

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 skin indices show obvious concerns with **acne**, **redness**, and some **dark circle** issues, while pores and wrinkles are relatively well-controlled. Overall, you have **oil-prone**, **breakout-prone**, **reactive skin** with some uneven tone.

Main strengths and concerns

Your strongest dimensions are **wrinkles (94)** and **pores (83)**, which means you currently show **very few lines** and **generally refined pores** for your age. **Smoothness (61)** and **spot (71)** are around average to slightly better, indicating only mild texture and pigmentation issues.

The main concerns are **acne (20)**, **redness (30)**, and **dark circles (40)**. These low scores suggest **frequent breakouts/inflammation**, **a tendency to irritation/sensitivity**, and **visible under-eye darkness**. Color uniformity (51) is slightly below average, hinting at mild overall dullness or uneven tone from marks or redness.

Possible factors affecting your skin

Your **oily skin type** naturally increases risk of **clogged pores**, **acne**, and **shine**, especially in humid environments or with comedogenic products. Your **very sensitive** self-assessment plus the low redness score suggest a **reactive barrier**, easily triggered by strong acids, over-cleansing, or harsh actives. As a **female in your late 20s**, early lifestyle habits (screen time, sleep, stress, sunscreen use) will strongly influence **dark circles**, **redness**, and **long-term tone**. Daily routines such as diet (sugar, dairy), stress, and sun exposure likely play a role in your acne and uneven color.

2. Analysis of each skin dimension

Skin Indicator	Score	Key focus and details
Acne	20	<p>Meaning of the score: Very low; indicates frequent or persistent acne/comedones and inflammation, especially relevant for oily skin. Focus: Gentle but effective oil control, pore decongestion, and anti-inflammatory care, while strictly protecting your sensitive barrier. Ingredient directions: Low-dose salicylic acid (BHA) for unclogging pores, niacinamide for oil balance and barrier support, and soothing ingredients (allantoin, panthenol, gentle plant extracts). Avoid high-concentration acids or too many new actives at once.</p>
Redness	30	<p>Meaning of the score: Low; suggests visible redness, reactivity, or a sensitive tendency, which matches your “very sensitive” self-assessment. Focus: Calm and stabilize the barrier, reduce triggers from harsh products, and buffer any active exfoliants you use. Ingredient directions: Panthenol, ferments (Bifida, Lactobacillus), soothing plant extracts, anti-inflammatory agents like allantoin. When using acids or retinoids, always combine with barrier-repairing serums to minimize irritation.</p>
Dark Circle	40	<p>Meaning of the score: Below average; visible under-eye darkness or fatigue signs. Often linked to lifestyle (sleep, screens) and circulation more than just products. Focus: Gentle hydration around the eye area, sun protection, and lifestyle adjustment (sleep quality, screen time, rubbing eyes). Ingredient directions: Hydrating and soothing ingredients (glycerin, sodium hyaluronate, panthenol, niacinamide) and overall brightening actives that improve overall tone can indirectly help the under-eye area.</p>

Skin Indicator	Score	Key focus and details
Color uniformity	51	<p>Meaning of the score: Slightly below average; suggests mild uneven tone, dullness, or post-acne marks/redness. Focus: Even out skin tone while keeping sensitivity in mind. Target gradual brightening and anti-inflammatory support instead of aggressive peels. Ingredient directions: Tranexamic acid, niacinamide, and gentle AHA/BHA in low levels; hydrating humectants to keep the barrier resilient. Daily sunscreen is crucial to prevent marks from getting darker.</p>
Smooth	61	<p>Meaning of the score: Around average; some texture or roughness, likely related to acne and healed blemishes. Focus: Refine texture gradually through controlled exfoliation and renewal, without over-stripping your sensitive skin. Ingredient directions: Mild BHA (salicylic acid) and retinoid derivatives such as retinyl palmitate to support long-term smoothness, alongside good hydration (glycerin, hyaluronic acid) and barrier care.</p>
Spot	71	<p>Meaning of the score: Above average; only mild pigmentation/spots relative to your other concerns. You may have some post-inflammatory marks or light sun spots, but they're not your main issue. Focus: Prevent worsening of spots by controlling acne, inflammation, and UV exposure; gently brighten existing marks. Ingredient directions: Tranexamic acid, niacinamide, and antioxidant/soothing ingredients while always pairing with high-SPF sunscreen.</p>

