

# 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 your main tendencies are **acne/inflammation**, some **uneven tone and dark circles**, while pores, wrinkles, and smoothness are relatively better controlled for your age.

### Main strengths and concerns

Your strengths are **pores (83)**, **spots (71)**, **smoothness (61)**, and **wrinkles (94)**, which together suggest that your basic texture and aging status are good for now. Your main concerns are **acne (20)**, **redness (30)**, and **dark circles (40)**, with some **color unevenness (51)**. This indicates an unstable, easily-triggered skin condition that often shows as pimples, sensitivity, and dull or tired-looking tone.

### Possible influencing factors

As an **oily, very sensitive female**, your skin may react strongly to **clogging products, harsh cleansers, over-exfoliation, stress, and lack of sleep**. Oily skin can still have a fragile barrier, which often shows as redness and breakouts. Environmental triggers (heat, UV, pollution) can further aggravate sensitivity and uneven tone.

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## 2. Analysis of each skin dimension

Skin Indicator	Score	Key focus and details
Acne	20	<p><b>Meaning:</b> Very low score – acne and clogged pores are a major issue. This suggests frequent breakouts, comedones, or inflammatory pimples. <b>Focus:</b> You need gentle, consistent keratolytic care plus barrier support rather than harsh stripping. <b>Ingredient directions:</b> Low-dose <b>salicylic acid (BHA)</b> for pore decongestion, <b>niacinamide</b> for oil balance and barrier, and <b>soothing/repair ingredients</b> such as panthenol, allantoin, and fermented extracts to keep sensitivity under control.</p>
Redness	30	<p><b>Meaning:</b> Low – clear tendency to <b>sensitivity and inflammation</b>, easily flushed or irritated. <b>Focus:</b> Calm the skin and strengthen the barrier while avoiding over-exfoliation. <b>Ingredient directions:</b> <b>Panthenol, ferments</b> (Bifida, Lactobacillus), <b>soothing botanicals</b> (e.g., Andrographis extract), <b>niacinamide</b> at moderate levels, plus hydrating humectants to stabilize the skin. Avoid stacking too many strong acids at once.</p>
Dark Circle	40	<p><b>Meaning:</b> Below average – eye area may look tired, dull, or shadowed. <b>Focus:</b> Improve overall <b>circulation, hydration, and evenness of tone</b> around the eye area. <b>Ingredient directions:</b> Gentle brightening and barrier-supporting ingredients (e.g., <b>niacinamide, tranexamic acid, hydrating humectants</b> like glycerin and hyaluronic acid) used carefully around the orbital area (avoid getting into eyes). Also support with lifestyle: sleep, UV protection, and stress management.</p>

Skin Indicator	Score	Key focus and details
Color uniformity	51	<p><b>Meaning:</b> Around average – some dullness and uneven tone but not severe. <b>Focus:</b> Gradual brightening and pigmentation control while respecting your sensitivity. <b>Ingredient directions: Tranexamic acid</b> for melanin control, <b>niacinamide</b> for tone-evening and antioxidant support, mild <b>AHA (glycolic acid)</b> at low concentration if tolerated, and plenty of hydration to keep the barrier healthy.</p>
Spot	71	<p><b>Meaning:</b> Above average – existing spots or post-acne marks are present but not your worst issue. <b>Focus:</b> Maintain and gently fade marks from acne without triggering more inflammation. <b>Ingredient directions: Tranexamic acid, niacinamide,</b> and supportive <b>hydrating + soothing</b> ingredients; pair with daily sunscreen (not listed here but very important) to prevent spots from darkening.</p>
Pore	83	<p><b>Meaning:</b> Good – pore appearance is relatively well-controlled despite oiliness. <b>Focus:</b> Maintain clarity and prevent new clogging rather than aggressive pore “shrinking.” <b>Ingredient directions: Light BHA (salicylic acid)</b> to keep pores clear, <b>oil-balancing niacinamide,</b> and non-comedogenic hydration. Avoid heavy occlusive products that can aggravate clogged pores.</p>
Smooth	61	<p><b>Meaning:</b> Slightly above average – overall texture is okay but can be refined. <b>Focus:</b> Keep skin surface smooth while avoiding over-exfoliation due to sensitivity. <b>Ingredient directions:</b> Gentle chemical exfoliants at <b>low levels</b> (BHA or low-dose AHA), plus <b>moisturizing and barrier-repair ingredients</b> like glycerin, panthenol, and ceramides to keep the surface refined yet calm.</p>

