

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 analysis shows a strong tendency toward **acne and inflammation**, with some issues around **tone unevenness and dark circles**, while pores and wrinkles are relatively well-controlled.

Main strengths and concerns

Your **pore (83)** and **wrinkle (94)** scores are good, suggesting that your skin is not strongly textured or aged, and basic structure is relatively stable. The main concerns are **acne (20)** and **redness (30)**, with **dark circle (40)** and **color uniformity (51)** as secondary issues. This indicates an imbalance between oil production, inflammation, and barrier comfort, especially given your very sensitive tendency.

Possible influencing factors

As a **female with oily and very sensitive skin**, your skin can react strongly to clogged pores, aggressive exfoliation, or overly rich products. Environmental stress, UV exposure, unbalanced routines (over-cleansing, harsh actives), and lifestyle factors (sleep, stress, diet) can all aggravate **breakouts, redness, and dullness** in your case.

2. Analysis of each skin dimension

Skin Indicator	Score	Key focus and details
Acne	20	<p>Meaning: This is a very low score, indicating significant or frequent breakouts, clogged pores, or inflammation.</p> <p>Focus: Gentle but effective oil control plus anti-acne care, while protecting your sensitive barrier. Ingredient direction: Low-dose salicylic acid (BHA) for pore unclogging, niacinamide for balancing oil and calming, and soothing/repair ingredients (panthenol, ferments, allantoin) to reduce irritation from actives.</p>
Redness	30	<p>Meaning: Low redness score suggests visible flushing or irritation and a strong sensitivity tendency. Focus: Strengthen barrier, reduce triggers (over-exfoliation, harsh cleansers, UV), and buffer strong actives. Ingredient direction: Panthenol, ferments, gentle humectants, and anti-inflammatory botanicals (e.g., Andrographis extract, licorice derivatives, allantoin); avoid overly strong acid layering at first.</p>
Dark Circle	40	<p>Meaning: Below-average score; likely visible under-eye dullness, pigmentation, or fatigue. Focus: Improve overall circulation and skin quality, protect from UV, and maintain hydration; direct under-eye products are not listed here, so support via general brightening and lifestyle. Ingredient direction: Overall brightening ingredients like niacinamide and tranexamic acid can indirectly help by evening tone, plus antioxidant and repair support.</p>

Skin Indicator	Score	Key focus and details
Color uniformity	51	<p>Meaning: Slightly below average; skin tone may look uneven, with some dull areas or post-acne marks. Focus: Gradual brightening and pigment control, without over-irritating your very sensitive skin. Ingredient direction: Tranexamic acid, niacinamide, gentle AHA/BHA at low levels, plus barrier-supporting humectants (glycerin, hyaluronic acid, ceramides) to keep skin stable.</p>
Smooth	61	<p>Meaning: Around average; mild texture or roughness, but not severe. Focus: Maintain smoothness while targeting acne and tone, avoiding harsh scrubs. Ingredient direction: Moderate renewal/anti-aging ingredients (vitamin A derivatives like retinyl palmitate) and low-level acids, balanced with moisturizing and soothing components.</p>
Spot	71	<p>Meaning: Above average; some spots or post-inflammatory marks, but not your worst issue. Focus: Fade marks gently and prevent new ones by controlling breakouts and inflammation. Ingredient direction: Tranexamic acid, niacinamide, and consistent UV protection; avoid picking pimples to reduce new PIH (post-inflammatory hyperpigmentation).</p>
Pore	83	<p>Meaning: Good score; pores are relatively well-managed despite oily skin. Focus: Maintain pore condition and prevent new clogging from sebum and makeup, rather than aggressive pore shrinking. Ingredient direction: Light oil-control with salicylic acid and niacinamide, but in barrier-friendly formulas.</p>

