

# 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 concerns with **acne and redness**, while pores and wrinkles are relatively well controlled. Overall, your skin tends toward **oiliness with inflammation-prone, reactive tendencies**.

### Main strengths and concerns

Your strengths include **good wrinkle score (94)** and **healthy pore score (83)**, suggesting that aging signs and pore enlargement are not your main issues right now. However, the very low **Acne score (20)** and low **Redness score (30)** indicate active breakouts and a possible **sensitivity/inflammation tendency**. **Dark circle (40)** and **color uniformity (51)** also suggest uneven tone and dullness that could be improved.

### Possible influencing factors

As an **oily, very sensitive-skinned female**, your acne and redness may be influenced by excess sebum, impaired barrier, and inflammatory responses. Lifestyle factors such as stress, irregular sleep, diet (high sugar/fried foods), UV exposure, and possibly heavy makeup or over-cleansing could worsen both acne and redness. A **minimal, barrier-supportive, non-irritating routine** with targeted actives will suit you best.

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## 2. Analysis of each skin dimension

Skin Indicator	Score	Key focus and details
Acne	20	<b>Meaning:</b> Very low score—indicates frequent or active breakouts, comedones, and inflammation. <b>Focus:</b> Gentle yet effective acne and oil control while strictly avoiding irritation due to your very sensitive skin. <b>Ingredient directions:</b> Low-dose salicylic acid, niacinamide for oil control and barrier, soothing agents like allantoin and anti-inflammatory plant extracts, plus barrier-repair and microbiome-support ingredients (panthenol, ferments) to improve tolerance.
Redness	30	<b>Meaning:</b> Low score—suggests a <b>sensitivity tendency</b> , with redness, flushing, or easily irritated skin. <b>Focus:</b> Calm inflammation and reinforce the barrier so your skin can better tolerate acne care and brightening. <b>Ingredient directions:</b> Panthenol, Bifida ferment, Lactobacillus ferment, soothing botanicals (e.g., Andrographis), niacinamide at moderate levels, and hydrating humectants; avoid harsh, high-concentration acids or aggressive routines.
Dark Circle	40	<b>Meaning:</b> Below average—indicates visible under-eye darkness or tired look. <b>Focus:</b> While PAL products here are not eye-specific, improving overall tone, hydration, and sleep habits can indirectly help. <b>Ingredient directions:</b> Brightening and tone-evening agents (niacinamide, tranexamic acid), hydration (glycerin, hyaluronic acid), and antioxidant/soothing support.

Skin Indicator	Score	Key focus and details
Color uniformity	51	<p><b>Meaning:</b> Slightly below average—some <b>uneven tone, post-inflammatory marks, or dullness</b>. <b>Focus:</b> Gentle brightening and anti-inflammatory care, particularly for post-acne marks, without over-irritating your sensitive skin.</p> <p><b>Ingredient directions:</b> Tranexamic acid, niacinamide, ceramides, hyaluronic acid, calming extracts and antioxidants to tackle spots and redness together. Daily sunscreen is essential to maintain results.</p>
Smooth	61	<p><b>Meaning:</b> Moderately good—texture is okay but can have roughness from acne, small bumps, or mild unevenness.</p> <p><b>Focus:</b> Refine texture with mild, controlled exfoliation while maintaining hydration and barrier repair to avoid flares of sensitivity. <b>Ingredient directions:</b> Low-level salicylic acid, gentle AHA in a controlled routine, humectants (glycerin, sodium hyaluronate), and barrier-support (niacinamide, ceramide NP, panthenol).</p>
Spot	71	<p><b>Meaning:</b> Above average—some spots or hyperpigmentation (often from past acne) but not severe.</p> <p><b>Focus:</b> Prevent new marks by controlling breakouts and UV, and fade existing spots gradually. <b>Ingredient directions:</b> Tranexamic acid, niacinamide, soothing anti-inflammatory ingredients, consistent SPF to prevent darkening.</p>
Pore	83	<p><b>Meaning:</b> Good score—pores are relatively well-controlled for oily skin. <b>Focus:</b> Maintain clarity and prevent clogging from acne while avoiding over-drying. <b>Ingredient directions:</b> Light salicylic acid and niacinamide for ongoing maintenance, balanced with hydration and soothing to keep pores from stretching.</p>

Skin Indicator	Score	Key focus and details
Wrinkle	94	<b>Meaning:</b> Very good—fine lines and wrinkles are minimal at this stage. <b>Focus:</b> Maintenance and gentle prevention; your priority is controlling acne and inflammation, not aggressive anti-aging. <b>Ingredient directions:</b> If desired, mild vitamin A derivative and peptides, but only when skin is stable and always combined with barrier repair and sunscreen.

