acne marks. Ingredient directions: <b>tranexamic acid, niacinamide, antioxidants, sunscreen</b> to gradually improve and prevent worsening.</p>
Pore	83	<p><b>Strong area.</b> Pores are relatively well-controlled for oily skin, likely more of an oil/shine concern than very enlarged pores. Focus on <b>maintenance and preventing clogging</b> rather than aggressive pore-minimizing. Ingredient directions: <b>light BHA</b>, niacinamide for sebum control, and adequate hydration to prevent rebound oiliness.</p>

Skin Indicator	Score	Key focus and details
Wrinkle	94	<p><b>Very strong - low priority now.</b> Fine lines and aging signs are minimal at this stage. You can still benefit from preventive care and gentle renewal, but there is no urgent need for strong anti-aging protocols. Ingredient directions: <b>mild vitamin A derivatives (retinyl palmitate)</b>, peptides, and consistent moisturizing plus sun protection.</p>

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

For your **very low acne score (20)** and oily skin, PR13 is an excellent **gentle daily anti-acne and oil-control serum**. Compared with stronger exfoliants, its low-dose salicylic acid is better suited to **very sensitive skin**, helping with acne and clogged pores while minimizing irritation. It targets your **acne**, supports **pore cleanliness**, and can also help improve **overall smoothness** and prevent new breakouts that worsen color unevenness.

##### Key ingredients & how they help

1. **Salicylic Acid 0.15%** - Oil-soluble BHA to gently clear clogged pores and comedones, reduce blackheads, and help prevent inflammatory acne with lower irritation risk.
2. **Niacinamide 2%** - Balances sebum, strengthens the barrier, and provides mild brightening and anti-inflammatory benefits, supporting your acne, redness, and color uniformity.

3. **Allantoin 0.1%** – Soothing and anti-inflammatory, important for your **very sensitive, redness-prone** skin.
4. **Hydrating humectants (1,3-Propanediol 3%, Propylene Glycol 0.965%)** – Provide lightweight hydration so the skin does not become overly stripped (which could otherwise worsen oiliness and sensitivity).

Overall, PR13 directly addresses **acne (primary)** and supports **smoothness and pores**, while staying relatively gentle for your reactivity.

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## 2. B5 Yeast Extreme Repair Serum R9+

### Why it suits you & what it improves

R9+ is a **high-concentration repair and stabilizing base serum**, ideal for **very sensitive, redness-prone, acne-treated skin**. With your **low redness score (30)** and planned use of exfoliating/brightening actives, your barrier and tolerance need special attention. R9+ is designed to be **mixed with other serums** to buffer potential irritation, improve comfort, and enhance long-term results.

It mainly helps with **redness, sensitivity, and overall skin stability**, and indirectly supports acne recovery and even tone by maintaining a healthier barrier.

### Key ingredients & how they help

1. **Panthenol 5%** – Classic pro-vitamin B5 for **barrier repair, soothing, and reduced irritation**. Very suitable for calming skin treated with acids or strong actives.
2. **Butylene Glycol 12% + Propylene Glycol 2.715%** – Deep, lightweight hydration and enhanced penetration, good for oily skin that still needs water.
3. **Bifida Ferment Lysate 0.05% & Lactobacillus/Soybean Ferment Extract 0.05%** – Support the skin microbiome and barrier defense, especially important for **very sensitive and redness-prone** conditions.
4. **Kalanchoe (Andrographis-related) extract 0.135%** – Antioxidant and soothing, helpful for problem and sensitive skin, complementing your low redness score.

### How to mix R9+

For you, a great partner serum is **Ultra Renovating Serum RV24**, which targets

uneven tone and post-acne marks while R9+ reduces irritation. When you start using them together:

1. After opening R9+, **pour the entire 10ml bottle into your RV24 serum bottle.**
2. This creates an approximate **serum:R9+ = 2:1** ratio.
3. **Shake well** after mixing before each use.

In the routine below, this will be referred to as your **RV24 + R9+ mixed serum**.

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### 3. Ultra Renovating Serum RV24

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

RV24 focuses on **dullness, spots, and uneven tone**, aligning with your **color uniformity (51)** and moderate **spot (71)** scores, as well as some post-acne marks that often accompany low acne scores. It is also designed with **hydration and some barrier support**, important for very sensitive skin.

Used alone or (preferably for you) **mixed with R9+**, it can help brighten your complexion and even out tone while maintaining comfort.