Skin Indicator	Score	Key focus and details
Wrinkle	94	<b>Meaning:</b> Very good – minimal fine lines or wrinkles for your age; aging is not your current main issue. <b>Focus:</b> Prevention and maintenance rather than aggressive anti-aging. <b>Ingredient directions: Vitamin A derivatives (retinyl palmitate)</b> at moderate strength, <b>peptides</b> , and consistent <b>hydration and barrier care</b> . Also rely on lifestyle and sun protection as your primary anti-aging tools.

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, you clearly need **pore-clearing and anti-acne support**. At the same time, your **low redness score (30)** means you are easily irritated, so you should avoid overly strong acids. PR13 offers **low-dose salicylic acid (0.15%)** plus **barrier-supporting niacinamide (2%)** and soothing agents, making it more suitable for your **very sensitive, acne-prone** condition than a stronger exfoliant.

##### Key ingredients and how they help

- **Salicylic Acid 0.15%:** Oil-soluble BHA that goes into pores to help dissolve excess sebum and dead cells, targeting **acne and blackheads** without being too harsh.
- **Niacinamide 2%:** Balances oil production, supports the **skin barrier**, and can help reduce post-acne marks and mild redness over time.

- **Allantoin 0.1%**: Soothing and anti-inflammatory, helping counteract irritation and supporting your **sensitivity-prone** skin.
- **1,3-Propanediol / Propylene Glycol**: Provide hydration so your skin does not feel stripped after using an exfoliating serum.

Overall, PR13 directly targets your **acne** and helps maintain your **good pore score** while considering your **very sensitive** nature.

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

### Why it suits you & what it improves

Your **redness (30)** and **acne (20)** scores strongly suggest an impaired, reactive barrier. R9+ is designed exactly for **repair, soothing, and improving tolerance**, which you need both to calm current sensitivity and to help your skin better handle active ingredients like acids or brightening agents.

On its own or mixed, it helps:

- Reduce **irritation and redness**
- Support **barrier repair** during acne treatments
- Stabilize the skin during **seasonal changes or flare-ups**

### Key ingredients and how they help

- **Panthenol 5%**: A high concentration of pro-vitamin B5 to **enhance barrier repair**, retain moisture, and **calm irritation**, important for your low redness score.
- **Butylene Glycol 12% + Propylene Glycol 2.715%**: Strong humectant system providing deep hydration, preventing dehydration-related sensitivity.
- **Bifida Ferment Lysate 0.05% & Lactobacillus/Soybean Ferment Extract 0.05%**: Fermented ingredients that help support **skin barrier and microbiome balance**, which is key for **sensitive, acne-prone skin**.
- **Kalanchoe (Andrographis-type) Extract**: Antioxidant and soothing support for **problem and sensitive skin**.

### How to mix (with RV24)

For you, R9+ will work best **mixed into Ultra Renovating Serum RV24** (see next product), because this pairing will:

- Address **uneven tone, spots, and dullness**
- Be **buffered and gentler** for your very sensitive skin

Mixing method:

1. After opening R9+, **pour the entire 10 ml bottle into the RV24 serum bottle**.
2. This gives an approximate **serum:R9+ = 2:1** ratio.
3. Close RV24 and **shake well** so the two integrate into a single **“RV24 + R9+ repair-brightening serum”**.

Use this mixed serum as your standard brightening + repair step.

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## 3. Ultra Renovating Serum RV24 (used as “RV24 + R9+ mixed serum”)

### Why it suits you & what it improves

Your **color uniformity (51)** and **dark circle (40)** scores show issues with dullness and uneven tone, while your **spot score (71)** suggests some marks are present but under control. RV24 is formulated for **tone-evening, dullness, and spots**, while also supporting **hydration and barrier care**—very important for your sensitive skin.