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, you clearly need targeted acne care. However, your **Redness score (30)** and “very sensitive” self-assessment mean you should **avoid strong acids**. PR13 is formulated as a **gentle refining serum**, making it more compatible with your sensitivity than a stronger acid serum. It can help:

- Improve **acne and comedones**
- Maintain **pore cleanliness** without over-stripping (supports your already good Pore score)
- Support **oil control and barrier** at the same time

## Key ingredients & how they help

### 1. Salicylic Acid 0.15%

- Oil-soluble BHA that enters pores to gently dissolve excess sebum and dead cells.
- Helps reduce blackheads, whiteheads, and inflammatory acne without the intensity of high-dose acids.

### 2. Niacinamide 2%

- Regulates sebum production and supports your **skin barrier**, very important for sensitive, redness-prone skin.
- Also has mild brightening and anti-inflammatory effects, beneficial for **post-acne marks and color unevenness**.

### 3. Allantoin 0.1%

- Soothing and anti-irritant; helps counteract potential irritation from salicylic acid.
- Good match for your **low Redness score**, helping keep the skin calm.

### 4. Hydrating humectants (1,3-Propanediol 3%, Propylene Glycol 0.965%)

- Prevent the formula from being too drying for oily skin, supporting a balanced water-oil condition so the barrier stays healthy.

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## 2. B5 Yeast Extreme Repair Serum R9+

### Why it suits you & what it improves

Your combination of **very sensitive skin**, low **Redness score (30)**, and strong need for active care (acne, uneven tone) means barrier repair and tolerance-building are critical. R9+ is designed as a **high-concentration repair base** to be mixed with other serums. It will:

- Strengthen your **barrier** and reduce everyday irritation
- Help your skin **tolerate actives like salicylic acid and brightening agents** better
- Support both **redness reduction and long-term stability**

This directly targets your **Redness** and supports your **Acne, Color uniformity, and Smooth** dimensions by making active treatments safer and more effective over time.

## Key ingredients & how they help

### 1. Panthenol 5% (Vitamin B5)

- Powerful barrier-repair and soothing ingredient, ideal for **very sensitive, redness-prone skin**.
- Reduces stinging, tightness, and supports healing after irritation or breakouts.

### 2. Butylene Glycol 12% + Propylene Glycol 2.715%

- Strong humectants that draw water into the skin, improving **hydration and smoothness** without adding heaviness.

### 3. Bifida Ferment Lysate 0.05% & Lactobacillus/Soybean Ferment Extract 0.05%

- Support the skin's **microbiome and defense**. This can help reduce overall reactivity and support long-term resilience—very helpful given your **sensitivity tendency**.

### 4. Andrographis (Kalanchoe) extract 0.135%

- Antioxidant and soothing; suitable for **problem and sensitive skin**, complementing your acne and redness concerns.

## How to use with another serum

For you, the best partner serum to mix with R9+ is **PR13**, because acne and oil control are your top priorities.

- After opening R9+, **pour the entire bottle into the PR13 serum bottle**.
- The optimal ratio is **serum : R9+ = 2 : 1**, and this is already designed to work when you mix the full R9+ bottle into your target serum.
- Close and **shake well** so the textures blend evenly.

This creates a **barrier-supportive refining serum** that is more comfortable and suitable for your very sensitive, oily, acne-prone skin.

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### 3. Ultra Renovating Serum RV24

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

Your **Color uniformity score (51)** and above-average but not perfect **Spot score (71)** suggest mild uneven tone, post-acne marks, or dullness—very common with acne-prone skin. RV24 focuses on **brightening and even tone** while still supporting hydration and barrier care, making it a logical next step after stabilizing acne and sensitivity.

It can help:

- Improve **color uniformity** and reduce post-inflammatory hyperpigmentation from acne
- Maintain your already decent **Spot score** and prevent new dark marks
- Provide gentle hydration and barrier support, which your sensitive skin needs

#### Key ingredients & how they help

##### 1. **Tranexamic Acid 3%**

- A targeted **brightening ingredient** that helps inhibit melanin formation and fade spots and uneven tone.
- Particularly useful for **post-acne marks** and general dullness.

