

Abha191 Mail's Skin Analysis Report

1. Overall skin condition summary

Overall condition

Abha191 Mail, you describe your skin as **oily** and **very sensitive**, which matches your data: acne and redness are your main challenges. Overall, your skin shows **good pore condition and very good wrinkle resistance**, but it tends to be **acne-prone, redness-prone, and slightly uneven in tone**, with some concern around dark circles.

Main strengths and concerns

Your main strengths are **fine lines / wrinkle resistance** (very high score) and **pores** (well above average), which means your skin structure and aging risk are currently in a good state. Your main concerns are **acne (very low), redness (low)**, and **dark circles (below average)**, along with **mildly uneven color and texture**. The priority is to **reduce breakouts and inflammation**, while ensuring any active ingredients are **gentle enough for very sensitive skin**.

Possible factors affecting skin condition

As a **female with oily, very sensitive skin**, you may be more affected by **hormonal fluctuations**, occlusive makeup, and over-cleansing or harsh exfoliants. Oily skin can trigger more acne, while high sensitivity makes you prone to **redness, stinging, and barrier damage**. Lifestyle habits such as **stress, sleep quality, UV exposure, and diet** can also worsen breakouts, redness, and dark circles, so a **balanced, barrier-supportive routine** is especially important for you.

2. Analysis of each skin dimension

Skin Indicator	Score	Key focus and details
Acne	20	Very low score - main priority. This indicates frequent or obvious breakouts/comedones . With your oily, very sensitive skin, you need gentle oil-control and anti-acne care that does not strip the barrier. Helpful ingredients: low-dose salicylic acid (BHA, for unclogging pores), niacinamide (balances oil, anti-inflammatory), soothing agents such as allantoin and panthenol to reduce irritation from actives.
Redness	30	Low - suggests sensitivity and inflammation. Your skin is likely easily irritated, flushed, or reactive , especially around active ingredients and environmental stress. Focus on barrier repair, anti-inflammatory, and soothing care . Key ingredient directions: panthenol, ferments (Bifida, Lactobacillus), gentle humectants, niacinamide at moderate concentrations , and botanical soothing extracts (e.g., Andrographis, chamomile-type). Avoid overly strong acids or over-layering actives.
Dark Circle	40	Below average. This suggests visible under-eye shadows , which can be related to thin skin, pigmentation, or lifestyle (sleep, screen time) . Topical brightening around the eye area should be mild and well-tolerated . Ingredient directions: gentle brighteners (niacinamide, tranexamic acid at low amounts if tolerated, hydrating agents like glycerin and sodium hyaluronate) plus strict UV protection . Lifestyle (sleep, rubbing, allergies) matters a lot here.

Skin Indicator	Score	Key focus and details
Color uniformity	51	<p>Slightly below average. There may be some uneven tone or early dullness, possibly post-acne marks or mild pigmentation. With your sensitivity, focus on non-irritating brightening and barrier support rather than aggressive exfoliation. Ingredients: tranexamic acid, niacinamide, hydrating humectants and ceramides, combined with daily sunscreen to maintain results.</p>
Smooth	61	<p>Around average. Skin texture is acceptable but may not feel consistently smooth due to acne, minor roughness, or dehydration in areas. For you, the key is controlled, mild exfoliation plus strong hydration and repair. Ingredients: low-level BHA, gentle A-derivatives if tolerated, glycerin, sodium hyaluronate, panthenol, and emollients that are not too heavy for oily skin.</p>
Spot	71	<p>Above average. Spots and pigmentation are present but not your main concern right now. Maintain and gradually improve pigmented marks with steady, non-irritating brightening care. Ingredients: tranexamic acid, niacinamide, and antioxidant/soothing extracts can help fade marks and prevent new ones, as long as your barrier stays stable.</p>
Pore	83	<p>Good. Your pores are relatively well controlled, especially for oily skin. Maintaining clean pores and balanced oil production will help prevent worsening acne. Gentle salicylic acid, niacinamide and lightweight hydration (glycerin, 1,3-propanediol) are suitable to keep pores refined without over-drying or irritating.</p>

Skin Indicator	Score	Key focus and details
Wrinkle	94	Very strong. Fine lines and wrinkles are minimal , which is a clear strength at your age. The goal is prevention and maintenance , not aggressive anti-aging. Ingredients such as vitamin A derivatives (retinyl palmitate) , peptides , and good moisturization can help maintain this advantage, but must be introduced carefully due to your very sensitive skin and existing redness.