Skin Indicator	Score	Key focus and details
Wrinkle	94	<p>Meaning: Very high score; minimal visible wrinkles and good overall “youthfulness.” Focus: Prevention rather than correction—protect collagen, maintain hydration, and avoid chronic irritation that can accelerate aging. Ingredient direction: Mild vitamin A derivatives (retinyl palmitate), peptides (e.g., acetyl hexapeptide-8), ample moisturizers and daily UV protection.</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. B5 Yeast Extreme Repair Serum R9+ (Barrier Repair & Sensitivity Control)

Why it suits you & what it improves

With very sensitive, acne-prone, redness-prone skin, your barrier needs strong support. R9+ directly targets your lowest scores: **acne (20)** and **redness (30)** by calming irritation, improving tolerance to actives, and stabilizing oily-sensitive skin. This helps you use exfoliating or brightening serums more comfortably and consistently, which in turn improves **color uniformity (51)** and reduces future **spots (71).**

Key ingredients and how they help

- **Panthenol 5%:** Powerful barrier repair, reduces stinging and redness, and helps skin recover from acne treatments and environmental stress.
- **Butylene Glycol 12% + Propylene Glycol 2.715%:** Deep hydration and better penetration, keeping oily skin hydrated without heaviness.

- **Bifida Ferment Lysate 0.05% & Lactobacillus/Soybean Ferment Extract 0.05%:** Support the skin's microbiome and defenses, which is very important for sensitive, breakout-prone skin.
- **Kalanchoe/Andrographis-type soothing extract 0.135%:** Antioxidant and calming, suitable for problem and sensitive skin.

How to use with other serums (important)

R9+ is designed to **mix into another serum** to create a “buffered” active formula. After opening R9+, **pour the entire bottle into your target serum** and shake well. The ideal ratio is **serum : R9+ = 2 : 1**. Below, I will pair it specifically with a chosen serum.

2. Pore Refining Serum PR13 (Gentle Anti-Acne & Oil Control for Sensitive Skin)

Why it suits you & what it improves

Your **acne (20)** is the most urgent issue, but your skin is also **very sensitive** and prone to **redness (30)**. Among the exfoliating options, PR13 uses a **much lower salicylic acid level (0.15%)** than a stronger exfoliant, making it better suited as a starting point for your reactive skin. It targets acne and oil while staying relatively gentle, which helps improve **acne**, maintain your already good **pore (83)** score, and indirectly support **smoothness (61)** and **color uniformity (51)** by preventing new clogged pores and post-acne marks.

Key ingredients and how they help

- **Salicylic Acid 0.15%:** Oil-soluble BHA that helps clear inside pores and reduce blackheads/whiteheads and inflammatory pimples, at a softness suitable for sensitive types.
- **Niacinamide 2%:** Balances sebum, strengthens the barrier, and supports more even tone, which is helpful for redness and uneven color.
- **Allantoin 0.1%:** Soothing and anti-inflammatory, to calm skin while active ingredients work.
- **Hydrating base (1,3-Propanediol 3%, Propylene Glycol 0.965%):** Light hydration, important for oily skin to avoid over-drying.

Ideal combination with R9+

For you, a very effective and safer approach is to **mix R9+ into PR13** to create a **repairing anti-acne serum**:

- After opening R9+, **pour the entire bottle into PR13**.
- This gives an approximate **2:1 serum : R9+ ratio**.
- Shake very well before each use.

This combination targets **acne and oil** while significantly boosting **barrier repair and sensitivity control**, reducing the risk of irritation.

3. Ultra Renovating Serum RV24 (Brightening & Tone-Equalizing)

Why it suits you & what it improves

Your **color uniformity (51)** and **dark circle (40)** scores show that dullness and uneven tone are moderate concerns, while **spot (71)** indicates some marks but not severe. RV24 focuses on **overall brightening and spot fading** in a hydrating, barrier-supporting formula, which is suitable for oily but sensitive skin. By controlling inflammation and breakouts first (with PR13+R9+), RV24 can then help fade existing marks and improve overall clarity.

