

Abha191 Mail's Skin Analysis Report

1. Overall skin condition summary

Overall condition

Abha191 Mail, you describe your skin type as **oily** and **very sensitive**. Your scores show clear issues with **acne**, **redness**, and some **uneven tone/dark circle** concerns, while pores and wrinkles are relatively well-controlled. Overall, your skin tends toward **oiliness with sensitivity and blemish-prone tendencies**.

Main strengths and concerns

Your **wrinkle (94)** and **pore (83)** scores are strong, suggesting good firmness for your age and relatively controlled pore appearance. However, **acne (20)** is your weakest dimension, followed by **redness (30)** and **dark circle (40)**, meaning **breakouts, sensitivity/redness, and under-eye dullness** are your main priorities. **Color uniformity (51)** is slightly below average, indicating some unevenness or dullness.

Possible influencing factors

Being **female with oily, very sensitive skin** means hormones, sebum production, and barrier fragility likely influence your breakouts and redness. Daily factors such as **stress, sleep quality, diet (sugar, dairy, spicy food), and UV exposure** may aggravate acne, uneven tone, and dark circles. Your strong anti-aging score suggests that, so far, lifestyle or genetics are helping maintain good firmness and fewer wrinkles.

2. Analysis of each skin dimension

Skin Indicator	Score	Key focus and details
Acne	20	<p>Very low score – your main issue. This suggests frequent or persistent breakouts/comedones. With oily and very sensitive skin, you need gentle but consistent exfoliation and oil control. Ingredient direction: low-moderate salicylic acid (BHA) for pores and acne, plus niacinamide for oil balance and barrier repair, and soothing ingredients (allantoin, panthenol) to reduce irritation.</p>
Redness	30	<p>Low score indicating high tendency to sensitivity and inflammation (red marks from acne, overall redness, or reactive skin). This matches your “very sensitive” self-assessment. Focus on barrier repair, calming, and avoiding harsh exfoliation. Ingredient direction: panthenol, fermented ingredients (Bifida, Lactobacillus), soothing botanicals, niacinamide at skin-friendly levels, and avoiding overuse of strong acids/retinoids.</p>
Dark Circle	40	<p>Below-average – suggests visible darkness or tired look under the eyes. Often linked with fatigue, genetics, circulation, or pigmentation. While there is no eye-specific PAL serum here, improving overall tone and brightness, plus good sleep and UV protection, will help. Ingredient direction: brightening agents (tranexamic acid, niacinamide) and good daily sunscreen around the eye contour (avoiding direct contact with eyes).</p>

Skin Indicator	Score	Key focus and details
Color uniformity	51	<p>Slightly below average – mild uneven tone or post-acne marks. Likely connected to both past breakouts and redness turning into marks or pigmentation. Ingredient direction: tranexamic acid and niacinamide for even tone and spot-prevention, plus gentle exfoliation (low-level acids) to enhance renewal without provoking your sensitivity.</p>
Smooth	61	<p>Around average – skin texture is generally okay, but acne and post-acne marks may create some roughness or unevenness. Ingredient direction: hydrating humectants (glycerin, sodium hyaluronate, Polyquaternium-51) and mild exfoliation (low BHA/AHA, retinyl palmitate) to refine texture, provided your barrier is well supported.</p>
Spot	71	<p>Above average – you have some spots or marks but not a severe pigmentation problem. Still, with acne and uneven skin tone, preventing spots from worsening is important. Ingredient direction: tranexamic acid, niacinamide, antioxidants and strong sun protection to fade existing marks and prevent new hyperpigmentation.</p>
Pore	83	<p>Good score – pores are relatively managed for oily skin. Oiliness may still be present, but you don't have extreme pore enlargement. Maintenance is key: oil control and gentle exfoliation without stripping. Ingredient direction: niacinamide and low-dose salicylic acid to keep pores clear, plus hydration to avoid rebound oiliness.</p>

Skin Indicator	Score	Key focus and details
Wrinkle	94	<p>Very high score – this is a strong advantage. Fine lines and wrinkles are minimal now. Focus on prevention rather than aggressive anti-aging. Ingredient direction: gentle vitamin A derivatives (retinyl palmitate), peptides, and consistent hydration + sunscreen to maintain this advantage long-term.</p>

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

With **Acne 20** as your weakest score and oily skin, you clearly need targeted acne care. However, your **very sensitive skin** and **low redness score (30)** mean you must avoid too-strong acids. PR13 is formulated as a **gentle refining serum** for acne, blackheads, and oiliness, while also supporting the barrier. This makes it a better fit than a stronger exfoliant for you.