Skin Indicator	Score	Key focus and details
Pore	83	<p>Meaning of the score: High; pores are relatively refined and well-managed, especially impressive for oily skin. Focus: Maintain this by keeping pores clean and oil balanced without over-drying, and prevent future enlargement through good acne control and sun care.</p> <p>Ingredient directions: Light BHA for maintenance, niacinamide for sebum control and pore appearance, plus non-comedogenic hydration.</p>
Wrinkle	94	<p>Meaning of the score: Very high; minimal visible wrinkles or fine lines. This is a strong advantage at your age. Focus: Prevention: maintain hydration, barrier strength, and sun protection to keep this benefit long-term.</p> <p>Ingredient directions: Mild vitamin A derivative (retinyl palmitate) for renewal, peptides, glycerin, and barrier-nourishing emollients. Sunscreen is more impactful than heavy anti-aging actives at this stage.</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 and what it improves

For your **oily, very sensitive, acne-prone skin**, PR13 is a **gentler** refining option that directly targets your **lowest scores: Acne (20) and Redness (30)**, while being more suitable for sensitivity than stronger acid formulas. It helps to:

- Reduce **acne and clogged pores** without excessive irritation

- Support **oil control** and maintain your already good **pore (83)** score
- Provide **soothing** and light hydration to calm reactive skin

Key ingredients and how they help

- **Salicylic Acid 0.15%**: A low-concentration **BHA** that penetrates into oily pores, gently exfoliating and helping prevent **comedones, blackheads, and breakouts**—ideal for your low acne score without overwhelming your sensitive skin.
- **Niacinamide 2%**: Balances **sebum production**, supports **barrier repair**, and helps with **redness and post-acne marks**, contributing to better **color uniformity**.
- **Allantoin 0.1%**: Soothing and anti-inflammatory, helpful for your **redness (30)** and sensitivity.
- **1,3-Propanediol / Propylene Glycol**: Provide **hydration**, helping protect the barrier from dryness that can worsen irritation and redness.

2. B5 Yeast Extreme Repair Serum R9+ (to mix with another serum)

Why it suits you and what it improves

With **very sensitive skin** and a low **Redness score (30)**, your barrier and tolerance are key priorities. R9+ is designed as a **repair and stabilizing base serum** that pairs with active serums to:

- **Calm sensitivity and redness**, improving your low redness score
- **Increase tolerance** to actives like BHA and brightening ingredients
- Serve as a core, everyday **barrier-repair base** to reduce irritation from both acne and environmental stresses

This is especially valuable because your skin needs **active treatment for acne and uneven tone**, but also has a clear **sensitivity tendency**.

Key ingredients and how they help

- **Panthenol 5%**: A high level of vitamin B5 that **repairs the barrier, reduces irritation**, and soothes discomfort. Great for sensitive, acne-treated skin.
- **Butylene Glycol 12% / Propylene Glycol 2.715%**: Provide deep **hydration and penetration support**, helping skin feel comfortable even when using active serums.

- **Bifida Ferment Lysate 0.05% & Lactobacillus/Soybean Ferment Extract 0.05%:** Support the **skin microbiome and defense**, which is important for **sensitive and easily inflamed** skin.
- **Kalanchoe Spathulata Extract / Andrographis-type soothing plant components:** Provide **antioxidant and soothing** benefits, reinforcing your skin's resilience.

How to mix R9+

For your profile, the best pairing is with **Ultra Renovating Serum RV24** (see next product), as that combination tackles **uneven tone, post-acne marks, and sensitivity** together.

- After opening **R9+**, **pour the entire 10 ml bottle into the RV24 serum bottle**.
- This gives an approximate **serum:R9+ = 2:1** ratio.
- Close and **shake well** so the mixture is uniform.
Use this **mixed serum** as your main brightening + repair step.

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

Why it suits you and what it improves

RV24 focuses on **even tone, dullness, spots, and brightening**, which matches your **Color uniformity (51)** and **Spot (71)** scores. When combined with R9+, it becomes a **brightening + barrier-repair** formula that is better tolerated by your **very sensitive** skin. It helps to:

- Improve **uneven tone** and **post-acne marks/redness**, lifting your color uniformity score
- Maintain or improve your already decent **spot (71)** dimension
- Provide **hydration and barrier support** to reduce irritation risk from brightening actives

Key ingredients and how they help

- **Tranexamic Acid 3%:** Targets **hyperpigmentation and uneven tone**, helping fade **spots and post-inflammatory marks** from acne. Ideal for gently improving your color uniformity score over time.

