

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 a clear tendency toward **acne and redness**, with relatively better performance in **pore, wrinkle, and spot** dimensions. Overall, your main challenges are **breakouts, uneven tone, and mild dullness**, on a background of sensitivity.

Main strengths and concerns

Your strengths are **good pore condition, minimal wrinkles for your age, and relatively controlled pigmentation/spot issues**. The main concerns are **acne (very low score), redness (low score, hinting at sensitivity), dark circles, and overall color unevenness and texture smoothness**, which together make your skin look more tired and inflamed than it actually is.

Possible influencing factors

Being **female with oily, very sensitive skin** means hormones, oil production, and barrier fragility can strongly affect your breakouts and redness. Lifestyle factors such as **stress, sleep quality, diet (high sugar/dairy), screen time, and UV exposure** may be aggravating your acne, redness, and dark circles, especially with a reactive, easily irritated skin type.

2. Analysis of each skin dimension

Skin Indicator	Score	Key focus and details
Acne	20	Very low; main priority. This indicates frequent or persistent breakouts and clogged pores. With oily, very sensitive skin, you need gentle but effective oil control and exfoliation to unclog pores without damaging the barrier. Helpful ingredients: low-dose salicylic acid, niacinamide for oil control and barrier support, and soothing agents (allantoin, panthenol, ferment extracts) to reduce inflammation and help tolerance.
Redness	30	Low; indicates sensitivity and inflammation. Your skin is easily irritated, possibly with flushing or red acne marks. Focus on barrier repair, calming, and reducing irritation while avoiding harsh, frequent acids. Beneficial directions: panthenol, ferment ingredients, soothing botanicals, niacinamide at moderate levels, and anti-inflammatory agents like allantoin and gentle extracts.
Dark Circle	40	Below average; fatigue sign. This suggests visible under-eye darkness or tired-looking eyes, often linked to sleep, circulation, and lifestyle, more than topical issues alone. Skincare can indirectly help by improving overall skin brightness and hydration. Helpful directions: brightening agents (niacinamide, tranexamic acid), hydrating ingredients (glycerin, sodium hyaluronate), plus lifestyle focus on sleep and eye strain.
Color uniformity	51	Slightly below average. There may be post-acne marks, uneven tone, or mild dullness. Because of your sensitivity, you need non-irritating brightening and anti-inflammatory care rather than aggressive peels. Good options: tranexamic acid, niacinamide, and hydrating, barrier-supportive bases that improve radiance while calming the skin.

Skin Indicator	Score	Key focus and details
Smooth	61	<p>Around average. Your overall texture is acceptable, but acne lesions, small bumps, or residual marks can reduce smoothness. With your sensitive skin, overly strong exfoliation could worsen redness and breakouts. Focus on light BHA plus hydration and repair to refine texture gradually. Ingredients: low-dose salicylic acid, niacinamide, humectants (glycerin, hyaluronic acid), and barrier-supportive agents.</p>
Spot	71	<p>Better than average. Some spots or post-inflammatory marks may exist but are not your primary issue. Maintaining gentle brightening and strong UV protection will prevent worsening. Helpful ingredients: tranexamic acid, niacinamide, hydrating and soothing components that do not trigger your sensitivity.</p>
Pore	83	<p>Good condition. Despite oily skin, your pore score is strong; congestion is more tied to active acne than very enlarged pores. Maintain this by controlling oil and preventing clogging with gentle BHA and balanced hydration, without over-drying. Niacinamide and light salicylic acid are appropriate.</p>
Wrinkle	94	<p>Excellent. You have very few visible fine lines for your age. Anti-aging is not urgent now, but prevention is still valuable: sun protection, gentle renewal, and good hydration. If you choose anti-aging actives (like vitamin A derivatives), they must be balanced with your sensitivity and repair needs.</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+ (to mix with RV24)

Why it suits you and what it improves

With **very sensitive, acne-prone, redness-prone oily skin**, your barrier is a key weakness behind both the **Acne (20)** and **Redness (30)** scores. R9+ is designed as a **high-concentration repair and stabilizing base serum**, ideal for you. It helps to:

- **Reduce irritation and redness**, improving your Redness and overall comfort.
- **Support barrier repair**, which in turn improves how well you tolerate active ingredients for acne and brightening.
- **Stabilize skin during flare-ups**, making it suitable even when breakouts or sensitivity peak.

Key ingredients and how they help

- **Panthenol (5%)**: Powerful **barrier-repair, soothing, anti-irritation** ingredient. It reduces redness and helps heal after breakouts.
- **Butylene Glycol (12%) & Propylene Glycol (2.715%)**: Provide **deep hydration and enhance penetration** without heavy greasiness, good for oily yet sensitive skin.
- **Bifida Ferment Lysate (0.05%) & Lactobacillus/Soybean Ferment Extract (0.05%)**: Support the **skin's micro-ecosystem and repair responses**, ideal for sensitive, easily inflamed skin.
- **Kalanchoe/Andrographis-type botanical extract (0.135%)**: Offers **antioxidant and soothing** benefits, supportive for problem and sensitive skin.

You will use R9+ as a **mixing base with a brightening/repair serum (RV24)** to increase tolerance and overall efficacy.

How to mix

- After opening R9+, **pour the entire 10 ml bottle into your RV24 serum bottle.**
 - This creates an approximate **serum:R9+ = 2:1** ratio.
 - **Shake well** so the mixture is uniform. This mixed serum will be your main repair + brightening serum.
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2. Ultra Renovating Serum RV24 (to be mixed with R9+)

Why it suits you and what it improves

RV24 targets your **Color uniformity (51)** and supports **Spot (71)** while being relatively gentle and hydrating, which is suitable for **very sensitive, oily skin**. Combined with R9+, it becomes a **brightening + repair** solution that helps:

- Fade post-acne marks, improve **uneven tone**.
- Enhance **radiance and smoothness**, indirectly supporting your **Smooth (61)** and Dark Circle appearance.
- Provide **hydration and mild barrier support**.

