

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 scores show that **acne, redness, and dark circles** are your weaker areas, while pores, wrinkles, and spots are relatively better. Overall, your skin tends to be **acne-prone, easily irritated, and slightly uneven in tone**.

Main strengths and concerns

Your **wrinkle (94)** and **pore (83)** scores are strong, suggesting good firmness and no major pore issue for an oily skin type. **Spots (71)** and **smoothness (61)** are around average or slightly better, so there is only mild unevenness or texture. The main concerns are **acne (20 - very low)**, **redness (30 - low)** suggesting sensitivity, and **dark circles (40 - below average)**.

Possible influencing factors

As a **female with oily, very sensitive skin**, you are more prone to **clogged pores, breakouts, and irritation from strong actives**. Lifestyle factors such as stress, screen time, sleep patterns, diet (sugar, dairy), and sun exposure can all worsen acne, redness, and dark circles. Because your redness score is low, your skin likely has a **sensitivity tendency**, so barrier-friendly, soothing care and gentle actives are especially important.

2. Analysis of each skin dimension

Skin Indicator	Score	Key focus and details
Acne	20	<p>Meaning: Very low score; your main problem. This suggests frequent pimples, clogged pores, or ongoing breakouts. Focus: Gentle acne control plus barrier protection to avoid triggering more sensitivity. Ingredient directions: Mild BHA (salicylic acid) for pore clearing, niacinamide for oil balance and inflammation control, and soothing agents like allantoin and panthenol to reduce irritation.</p>
Redness	30	<p>Meaning: Low score; indicates a strong sensitivity/reactivity tendency and possible inflammatory redness around acne areas. Focus: Calm and stabilize skin, avoid harsh or overly strong exfoliation, fragrances, or irritants. Ingredient directions: Panthenol, fermented ingredients (bifida, lactobacillus), niacinamide at moderate levels, and plant soothers (e.g., Andrographis, chamomile-type extracts) to support the barrier and reduce visible redness.</p>
Dark Circle	40	<p>Meaning: Below average; under-eye area may look tired, dull, or shadowed. Focus: Improve circulation and overall skin brightness plus lifestyle (sleep, eye strain, rubbing). Ingredient directions: Brightening and tone-evening components such as niacinamide and tranexamic acid, plus good hydration around the eye (use your face serums around, but not too close to the lash line if your skin tolerates them).</p>

Skin Indicator	Score	Key focus and details
Color uniformity	51	<p>Meaning: Slightly below average; mild uneven tone or early discoloration, often linked to past acne marks, redness, or sun exposure. Focus: Even out tone gently while keeping sensitivity in mind. Ingredient directions: Tranexamic acid for melanin control, niacinamide for brightening and anti-inflammatory effects, hydrating ingredients (glycerin, hyaluronic acid, polyquaternium-51) to keep the barrier healthy.</p>
Smooth	61	<p>Meaning: Around average; some texture, likely from acne marks or small bumps, but not severe. Focus: Steady, gentle renewal and oil-control without over-stripping. Ingredient directions: Low-dose BHA (salicylic acid) and mild retinoid (retinyl palmitate) for gradual smoothing, supported by emollients and humectants to prevent dryness or flaking.</p>
Spot	71	<p>Meaning: Above average; you may have some marks or early spots, but not a major concern right now. Focus: Prevent new dark marks from acne and maintain tone. Ingredient directions: Tranexamic acid and niacinamide to fade post-inflammatory marks and support uniformity, with soothing components to reduce the inflammation that leads to spots.</p>
Pore	83	<p>Meaning: High score; pores are relatively well-controlled, especially for oily skin. Focus: Maintain current condition and prevent clogging from heavy products or poor cleansing. Ingredient directions: Light BHA, niacinamide, and lightweight hydrating bases rather than heavy occlusives that might clog pores.</p>