##### 2. **Niacinamide 2%**

- Reinforces barrier, provides **anti-inflammatory** support, and evens skin tone.
- Useful for redness and color unevenness without being overly harsh.

##### 3. **Hydration complex (Glycerin 1.0925%, Propylene Glycol 1.8%, 1,3-Propanediol 1.5%, Sodium Hyaluronate 0.2%)**

- Multi-layer hydration to improve **smoothness (Smooth 61)** and comfort.
- Better hydration also supports a more even, radiant appearance.

##### 4. **Soothing and barrier-supportive components (Allantoin 0.1%, Dipotassium Glycyrrhizate 0.1%, Ceramide NP 0.005%, botanical extracts, Polyquaternium-51)**

- Help calm the skin and support barrier integrity—important for **very sensitive skin** and your low Redness score.

- Make RV24 more compatible for regular use on sensitive, acne-prone skin when combined with proper sun protection.
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## 4. Personalized skincare routine and lifestyle suggestions

### Morning Routine

#### 1. Cleanser (gentle, non-stripping)

- Use a mild, low-foam cleanser suitable for oily, sensitive skin. Avoid over-washing; cleanse just until the skin feels fresh, not tight.

#### 2. Brightening & hydrating serum - Ultra Renovating Serum RV24

- After cleansing, apply RV24 to your face and neck.
- This supports **color uniformity, spots, and hydration** while being compatible with sensitive skin.

#### 3. Moisturizer + Sunscreen (essential)

- Use a lightweight, non-comedogenic moisturizer, then follow with **broad-spectrum sunscreen** (SPF 30+ or as advised by your local recommendations).
  - This protects your skin and preserves the effects of RV24 and future acne treatments.
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### Evening Routine

#### 1. Cleanser (gentle, thorough)

- Remove sunscreen and makeup carefully. Use a gentle cleanser suitable for sensitive, oily skin. Double-cleanse only if you wear heavy makeup or waterproof sunscreen.

#### 2. Acne + barrier care serum - Mixed PR13 + R9+

- Use the **PR13 serum that you have already mixed with the full bottle of R9+** (shake well before each use).



- Apply this after cleansing. This step:
  - Targets **acne, comedones, and excess oil**
  - Supports **barrier repair and redness reduction** through panthenol and ferments from R9+

### 3. **Moisturizer (light but barrier-supportive)**

- Apply a simple, fragrance-free, non-comedogenic moisturizer.
- If certain areas are very irritated, you can be more generous there or temporarily skip acids on those spots.

On nights when your skin feels unusually **irritated or very red**, you may:

- Use only a **gentle cleanser + moisturizer**, and
  - Either reduce the amount/frequency of the mixed PR13 + R9+ or skip it for that night to let the barrier recover.
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## **Lifestyle Suggestions**

### 1. **Diet and hydration**

- Aim for balanced meals with **less sugar, refined carbs, and deep-fried foods**, as these can worsen acne and inflammation.
- Include fruits, vegetables, and omega-3-rich foods (like fish, walnuts, flaxseeds) to support skin health.
- Maintain stable hydration by drinking water regularly through the day; you can use the **Skin Beauty Pal App's hydration reminder** to help you stay consistent, which indirectly supports both **acne control and skin smoothness**.

### 2. **Sun protection and environment**

- UV exposure can **worsen redness, dark marks, and uneven tone**, especially when you're using brightening and exfoliating ingredients.
- Use sunscreen daily, seek shade during peak sun hours, and wear hats or umbrellas outdoors when possible.
- Check the **Skin Beauty Pal App's UV reminder** to know when UV levels are high and adjust your protection (e.g., reapply sunscreen more frequently, avoid prolonged exposure).

### 3. Sleep and habits

- Aim for **regular, sufficient sleep**; nighttime is when your skin naturally repairs itself. Poor sleep can worsen **acne, redness, and dark circles**.
- Manage stress with relaxation techniques (deep breathing, light exercise, stretching), as stress can flare breakouts and sensitivity.
- Avoid frequently touching or picking at your face to reduce bacteria transfer and prevent scarring and new spots.
- Keep makeup and brushes clean, and choose **non-comedogenic, fragrance-minimized products** to reduce the chance of pore clogging and irritation.

If, despite careful skincare and lifestyle adjustments, your acne or redness remain difficult to control or become painful, you can consider using the **Skin Beauty Pal App's doctor consultation or clinic booking features** to receive professional, in-person evaluation and guidance.

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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