- **Niacinamide 2%**: Further improves **tone evenness**, helps with **redness**, supports the **barrier**, and gives mild **oil-control and antioxidant** benefits—relevant to your acne and oily skin.
 - **Sodium Hyaluronate 0.2% + Glycerin / Propylene Glycol / 1,3-Propanediol**: Multi-layered **hydration**, reducing tightness and improving skin smoothness, supporting your **Smooth (61)** dimension.
 - **Allantoin 0.1% + botanical extracts + Ceramide NP**: **Soothing, conditioning, and barrier-supporting**, important for your **sensitive, redness-prone** profile.
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4. Personalized skincare routine and lifestyle suggestions

Morning Routine

1. Cleanser

- Use a **gentle, low-foam, non-stripping cleanser** suitable for oily and sensitive skin. Avoid harsh scrubs or high-alcohol formulas.

2. Mixed Brightening + Repair Serum (RV24 + R9+)

- Apply your **RV24 + R9+ mixed serum** after cleansing (and toner if you use one).
- This step helps with **uneven tone, post-acne marks, redness, and sensitivity** at the same time.

3. Moisturizer + Sunscreen

- Use a **light, non-comedogenic moisturizer** to lock in hydration without clogging pores.
- Follow with a **broad-spectrum sunscreen (SPF 30+ or higher)** daily, even on cloudy days, to protect against **worsening spots, redness, and premature aging**.
- You can use the **Skin Beauty Pal App's UV reminder** to prompt sunscreen reapplication and check local UV intensity.

Evening Routine

1. Gentle Cleanser

- Cleanse to remove sunscreen, oil, and impurities without over-drying. Keep water lukewarm, not hot, to avoid triggering redness.

2. Targeted Acne Serum (PR13)

- After cleansing (and toner if used), apply **PR13** to acne-prone or oily areas (T-zone, areas with breakouts).
- Start **once daily at night**; if your skin feels comfortable after 1–2 weeks, you can continue daily. If irritation occurs, reduce to **every other night**.

3. Mixed Brightening + Repair Serum (RV24 + R9+)

- After PR13 has absorbed, apply your **RV24 + R9+ mixed serum** to the whole face (avoiding the immediate eye area).
- This will **buffer potential irritation** from PR13 and work on **redness, tone, and barrier repair**.

4. Moisturizer (if needed)

- If your skin feels dry or tight, apply a **simple, fragrance-free moisturizer** on top, especially on drier or more sensitive areas.

Lifestyle Suggestions

1. Diet and Hydration

- Aim for **balanced meals** with plenty of **vegetables, fruits, omega-3 fats (fish, flaxseed, walnuts)**, and moderate sugar and high-glycemic foods, as these can worsen **acne and inflammation**.
- Maintain **regular water intake** through the day to support hydration from the inside; use the **Skin Beauty Pal App's hydration reminder** to help you develop consistent drinking habits.

2. Sun Protection and Environment

- Sun exposure can darken **marks and spots**, worsen **redness**, and accelerate aging. Use sunscreen daily and **reapply every 2-3 hours** if you're outdoors or near windows.
- Wear **hats, sunglasses, and seek shade** when UV is intense.
- Let the **Skin Beauty Pal App's UV reminder** guide you on when protection is especially important based on weather and UV index.

3. Sleep and Habits

- Aim for **7-9 hours of consistent sleep**, as poor sleep can worsen **dark circles, acne, and redness**.
- Reduce **late-night screen time** and consider blue-light filters to help your eyes and under-eye area.
- Avoid **rubbing or picking at your face**, especially pimples; this causes more redness, post-inflammatory marks, and texture issues.
- Manage stress through exercise, stretching, or breathing exercises, as stress hormones can aggravate **acne and sensitivity**.

If your redness, breakouts, or sensitivity become hard to manage or suddenly worsen, consider using the **Skin Beauty Pal App's doctor consultation or clinic booking** features to get tailored medical advice.

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.