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

For your **very low acne score (20)** and oily skin, this is the key targeted product. Compared with stronger exfoliating options, PR13 is **gentler and more suitable for very sensitive skin**, helping with:

- **Acne and comedones** (primary concern)
- **Oil control and pore maintenance**
- Supporting your **skin barrier and reducing inflammation**, which also indirectly helps with redness

Key ingredients & how they help

- **Salicylic Acid 0.15%**: A mild BHA that **penetrates into pores, dissolves oil plugs, and reduces blackheads/whiteheads** without the harshness of higher concentrations—important for your sensitivity.

- **Niacinamide 2%**: Helps **regulate sebum**, supports **barrier repair**, and offers **anti-inflammatory and tone-evening benefits**, touching both acne and color uniformity.
- **Allantoin 0.1%**: **Soothing and anti-inflammatory**, helping calm potential irritation and supporting your low redness score.
- **1,3-Propanediol & Propylene Glycol**: **Hydrating humectants** that prevent excessive dryness while exfoliating, which is crucial for very sensitive skin.

This serum directly addresses your **acne, texture (smoothness), and oiliness** while being formulated with supportive, calming components.

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

Why it suits you & what it improves

With **very sensitive skin and low redness score (30)**, your barrier stability is a core issue. R9+ is designed as a **high-concentration repair base** to:

- **Strengthen your skin barrier and reduce irritation**
- **Calm redness and sensitivity**
- Improve **tolerance to other active serums** such as brightening or exfoliating products

This is especially important when you use actives like salicylic acid or brightening ingredients; R9+ helps **buffer and stabilize** your skin's response.

Key ingredients & how they help

- **Panthenol 5%**: A high level of **pro-vitamin B5** that is excellent for **barrier repair, soothing, and reducing irritation**; it directly helps your **redness and sensitivity** tendencies.
- **Butylene Glycol 12% & Propylene Glycol 2.715%**: Strong **hydrating and penetration-supporting humectants**, improving skin comfort and flexibility.
- **Bifida Ferment Filtrate & Lactobacillus/Soybean Ferment Extract (each 0.05%)**: Ferment ingredients that help **support the skin microbiome**, enhancing **defense and long-term barrier health**—very helpful for reactive skin.

- **Andrographis Paniculata (Kalanchoe Spathulata) Extract 0.135%:** **Soothing and antioxidant**, suitable for **problem, redness-prone, and sensitive skin**, aligning with your low redness and acne-prone profile.

How to mix (with RV24, below)

- Choose **Ultra Renovating Serum RV24** as the partner serum.
- **After opening R9+, pour the entire 10 ml bottle into the RV24 serum bottle.**
- This gives an approximate **serum : R9+ = 2:1 ratio**, which is the optimal mix.
- **Close and shake well** until fully blended.

This mixed serum will combine **brightening and tone-evening benefits** with **strong repair and soothing**, making the active ingredients more tolerable for your very sensitive skin.

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

Why it suits you & what it improves

Your scores for **color uniformity (51)** and **dark circles (40)** show that **uneven tone and dullness** are secondary, but relevant, concerns. RV24 is designed for **dullness, spots, and brightening**, and when **mixed with R9+**, it becomes more comfortable for sensitive skin. It helps with:

- **Evening skin tone and reducing post-acne marks**
- **Mild brightening**, which can support both overall skin tone and some degree of pigmentation-related dark circles (avoiding direct application too close to the eye if your skin is very reactive)
- Providing **hydration and some barrier support**

Key ingredients & how they help

- **Tranexamic Acid 3%:** A targeted **brightening agent** that helps **reduce melanin formation**, improving **uneven color, spots, and post-inflammatory marks** from acne.
- **Niacinamide 2%:** Supports **barrier repair, tone evening, and antioxidant defense**; synergistic with R9+ for calming and strengthening the skin.