It mainly improves:

- **Acne (20)** – by clearing pores and reducing comedones
- **Pore (83)** – maintaining good pore status
- **Smooth (61)** – refining texture and helping prevent roughness from clogged pores

Key ingredients and how they help

- **Salicylic Acid 0.15%**: Oil-soluble exfoliant that penetrates pores to **dissolve excess sebum and debris**, reducing acne and blackheads. The low level suits **very sensitive** skin better than high-strength formulas.
- **Niacinamide 2%**: Helps **control oil**, support the **skin barrier**, and reduce the look of enlarged pores and post-acne marks over time.
- **Allantoin 0.1%**: **Soothing and anti-inflammatory**, helps offset potential irritation from acids and supports your low redness tolerance.
- **Hydrating solvents (1,3-Propanediol 3%, Propylene Glycol 0.965%)**: Provide **lightweight hydration**, important for oily skin so you can manage oil without drying or stripping.

2. B5 Yeast Extreme Repair Serum R9+ (to be mixed with RV24)

Why it suits you & what it improves

Your **very sensitive skin** and **low redness score (30)** signal a fragile barrier and high reactivity. R9+ is a **high-concentration repair and stabilizing base** designed exactly for **barrier repair, soothing, and increasing tolerance** to active ingredients. It doesn't target acne or pigment by itself, but it **creates a stable environment** so you can safely use actives like acids or brightening agents.

It mainly improves:

- **Redness (30)** – by calming and supporting the barrier
- Overall **tolerance** to acne/brightening/anti-aging care, indirectly aiding **Acne, Color uniformity, and Smooth** scores over time.

Key ingredients and how they help

- **Panthenol 5%**: A high level of provitamin B5 for **barrier repair, hydration, and soothing**, ideal for sensitive, redness-prone skin.
- **Butylene Glycol 12% + Propylene Glycol 2.715%**: Deep **hydration and penetration enhancers**, keeping skin comfortable even when using actives.
- **Bifida Ferment Filtrate 0.05% & Lactobacillus/Soybean Ferment Extract 0.05%**: **Fermented ingredients** that help support the **skin microbiome and barrier**, improving resilience long-term.

- **Andrographis Paniculata Extract 0.135%**: Known for **antioxidant and soothing** properties, suitable for problem and sensitive skin.

How to use/mix (with RV24 as the partner)

For you, R9+ is best mixed with **Ultra Renovating Serum RV24**, your brightening/even-tone serum (see next product).

- After opening **R9+**, **pour the entire bottle** into your bottle of **RV24**.
- This gives an optimal ratio of **serum : R9+ = 2 : 1**.
- **Shake well** after mixing.

You will then use this **mixed RV24 + R9+ serum** in your routine.

3. Ultra Renovating Serum RV24 (to be mixed with R9+)

Why it suits you & what it improves

Your **Color uniformity (51)** and **Dark Circle (40)** are both below average, and **Spot (71)** shows some existing marks, likely from acne. RV24 is designed to target **dullness, spots, and uneven tone**, while also supporting hydration and barrier care. When combined with **R9+**, it becomes a **brightening + repair** serum that is much better suited to your **very sensitive, redness-prone** skin.

It mainly improves:

- **Color uniformity (51)** – more even overall tone
- **Spot (71)** – helps fade pigmentation and post-acne marks
- Indirectly supports **Dark Circle (40)** and **Smooth (61)** by improving radiance and hydration.

Key ingredients and how they help

- **Tranexamic Acid 3%**: A significant concentration for **brightening and inhibiting melanin formation**, helping fade spots and post-acne marks and prevent new discoloration.
- **Niacinamide 2%**: Supports **even tone, barrier repair, and antioxidant defense**, helpful for both marks and mild redness while staying within a gentler range for sensitive skin.
- **Sodium Hyaluronate 0.2% + Glycerin / Propylene Glycol / 1,3-Propanediol**: A **hydration system** that draws and holds water in the skin, keeping it plump and smoother, which helps your **Smooth** score.

- **Allantoin 0.1% + Dipotassium Glycyrrhizate 0.1% + botanical extracts + Ceramide NP:** Provide **soothing, conditioning, and barrier support**, important for your sensitivity and redness tendency.

Mixing with R9+

As described above:

- **Pour the entire bottle of R9+** into your bottle of **RV24**.
- Ratio serum:R9+ ≈ **2:1**.
- **Shake thoroughly**.

