

Skin Analysis Report and Skincare Recommendations for Saveri Sheen

Hello, Saveri Sheen! Thank you for using Skin Beauty Pal for your skincare needs. Based on your provided skin test data, age, and self-assessment of your skin type and sensitivity, I have prepared a personalized skin analysis and skincare regimen for you. Let's take a closer look at your skin health and what you can do to maintain and improve it.

1. Overall Skin Condition Description

Your Overall Skin Health

Your skin exhibits good to excellent health overall, with some strengths and specific areas that could use improvement. While some indicators, such as **smoothness, pores, and wrinkles**, show exceptional results, others, like **acne, dark circles, and redness**, suggest mild to moderate concerns that require targeted care.

Key Strengths and Concerns

- **Strengths:** Your skin is exceptionally smooth (**100**), with minimal concerns about pore size (**88**) and wrinkles (**83**). It shows balanced hydration levels and elasticity, which are fantastic for someone with neutral skin like yours.
- **Concerns:** The scores for acne (**54**) and dark circles (**56**) indicate a need for care aimed at reducing breakouts and relieving under-eye issues. Mild redness (**75**) and spots (**72**) suggest some sensitivity or uneven pigmentation, though these are not particularly severe.

Factors Influencing Your Skin's Condition

At the age of 16, your skin is highly regenerative. However, hormonal changes during adolescence may contribute to acne breakouts. Your neutral skin type ensures good oil-water balance, but the mild sensitivity you noted means you should avoid harsh ingredients that could disrupt your barrier. Environmental exposure, insufficient hydration, and not using sunscreen daily could also affect redness, dark circles, and spots.

2. Detailed Skin Attribute Analysis

The following table offers a breakdown of your skin health indicators, ranked from weakest to strongest, with a detailed explanation for each:

Skin Indicator	Score	Key Focus & Details
Acne	54	This moderate score indicates some clogged pores or occasional breakouts. Ingredients like salicylic acid and niacinamide can help by controlling oil, exfoliating gently, and preventing acne.
Dark Circles	56	Dark circles may stem from genetics, lack of sleep, or dehydration. Vitamin B5 , hyaluronic acid , and hydrating serums can reduce puffiness and improve the under-eye appearance.
Redness	75	Redness could result from mild irritation, sensitivity, or temporary inflammation. Calming ingredients such as allantoin and panthenol can soothe the redness and strengthen your skin barrier.
Spots	72	This score suggests mild concerns about pigmentation or blemishes. Tranexamic acid and niacinamide are excellent for fading spots and improving overall tone.
Wrinkles	83	Excellent result! Your youthful skin is firm, with minimal fine lines. Peptides and Vitamin A derivatives can help maintain this youthful elasticity.

Skin Indicator	Score	Key Focus & Details
Color Uniformity	83	Your skin tone is bright and even. Maintain this result using antioxidant-rich, brightening ingredients like niacinamide and tranexamic acid .
Pores	88	Fantastic score! Your pores are tight and clear with no visible concern. Continued use of gentle exfoliants like fish mint extract and niacinamide will maintain this.
Smoothness	100	Perfect! Your skin is velvety smooth with no noticeable texture issues. Keep it hydrated with moisturizing ingredients like glycerin and hyaluronic acid .

3. Personalized Skincare Recommendations

Based on your skin analysis and the available products, I recommend the following three products to address your key concerns while protecting your stronger aspects. These products are listed in order of importance for your skin’s needs:

1. Ultra Blemish Defense Serum BD14

Why It’s Suitable for You:

This serum is ideal for addressing your moderate acne concerns. It combines **1.5% salicylic acid** and **glycolic acid**, which deeply exfoliate to unclog pores, remove blackheads, and prevent breakouts. It also tightens pores and balances oil production with the help of **niacinamide** and **fish mint extract**.

Key Ingredients and Benefits:

- **Salicylic Acid (1.5%):** Targets acne and exfoliates pores.
- **Niacinamide:** Balances oil and strengthens your barrier.
- **Glycolic Acid:** Brightens skin and smooths the surface.

2. B5 Yeast Extreme Repair Serum R9+

Why It's Suitable for You:

This multitasking serum is perfect for sensitive skin and redness. Its **Vitamin B5 (5%)** and **ferments** are designed to repair the physical and microbiome skin barriers, tackling redness, soothing inflammation, and boosting overall resilience.

Key Ingredients and Benefits:

- **Panthenol (5%)**: Calms and repairs sensitive or inflamed skin.
 - **Lactobacillus & Bifida Ferments**: Enhance skin's immunity and repair.
 - **Sacred Lotus Extract**: Anti-inflammatory and antioxidant protection.
-

3. Ultra Renovating Serum RV24

Why It's Suitable for You:

If spots and uneven pigmentation are minor concerns for you, this product is highly effective. Featuring **3% tranexamic acid** and **2% niacinamide**, it works to reduce dark spots and improve overall skin tone without causing sensitivity.

Key Ingredients and Benefits:

- **Tranexamic Acid (3%)**: Fades discoloration and prevents pigmentation.
 - **Niacinamide (2%)**: Brightens, restores, and prevents dullness.
 - **Sodium Hyaluronate**: Provides deep hydration for smoother, plumper skin.
-

4. Personalized Skincare Routine & Lifestyle Advice

Morning Routine

1. **Cleanse**: Use a gentle cleanser suitable for neutral and mildly sensitive skin. Avoid harsh scrubs or foaming cleansers.
2. **Apply Serum**: Mix two parts of **RV24 Renovating Serum** with one part **R9+ Repair Serum**. Apply evenly to your face and neck.
3. **Moisturizer**: Use a lightweight moisturizer to lock in hydration.
4. **Sunscreen**: Always apply a broad-spectrum sunscreen with SPF 30 or higher to protect your skin from UV damage. The **Skin Beauty Pal UV Protection Alert** will remind you to reapply sunscreen.

Evening Routine

1. **Cleanse:** Gently cleanse your skin to remove dirt, oil, and makeup.
2. **Acne Care:** Apply a small amount of **BD14 Ultra Blemish Defense Serum** to areas prone to acne. Use it every other night to allow your skin to adapt.
3. **Apply Serum:** Mix two parts of **R9+ Repair Serum** with one part of **H2O Hydration Serum** or leave the **R9+ alone for soothing repair if redness worsens**.
4. **Moisturizer:** Use a nourishing moisturizer to seal in hydration and repair overnight.

Key Lifestyle Tips

1. **Hydration:** Aim to drink 2-3 liters of water daily to keep your skin hydrated. Use the **Skin Beauty Pal Hydration Reminder** to track your water intake.
 2. **Sun Protection:** Even if you're indoors, apply sunscreen during the day. Use the **UV Protection Alert** to monitor UV intensity and reapply every 2-3 hours.
 3. **Healthy Sleep:** Sleep at least 8 hours each night to aid skin recovery. Try to go to bed by 10 p.m., as skin regeneration peaks between 10 p.m. and 2 a.m.
 4. **Avoid Harsh Products:** Avoid alcohol-based toners or scrubs, as your minor sensitivity could worsen with abrasive products.
 5. **Balanced Diet:** Eat more fruits, vegetables, and omega-3-rich foods to support skin health from within.
-

Final Notes:

Saveri, your skin is already in excellent condition for your age with only a few minor concerns. By following this routine and using the recommended products, you can target problem areas while maintaining your skin's natural beauty. If you have further questions or experience persistent skin issues, I recommend booking a dermatologist consultation via the **Skin Beauty Pal platform** for expert guidance.

Stay glowing and take care! 😊

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