- **Sodium Hyaluronate 0.2% + Glycerin, Propylene Glycol, 1,3-Propanediol**: A strong **hydration complex** that keeps the skin plump and comfortable, which indirectly supports **texture and smoothness**.
- **Allantoin 0.1%, Dipotassium Glycyrrhizate, Chamomilla Recutita Extract**: **Soothing ingredients** that help calm sensitivity and redness tendencies.
- **Ceramide NP (0.005%)**: Supports the **lipid barrier**, which is crucial to reduce reactivity and maintain moisture.

When used as **RV24 mixed with R9+**, this becomes a **multi-functional brightening + repair serum** that fits your **acne marks, uneven tone, and sensitivity** simultaneously.

4. Personalized skincare routine and lifestyle suggestions

Morning Routine

1. Cleanser

- Use a **gentle, low-foam cleanser** suitable for oily, sensitive skin. Avoid harsh scrubs or strong cleansers that leave your skin feeling tight.

2. Mixed RV24 + R9+ Serum

- Apply a small amount of the **pre-mixed RV24 + R9+ serum** (the bottle where you poured the entire R9+ into RV24 and shook well).
- Spread evenly over face, **avoiding the immediate eye area** if you are easily irritated there.
- This step will **brighten, even tone, and repair the barrier** while **calming redness**.

3. Moisturizer + Sunscreen

- Use a **lightweight, non-comedogenic moisturizer** suitable for oily, sensitive skin.
- Follow with a **broad-spectrum sunscreen (SPF 30 or above)** every morning, even on cloudy days.

- You can rely on the **Skin Beauty Pal App's UV reminder** to prompt you when UV index is high or when to reapply.
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Evening Routine

1. Cleanser

- Gently cleanse to remove sunscreen, makeup, and excess oil. If you use makeup, consider a **mild first-step remover** followed by a gentle cleanser.

2. Pore Refining Serum PR13

- After cleansing and lightly patting dry, **shake PR13 well**.
- Apply a thin layer to **areas prone to acne and oiliness** (T-zone, cheeks with breakouts).
- Start with **once a day at night**. If your skin feels tight or stinging, you can reduce application to **every other night**.

3. Mixed RV24 + R9+ Serum

- After PR13 has absorbed, apply your **mixed RV24 + R9+ serum** over the whole face (again, be careful around the eye area).
- This will **buffer potential irritation from the BHA**, support **barrier repair**, and help with **tone and post-acne marks**.

4. Moisturizer (if needed)

- If your skin feels dry or tight, add a **simple, fragrance-free moisturizer** as the final step. For very oily skin, you might keep this layer light or focus on drier zones only.
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Lifestyle Suggestions

1. Diet and Hydration

- Aim for **regular water intake** throughout the day; dehydration can worsen **dullness and dark circles**.
- Use the **Skin Beauty Pal App's hydration reminder** to help you remember to drink water consistently.

- Try to **moderate high-sugar, high-dairy, and very oily foods**, as they can aggravate acne in some people.
- Include foods rich in **omega-3, antioxidants, and colorful vegetables** to support overall skin health.

2. Sun Protection and Environment

- UV exposure worsens **redness, pigmentation, and dark circles**. Make **daily sunscreen** a non-negotiable habit and reapply if you're outdoors for extended periods.
- The **App's UV reminder** can alert you when UV levels are high or it's time to reapply.
- Protect your skin from **extreme temperatures and strong wind**; both can trigger sensitivity and redness. A **hat or umbrella** helps in strong sun.

3. Sleep and Habits

- Aim for **consistent, sufficient sleep**, ideally **7-8 hours per night**, as poor sleep worsens **dark circles, dullness, and inflammation**.
- Avoid **rubbing or pulling the eye area**, which can darken and irritate the delicate skin.
- Manage stress with simple techniques (deep breathing, light exercise, stretching), as stress can trigger **breakouts and redness**.
- Do not overdo skincare: avoid **layering many new actives at once** or frequently changing products, as your very sensitive skin benefits from a **stable, simple routine**.

If at any point your sensitivity worsens (burning, persistent redness, or discomfort), pause actives like PR13 and rely mainly on **gentle cleansing, moisturizer, and the mixed RV24 + R9+ repair serum**, and consider using the **Skin Beauty Pal App's doctor consultation/clinic booking** for professional evaluation.

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:

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