Skin Indicator	Score	Key focus and details
Wrinkle	94	<p>Meaning: Very high score; fine lines and wrinkles are currently a strong advantage for you. Focus: Preservation and prevention rather than aggressive anti-aging. Ingredient directions: Gentle vitamin A derivative (retinyl palmitate), peptides (e.g., acetyl hexapeptide-8), and good moisturization plus consistent sunscreen use.</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 lowest score and oily, very sensitive skin, you need **gentle acne and oil control that does not inflame your redness (30)**. PR13 is a milder, more barrier-friendly BHA option, suitable for **acne, blackheads, pores, and oiliness** without the higher irritation risk of a stronger exfoliant. It targets your:

- **Acne:** helps clear clogged pores and reduce breakouts
- **Smoothness:** improves texture from bumps and residual marks
- **Pore maintenance:** keeps your already-good pore score stable

Key ingredients & how they help

- **Salicylic Acid 0.15%:** A low-dose BHA that gently exfoliates inside pores, helping reduce comedones and inflammatory acne with less irritation risk.
- **Niacinamide 2%:** Controls oil production, supports the skin barrier, and calms redness around pimples.

- **Allantoin 0.1%**: Soothing, anti-irritant; supports your sensitive, redness-prone skin.
- **Humectants (1,3-Propanediol, Propylene Glycol)**: Provide light hydration suitable for oily skin, helping prevent over-drying from acne treatment.

2. B5 Yeast Extreme Repair Serum R9+ (to mix with PR13)

Why it suits you & what it improves

Your low **Redness (30)** and self-declared **very sensitive** skin mean you need a strong **repair and soothing base**, especially when using actives like BHA or brighteners. R9+ is designed exactly for this: to **buffer and stabilize** active serums while enhancing barrier function. It directly helps:

- **Redness and sensitivity**: calming and reducing reactivity
- **Acne-related irritation**: making acne treatments more tolerable
- **Overall barrier health**: improving tolerance to ongoing use of actives

You should **mix R9+ with PR13** to create a gentler, more hydrating, and barrier-supportive acne serum.

Key ingredients & how they help

- **Panthenol 5%**: Strong barrier-repair and soothing effect; helps reduce stinging and irritation from exfoliants and supports long-term sensitivity improvement.
- **Butylene Glycol 12% / Propylene Glycol 2.715%**: Deep hydration and better penetration, keeping skin comfortable and less prone to dehydration.
- **Bifida Ferment Filtrate & Lactobacillus/Soybean Ferment Extract (each 0.05%)**: Support microbiome balance and barrier function, good for easily irritated, acne-prone skin.
- **Andrographis Paniculata Extract 0.135%**: Antioxidant and soothing, suitable for problem and sensitive skin, which aligns well with your acne + redness profile.

How to mix with PR13

- After opening R9+, **pour the entire bottle into your PR13 serum** bottle.
- The target ratio is serum:R9+ \approx **2:1**, which this full-bottle mixing is designed to achieve.
- Close PR13 and **shake well** to mix evenly.

- Use this **mixed serum** in your daily routine (see Section 4).

3. Ultra Renovating Serum RV24 (Brightening + Barrier Care)

Why it suits you & what it improves

Your **Color uniformity (51)** and **Dark Circle (40)** suggest mild uneven tone, possible acne marks, and a tired look under the eyes, while you also have sensitivity and redness. RV24 focuses on **even tone and brightening** while also supporting hydration and the barrier, making it suitable for your **sensitive, acne-prone** profile when paired with R9+ in your routine. It mainly helps:

- **Color uniformity & spots**: brightens and reduces post-acne marks and uneven tone
- **Dark circle area tone**: indirect improvement around the eye contour (used carefully, not too close to the lash line)
- **Barrier & hydration**: supports your sensitivity tendency