Key ingredients and how they help

- **Tranexamic Acid 3%**: Targets hyperpigmentation pathways to help fade spots and uneven tone, including post-acne marks.
- **Niacinamide 2%**: Evens tone, supports barrier repair, offers antioxidant benefits, and may help reduce redness over time.
- **Sodium Hyaluronate 0.2% + Glycerin / Propylene Glycol / 1,3-Propanediol**: Multi-layer hydration without heaviness, good for oily skin that still needs moisture.
- **Ceramide NP 0.005% & Allantoin 0.1% & botanical extracts**: Gentle barrier and soothing support, helpful for your sensitivity tendency.

You can use RV24 on its own, or eventually mix another R9+ bottle into a fresh RV24 if you want a **repairing brightening serum** in the future.

4. Personalized skincare routine and lifestyle suggestions

Morning Routine

1. Cleanser

- Use a mild, non-stripping cleanser suitable for oily, sensitive skin. Avoid harsh foaming or strong fragrance cleansers.

2. Brightening/Repair Serum (RV24 alone in the morning)

- After cleansing, apply **Ultra Renovating Serum RV24** to your face and neck.
- Let it absorb fully. It helps with **color uniformity, spots, and mild redness** while providing light hydration.

3. Moisturizer + Sunscreen

- Follow with a **light, non-comedogenic moisturizer**.
- Finish with a **broad-spectrum sunscreen** (SPF 30+ or as recommended locally), even on cloudy days.
- You can use the **Skin Beauty Pal App's UV reminder** to know when UV is high and when to reapply sunscreen.

Evening Routine

1. Cleanser

- Gently cleanse to remove sunscreen and makeup. Avoid double-cleansing with very strong oil-removal if it leaves your skin tight or burning.

2. Anti-Acne + Repair Serum (PR13 mixed with R9+)

- Use your **PR13 + R9+ mixed serum** in the evening:
 - This is your main **acne-control and barrier-repair** step.
 - Start with **every other night** if your skin is very reactive, then increase to nightly if well-tolerated.
- Apply a small amount over the face, focusing on acne-prone or oily areas. Avoid immediate use on irritated or broken skin.

3. Moisturizer

- Apply a gentle, non-comedogenic moisturizer to lock in hydration.
- If your skin feels irritated on any day, you may skip the active serum for that night and just use cleanser + moisturizer to let your skin rest.

(Optional pattern suggestion: You can alternate evenings between **PR13+R9+** and **RV24** if your skin feels overwhelmed; for example, PR13+R9+ one night, RV24 the next.)

Lifestyle Suggestions

Diet and hydration

1. Aim for **steady water intake throughout the day** (small, frequent sips) to support overall skin hydration and healing.
2. The **Skin Beauty Pal App's hydration reminder** can help you remember to drink regularly.
3. Favor a balanced diet with **vegetables, fruits, lean protein, and healthy fats**; excessive sugar and very greasy foods can worsen acne and inflammation in some people.

Sun protection and environment

1. UV exposure aggravates **redness, spots, uneven tone, and dark circles**; consistent sunscreen is essential even for oily skin.
2. Use the **App's UV reminder** to know high-UV times and reinforce sun-protective behaviors (sunscreen, hat, shade).
3. Avoid long, hot showers and very dry air; they can damage your barrier and worsen sensitivity.

Sleep and habits

1. Aim for **regular sleep** (around 7–8 hours) and a consistent sleep schedule; skin repair is more active at night.
2. Try to **reduce pimple picking or squeezing**, which increases redness, scarring, and spots.
3. Manage stress with simple routines (light exercise, breathing, short walks), as stress can aggravate acne and sensitivity.

4. Keep pillowcases and phone screens clean to reduce microbial load near your face.

If your acne or redness becomes severe, very painful, or rapidly worsens, consider using the **Skin Beauty Pal App's doctor consultation or clinic booking** to get professional, in-person assessment alongside your skincare routine.

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.