

Personalized Skin Analysis Report and Skincare Recommendations for Rakhi Lala

Hello Rakhi,

Thank you for providing your skin test data and personal details. Here is your detailed skin analysis and personalized skincare advice, tailored to your skin's needs and goals. Let's begin the journey to achieving healthier, glowing, and more youthful skin!

Overall Skin Condition Description

At the age of 46, your skin reflects common characteristics of dry and sensitive skin, which require extra care to maintain hydration and repair. Your overall skin health is promising in many aspects, including excellent acne resistance and minimal redness, which suggest a robust natural barrier and balanced oil production. Additionally, good scores in spots and dark circles point to an existing effort in avoiding sun damage and maintaining some evenness in tone.

However, we need to address lower scores in some areas, such as pores, smoothness, wrinkles, and color uniformity. These indicators highlight a loss of elasticity, aging-related skin texture issues, and uneven tone—all of which could be impacted by skin dryness, decreased collagen production, and external factors like UV exposure or stress. Together, we'll build a skincare routine to tackle these concerns while being gentle on your sensitive skin.

Skin Attribute Analysis

Below is a detailed analysis of your eight skin health indicators, ranked from your lowest to highest score:

Skin Indicator	Score	Key Focus & Details
Pores	32	A low score here indicates visibly enlarged pores potentially caused by dry, sagging skin. Enlarged pores may also contribute to uneven skin texture. To minimize pore size, ingredients like niacinamide and salicylic acid can strengthen the barrier and improve overall skin texture while being gentle on sensitive skin.
Smoothness	33	This score reflects a lack of smooth, refined texture, likely due to dryness and decreased cell turnover with age. A combination of moisturizers and light exfoliants (like glycolic acid) can address this concern without causing irritation.
Wrinkles	38	This score suggests prominent signs of aging such as fine lines and wrinkles, which are common at your age due to decreased collagen and elastin. Ingredients like peptides and retinoids can improve elasticity and reduce fine lines while hydrating ingredients protect against further aging.
Color Uniformity	52	This indicates minor uneven patches or dull areas, which could be related to past sun damage or accumulated dryness. Brightening agents like tranexamic acid and niacinamide can help create a more even skin tone.
Dark Circles	85	Your dark circles are slightly noticeable, but this score suggests they are not a significant concern. Hydrating and brightening ingredients like niacinamide and hyaluronic acid can be used to maintain this good result.
Spots	92	Your score suggests you have few dark spots or sunspots. This is a strength in your skin health, but maintaining brightening agents like tranexamic acid can prevent future pigmentation concerns.

Skin Indicator	Score	Key Focus & Details
Redness	99	Minimal redness indicates you have good control over inflammation or irritation, which is especially impressive for someone with sensitive skin. Continue using gentle, barrier-supporting ingredients to maintain this.
Acne	100	Your resistance to acne is excellent, showing no need for acne-treatment products. Maintaining proper hydration and barrier repair will ensure this positive result continues.

Personalized Skincare Recommendations

Based on your skin test results, dry and sensitive skin type, and specific concerns, here are three top products from Pes Active Lab that I recommend for you:

1. Ultra Renovating Serum RV24

Why this product is suitable:

This serum focuses on improving color uniformity, targeting uneven skin tone and minor spots with star ingredients. Tranexamic acid fades dark spots, while niacinamide brightens your complexion and strengthens your barrier. These are perfect for sensitive skin to combat pigmentation without irritation.

Key Ingredients and Benefits:

- **Tranexamic Acid (3%)**: Fades pigmentation and inhibits melanin production.
 - **Niacinamide (2%)**: Restores skin barrier and enhances skin tone.
 - **Sodium Hyaluronate (0.2%)**: Deeply hydrates and reduces dryness.
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2. Ultra Youth Activating Serum A18

Why this product is suitable:

This anti-aging serum works to improve wrinkles and skin elasticity with hexapeptides and retinyl palmitate, addressing signs of aging without being overly harsh for sensitive skin.

Key Ingredients and Benefits:

- **Retinyl Palmitate (0.5%)**: Stimulates skin renewal and reduces fine lines.
 - **Acetyl Hexapeptide-8**: Smoothens dynamic wrinkles for a youthful appearance.
 - **Babassu Oil Glycereth-8 Esters (7%)**: Provides long-lasting hydration and nourishment.
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3. Ultra Hydration Serum H20

Why this product is suitable:

Since dryness and lack of smoothness are major concerns, this product restores moisture and repairs your natural barrier with hydrating ingredients like hyaluronic acid and ceramides.

Key Ingredients and Benefits:

- **Sodium Hyaluronate (0.5%)**: Provides hydration and locks in moisture.
 - **Panthenol (0.5%)**: Repairs and soothes dry, sensitive skin.
 - **AcquaCell™**: Improves texture and plumps skin for better smoothness.
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Personalized Skincare Routine & Lifestyle Advice

To address your skin needs, follow this morning and evening regimen using the recommended products:

Morning Routine

1. **Cleanse:** Use a gentle, hydrating cleanser to remove impurities without stripping moisture.
2. **Treat:** Mix **2 parts RV24 (Ultra Renovating Serum)** with **1 part R9+ Repair Essence**. Apply evenly to the face and neck.
3. **Protect:** Apply a broad-spectrum sunscreen with SPF 30 or higher to shield your skin from UV damage.

Evening Routine

1. **Cleanse:** Remove makeup and impurities with a gentle cleanser.
2. **Anti-Aging Treatment:** Mix **2 parts A18 (Ultra Youth Activating Serum)** with **1 part R9+ Repair Essence**. Apply to your face and neck, focusing on areas with wrinkles.
3. **Hydrate and Repair:** After serum absorption, apply **H20 (Ultra Hydration Serum)** evenly to restore moisture overnight.

Key Lifestyle Tips

- **Hydration Habits:** Drink 2.5–3 liters of water daily, distributed evenly throughout the day. Utilize Skin Beauty Pal's hydration reminder feature for consistent hydration.
- **Sun Protection:** Monitor UV levels using the Skin Beauty Pal UV Protection Alert. Apply sunscreen 15 minutes before sun exposure and reapply every 2 hours when outdoors.
- **Sleep Routine:** Aim for 7–8 hours of high-quality sleep nightly. Sleep between 10 PM and 6 AM to maximize skin cell regeneration during deep rest.
- **Stress & Self-Care:** Incorporate mindfulness exercises or yoga into your routine to reduce stress and its impact on your skin.

By following this tailored skincare regimen and incorporating these lifestyle changes, you can maintain your skin's strengths while significantly improving areas needing attention. If you have any further concerns or skin conditions that persist, I recommend booking a consultation with a dermatologist on the Skin Beauty Pal platform for personalized medical advice.

Your journey to glowing, healthy skin starts today, Rakhi! 💖

Report compiled by [Pers Active Lab \(A Skin-Pal Initiative\)](#) in collaboration with leading dermatologist, Dr Surbhi Mahajan.