Use this **mixed RV24 + R9+ brightening-repair serum** as a core step, especially at night.

4. Personalized skincare routine and lifestyle suggestions

Morning Routine

1. Cleanser

- Use a **gentle, low-foam, non-stripping cleanser** suited for oily, sensitive skin. Avoid very hot water and harsh scrubs to protect your redness-prone barrier.

2. Acne care - PR13

- After patting dry, apply **Pore Refining Serum PR13** to areas prone to acne and blackheads (T-zone, cheeks with breakouts).
- Start **once a day in the morning**, and if your skin feels too sensitive, reduce to **every other day** and adjust gradually.

3. Hydration & sun protection

- Apply a **lightweight, non-comedogenic moisturizer** suitable for oily skin.
- Finish with a **broad-spectrum sunscreen (SPF 30+ or higher)** every morning, even on cloudy days. UV protection is crucial to prevent **spots, uneven tone, and worsening dark circles**.
- You can use the **Skin Beauty Pal App's UV reminder** to help you remember reapplication and adjust to daily UV levels.

Evening Routine

1. Gentle cleanse (double-cleanse if needed)

- If you wear sunscreen and/or makeup, consider a **mild first cleanser** (like an oil or balm that rinses clean) followed by your **gentle water-based cleanser**. This avoids aggressive scrubbing, which is important for your **sensitive, redness-prone** skin.

2. Acne care - PR13 (adjusted frequency)

- In the evening, you may use **PR13 once daily** or **every other night** depending on how your skin feels.
- For very sensitive days (more redness, stinging, or post-procedure), **skip PR13** and prioritize repair with your mixed serum below.

3. Brightening + repair - Mixed RV24 + R9+ serum

- Apply your **mixed Ultra Renovating Serum RV24 + B5 Yeast Extreme Repair Serum R9+** evenly over the face (avoiding direct eye contact).
- This step works to **fade marks and even tone (tranexamic acid, niacinamide)** while **repairing and soothing (panthenol, ferments, ceramide, allantoin)**, ideal for your combination of **acne, uneven tone, and sensitivity**.

4. Moisturizer (optional but recommended)

- If your skin feels tight or dry, follow with a **light, non-comedogenic moisturizer** to seal in hydration and support overnight repair.

Lifestyle Suggestions

Diet and hydration

1. Aim for **steady hydration**: sip water throughout the day rather than all at once. Well-hydrated skin handles actives better and may produce less compensatory oil. You can use the **Skin Beauty Pal App's hydration reminder** to help you stay consistent.

2. Watch for **diet triggers** that may worsen your acne and redness, such as high-sugar foods, very greasy meals, or excessive dairy or spicy foods. Try to **reduce and observe** which changes improve your breakouts.
3. Include **antioxidant-rich foods** (berries, green vegetables, nuts, green tea) and **healthy fats** (omega-3 from fish, flaxseed, walnuts) to support your skin from within.

Sun protection and environment

1. Since you're working on **spots, uneven tone, and redness**, UV protection is non-negotiable. Apply **broad-spectrum sunscreen** every morning and reapply every 2-3 hours if outdoors.
2. Use the **Skin Beauty Pal App's UV reminder** to track daily UV levels and get notifications to reapply or seek shade.
3. Avoid prolonged exposure to **high heat, steam, or very hot showers**, which can increase redness and sensitivity.
4. If you're in a polluted or dusty environment, pay attention to **thorough but gentle cleansing** at night to remove particles that could aggravate acne and irritation.

Sleep and habits

1. Aim for **7-9 hours of quality sleep**. Poor sleep often shows up as **worse dark circles (your score 40)** and slower skin recovery from breakouts.
2. Try to manage **stress** through activities like light exercise, stretching, or breathing exercises; chronic stress can worsen **acne and redness** via hormonal pathways.
3. Avoid **picking or squeezing pimples**, which greatly increases the risk of **spots and uneven tone**. Let the **PR13 + mixed RV24/R9+ routine** work on them gently instead.
4. Change your **pillowcases and face towels** regularly, and avoid heavy hair products on the forehead area to reduce pore clogging.

If your skin ever becomes very irritated, extremely red, or painful, pause active products and focus on **basic cleansing, moisturizing, and sun protection**. For more specialized help, you can use the **Skin Beauty Pal App's doctor consultation or clinic booking** features to get professional in-person assessment.

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.