Key ingredients & how they help

- **Tranexamic Acid 3%**: Targets melanin production and helps fade spots and uneven tone, good for acne marks and overall dullness.
 - **Niacinamide 2%**: Brightening, barrier repair, anti-inflammatory; beneficial for both tone and redness-prone, oily skin.
 - **Sodium Hyaluronate 0.2% + Glycerin / Propylene Glycol / 1,3-Propanediol**: Multi-layer hydration that helps keep skin plump and comfortable while using actives.
 - **Allantoin 0.1% & Dipotassium Glycyrrhizate 0.1%**: Soothing, anti-irritant ingredients to support sensitive skin and reduce redness.
 - **Botanical extracts + Ceramide NP**: Additional antioxidant, soothing, and barrier-supporting benefits, useful for your sensitivity profile.
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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 harsh scrubs or very hot water.

2. Mixed PR13 + R9+ serum

- After cleansing, pat skin dry.
- Apply a small amount of your **pre-mixed PR13 + R9+ serum** over the whole face (avoid immediate eye contour).
- This step targets **acne and oil** while R9+ **soothes and protects the barrier**, reducing redness and sensitivity.

3. RV24 (Ultra Renovating Serum)

- After the mixed serum absorbs, apply RV24 to face and neck.
- Gently tap a thin layer around, but not directly on, the under-eye area to help with **overall brightness and post-acne marks**.

4. Moisturizer (lightweight)

- Choose an oil-controlling, non-comedogenic moisturizer to lock in hydration without clogging pores.

5. Sunscreen (essential)

- Use a broad-spectrum SPF every morning, especially important because you are using **acids and brightening actives**.
- The Skin Beauty Pal App's **UV reminder** can help you remember to reapply and be cautious on high-UV days.

Evening Routine

1. Cleanser

- Double-cleanse if you wear sunscreen and makeup (oil/balm, then gentle water-based cleanser). This prevents clogged pores without over-scrubbing.

2. Mixed PR13 + R9+ serum

- Apply again in the evening after cleansing.
- If your skin feels very irritated on some days, you can **reduce frequency** (e.g., use every other night) and rely more on RV24 plus a plain moisturizer that night.

3. RV24 (Ultra Renovating Serum)

- Apply after the mixed serum to support **brightening, post-acne marks, and overall tone** while adding hydration and soothing.

4. Moisturizer

- Use a slightly richer but still non-comedogenic moisturizer if you feel any dryness or tightness, especially on nights when your skin feels more reactive.

Lifestyle Suggestions

1. Diet and hydration

- Limit high-sugar foods and high-dairy intake, which can sometimes aggravate acne in prone individuals.
- Eat more **omega-3-rich foods (e.g., fish, walnuts), vegetables, and fruits** for anti-inflammatory support.
- Aim for consistent water intake throughout the day to support skin hydration; use the **Skin Beauty Pal App's hydration reminder** to keep you on track.

2. Sun protection and environment

- UV exposure worsens **uneven tone, acne marks, redness, and aging**, so daily sunscreen is critical even if you stay mostly indoors.
- Reapply sunscreen every 2–3 hours if outdoors, and seek shade, hats, and sunglasses.

- The Skin Beauty Pal App's **UV/weather reminder** can alert you when UV is high so you can adjust your protection.
- Avoid prolonged exposure to very hot, dry, or polluted environments when possible; cleanse gently after such exposure.

3. **Sleep and habits**

- Aim for **7-9 hours of regular sleep**, as nighttime is the main period for skin repair; poor sleep can worsen **acne and dark circles**.
- Reduce screen brightness and blue light exposure before bed, and avoid rubbing your eyes to protect the under-eye area.
- Manage stress with light exercise, breathing exercises, or hobbies, as stress hormones can aggravate breakouts and redness.
- Stick to your routine consistently and avoid frequently switching products, as your **very sensitive skin** benefits from stability and gradual changes.

If at any point your skin becomes very irritated, extremely red, or you see unusual reactions, stop new products and consider using only gentle cleanser, moisturizer, and sunscreen. For further concerns, you can use the **Skin Beauty Pal App's doctor consultation/clinic booking** features to get 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.