Key ingredients and how they help

- **Tranexamic Acid (3%)**: A well-known **brightening and anti-spot** ingredient; it helps inhibit melanin production and reduces **dark marks and uneven tone** from past breakouts.
- **Niacinamide (2%)**: Multi-functional: **evens tone, supports barrier repair, and provides antioxidant protection**. It can also support **oil balance**, relevant to your oily, acne-prone skin.
- **Sodium Hyaluronate (0.2%) & Glycerin / Propylene Glycol / 1,3-Propanediol**: **Hydrating humectants** that draw water into the skin, maintaining comfort without heaviness—important for **sensitive, oily skin**.
- **Allantoin (0.1%) & Dipotassium Glycyrrhizate (0.1%)**: **Soothing and conditioning**, helping reduce irritation and support your low Redness score.
- **Ceramide NP (0.005%)**: Adds an extra **barrier-supportive** element.

In combination with R9+, RV24 becomes especially suitable for your **sensitivity + uneven tone + post-acne marks**.

3. Pore Refining Serum PR13

Why it suits you and what it improves

Your **Acne score (20)** is the weakest dimension and your primary concern. PR13 is a **gentle BHA + niacinamide serum** specifically designed for **acne, blackheads, and oiliness**, yet it is milder than a high-strength acid serum—important for **very sensitive skin**. It will help:

- Reduce **clogged pores and active breakouts**, improving the Acne dimension.
- Support **oil control** without overly stripping the barrier, helping maintain your already good **Pore (83)** score.
- Provide some **soothing and hydration** to reduce the risk of irritation.

Key ingredients and how they help

- **Salicylic Acid (0.15%)**: A **lipid-soluble BHA** that penetrates into pores, helps dissolve excess sebum and dead cells, and is effective for **blackheads and acne** at a gentle level suitable for sensitive skin.
- **Niacinamide (2%)**: Helps **regulate sebum, strengthen the barrier**, and reduce post-inflammatory marks. Very relevant for **oily, acne-prone, sensitive** profiles.
- **Allantoin (0.1%)**: **Soothing and anti-inflammatory**, reduces irritation from exfoliation and helps calm inflamed blemishes.
- **Hydrating base (1,3-Propanediol, Propylene Glycol)**: Provides **light hydration** so the formula doesn't overly dry your skin.

Use PR13 carefully and in moderation to manage acne without triggering more redness.

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 harsh scrubs or high-fragrance products.

2. **Mixed RV24 + R9+ serum**

- Apply a small amount of your **RV24 + R9+ mixed serum** to face and neck after cleansing.
- This step focuses on **barrier repair, brightening, and calming redness**.

3. **Moisturizer + Sunscreen**

- Use a **light, non-comedogenic moisturizer**.
 - Follow with a **broad-spectrum sunscreen** every morning (even indoors if near windows). This is crucial to protect your **spots, redness, and uneven tone** from worsening.
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Evening Routine

1. **Cleanser (gentle)**

Thoroughly but gently cleanse to remove sunscreen and impurities without over-washing.

2. **PR13 (2-4 nights per week to start)**

- On **non-irritated nights**, after cleansing and before toner or other serums, apply a thin layer of **PR13** over acne-prone areas (or entire face if tolerated).
- Start **2-3 times per week**; if your skin tolerates it with minimal redness or stinging, slowly increase frequency. Avoid using other strong exfoliants at the same time.

3. **Mixed RV24 + R9+ serum**

- After PR13 has absorbed (or on nights when you skip PR13), apply your **RV24 + R9+ mixed serum**.
- This supports **repair, brightening of marks, and calming** after exfoliation.

4. **Moisturizer**

- Finish with a **light, non-comedogenic moisturizer** to lock in hydration and maintain barrier integrity.

If your skin feels very irritated or overly dry on any evening, skip PR13 that night and only use the **mixed RV24 + R9+ serum and moisturizer**.

Lifestyle Suggestions

1. Diet and hydration

- Favor a **balanced diet**: more vegetables, fruits, omega-3 sources (e.g., fish, nuts) and less **high-sugar, high-dairy, and very greasy foods**, which may aggravate acne.
- Aim to **drink enough water** throughout the day. You can use the **Skin Beauty Pal App's hydration reminder** feature to help you stay consistent, which supports overall skin plumpness and radiance.

2. Sun protection and environment

- Daily **sunscreen**, hats, and shade are vital to prevent **redness, dark marks, and uneven tone** from worsening, especially when using exfoliating and brightening products.
- Monitor **UV levels** and adjust outdoor time or reapplication frequency using the **Skin Beauty Pal App's UV reminder**, particularly at midday.
- Avoid **very hot water**, strong wind, and heavily air-conditioned environments when possible, as these can irritate sensitive skin and worsen redness.

3. Sleep and habits

- Try to maintain **regular sleep**, aiming for **7-8 hours per night**. Poor sleep often shows first as **worse dark circles and slower acne healing**.
- Reduce **screen time and blue light exposure** before bed and avoid rubbing your eyes to help with dark circles.
- Manage **stress** through light exercise, stretching, or relaxation practices; stress hormones can directly worsen acne and redness.
- Keep your **pillowcases, towels, and makeup tools clean**, and avoid touching or picking at pimples to minimize inflammation and post-acne marks.

If at any point your sensitivity, acne, or redness flare severely or do not improve with careful skincare, consider using the **Skin Beauty Pal App's doctor consultation or clinic booking** features for professional 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.