

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.

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

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

Skin Indicator	Score	Key focus and details
Wrinkle	94	Very strong - low priority now. 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: mild vitamin A derivatives (retinyl palmitate) , peptides, and consistent moisturizing plus sun protection.

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

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

- 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.
- 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.

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**.

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.

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:

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