#### Key ingredients & how they help

1. **Tranexamic Acid 3%** - A well-known ingredient for **brightening and spot fading**, helping reduce hyperpigmentation and post-inflammatory marks from acne, improving color uniformity.
2. **Niacinamide 2%** - Supports **even tone, barrier repair, antioxidant protection, and sebum balance**. It benefits your **color uniformity, spots, mild redness, and oily tendency**.
3. **Sodium Hyaluronate 0.2% + Glycerin 1.0925% + Propylene Glycol 1.8% + 1,3-Propanediol 1.5%** - A blend of humectants providing **deep, lightweight hydration**, suitable for oily skin without heavy texture.
4. **Allantoin 0.1% & Dipotassium Glycyrrhizate 0.1%** - Soothing and anti-inflammatory, good for your **sensitivity and redness**.
5. **Polyquaternium-51 & Ceramide NP (0.005%)** - Support barrier and moisture retention, helping skin stay resilient while using brightening actives.
6. **Botanical extracts (e.g., Chamomilla, Veronica, Melissa, Alchemilla)** - Provide extra calming and antioxidant support.

Combined with R9+, RV24 can safely and effectively address **uneven tone, post-acne marks, and overall brightness** on your sensitive, oily, acne-prone skin.

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## 4. Personalized skincare routine and lifestyle suggestions

### Morning Routine

#### 1. Cleanser (gentle, for oily sensitive skin)

- Use a mild, non-stripping cleanser to remove oil and sweat while protecting the barrier. Avoid harsh foaming or strong scrub cleansers.

#### 2. RV24 + R9+ mixed serum (brightening + repair)

- After cleansing and toner (if you use one), apply your **RV24 + R9+ mixed serum** to face and neck.
- This helps improve **color uniformity, spots, and overall brightness**, while R9+ soothes and stabilizes your very sensitive skin.

#### 3. Moisturizer + Sunscreen

- Choose a **lightweight, non-comedogenic moisturizer** suitable for oily, sensitive skin.
- Finish with a **broad-spectrum sunscreen (SPF appropriate for your environment)** every morning, even on cloudy days.
- You can rely on the **Skin Beauty Pal App's UV reminder** to prompt reapplication and protect from sun-induced spots and redness.

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### Evening Routine

#### 1. Cleanser

- Double cleanse if you wear makeup or sunscreen: first a gentle makeup remover/cleansing oil/balm (well-rinsed), then your mild water-based cleanser. This helps prevent clogged pores and acne without rubbing too hard.

## 2. Pore Refining Serum PR13 (acne + oil control)

- On clean, dry skin, **shake PR13**, then apply mainly to areas prone to **acne and excess oil** (T-zone or full face if tolerated).
- Start **every other night** and adjust according to your skin's comfort, especially since you are very sensitive. This targets your **acne (20)** while staying gentler than higher-strength acids.

## 3. RV24 + R9+ mixed serum, then moisturizer

- After PR13 has absorbed, apply a layer of your **RV24 + R9+ mixed serum** over the face (avoid the immediate eye contour).
- Follow with a **light moisturizer** to lock in hydration and support barrier repair overnight.
- If your skin feels particularly irritated on some nights, you can **skip PR13** and use only the **RV24 + R9+ mixed serum + 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 adequate protein. Try to reduce **high-sugar, heavily processed, and very oily foods**, which can aggravate acne.
- Keep a stable **water intake** throughout the day; consistent hydration supports skin barrier and reduces dryness-related sensitivity.
- Use the **Skin Beauty Pal App's hydration reminder** to prompt regular drinking, especially if you tend to forget.

## 2. Sun protection and environment

- UV exposure worsens **redness, spots, and uneven tone**, and can deepen dark circles. Use **sunscreen daily**, reapplying when exposed to sunlight for long periods.
- Seek **shade**, wear **hats or sunglasses**, and avoid peak sun hours when possible.
- Be cautious in environments with **strong air-conditioning, very dry air, or pollution**; these can dehydrate and irritate sensitive skin. The **App's UV**

**reminder** can help you adjust your protection according to real-time conditions.

### 3. Sleep and habits

- Aim for **regular, sufficient sleep**; lack of sleep is strongly associated with **worsened dark circles, dullness, and increased sensitivity**.
- Try to manage stress through gentle activities (breathing, stretching, light exercise), as stress can trigger **acne and redness**.
- Avoid **frequent touching or picking** at acne lesions; this increases inflammation and risk of spots and uneven tone.
- Keep your **phone, pillowcases, and makeup brushes clean** to reduce bacterial and irritant build-up.

If your skin ever becomes extremely uncomfortable, reactive, or your acne worsens significantly, consider using the **Skin Beauty Pal App's doctor consultation or clinic booking** features to get professional, in-person assessment and care.

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.