When **combined with R9+**, it becomes a **brightening + repair** serum that can:

- Improve **overall color uniformity** and **post-acne marks**
- Support **hydration** and **barrier strength**
- Be better tolerated by your **very sensitive** skin than a strong acid-based brightening product

### Key ingredients and how they help

- **Tranexamic Acid 3%**: Targets **uneven tone, spots, and post-inflammatory hyperpigmentation** by inhibiting melanin pathways. Great for acne marks and overall brightness.

- **Niacinamide 2%**: Evens skin tone, offers **antioxidant and barrier support**, and helps improve **redness and oil balance** over time.
- **Sodium Hyaluronate 0.2% + Glycerin + Propylene Glycol + 1,3-Propanediol**: Multi-humectant system that **hydrates deeply**, supporting a smooth, plump surface and helping your **smoothness score (61)**.
- **Allantoin 0.1% + botanical extracts + Ceramide NP (0.005%)**: Add soothing and barrier support, which is valuable for **sensitive, redness-prone** skin.

Used as the **RV24 + R9+ mixed serum**, this becomes your central product to target **dullness, uneven tone, dark circles (indirectly via overall brightness and hydration), and barrier health**.

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## 4. Personalized skincare routine and lifestyle suggestions

### Morning Routine

#### 1. Cleanser

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

#### 2. Targeted acne care - PR13

- After patting your face dry, apply **Pore Refining Serum PR13** to acne-prone and oily areas (T-zone and breakout zones).
- Use a thin layer; for very sensitive skin, you can start **once daily in the evening** and gradually move to morning + evening if tolerated. For now, in the morning, use it **2-3 times per week** focusing on problem areas.

#### 3. Brightening + repair - RV24 + R9+ mixed serum

- Apply an appropriate amount of your **already mixed “RV24 + R9+ serum”** to the whole face, avoiding direct contact with the eyes.
- This step boosts **hydration, barrier repair, and tone-evening** to help with color unevenness and dark circles’ overall appearance.

#### 4. **Moisturizer**

- Use a **light, non-comedogenic moisturizer** to lock in hydration without clogging pores.

#### 5. **Sunscreen**

- Finish with a **broad-spectrum sunscreen** in the morning, especially important because you are using **BHA and brightening ingredients** (PR13 and RV24). Reapply during the day when outdoors.
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## **Evening Routine**

### 1. **Gentle cleansing**

- Remove makeup and sunscreen thoroughly, then wash with a **mild cleanser**. For oily skin, double cleansing is fine as long as both steps are gentle and non-stripping.

### 2. **Acne-focused care - PR13**

- Apply **Pore Refining Serum PR13** after cleansing and drying your face.
- For your **very sensitive skin**, start with **every other night**, focusing on acne-prone areas. If you notice excessive dryness or stinging, reduce frequency.

### 3. **Brightening + repair - RV24 + R9+ mixed serum**

- After PR13 absorbs, use the **RV24 + R9+ mixed serum** on your whole face (avoiding direct eye contact).
- This will **soothe, hydrate, and brighten** while supporting barrier repair, helping your redness and overall tone.

### 4. **Moisturizer**

- Seal in everything with a **light but soothing moisturizer**. Look for formulas that are non-comedogenic and fragrance-minimal to avoid extra irritation.

## 5. Optional “minimal” nights

- On days when your skin feels **very irritated or red**, you can:
    - **Skip PR13**, and only use the **RV24 + R9+ mixed serum plus moisturizer** to focus on repair and calming.
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## Lifestyle Suggestions

### 1. Diet and hydration

- For oily, acne-prone, and sensitive skin, try to **reduce high-sugar, high-dairy, and very greasy foods**, which can aggravate breakouts in some people.
- Aim to drink **sufficient water throughout the day** to support your skin’s hydration from within.
- Use the **Skin Beauty Pal App’s hydration reminder** to nudge you to drink water regularly, especially if you tend to forget.

### 2. Sun protection and environment

- UV exposure worsens **redness, uneven tone, spots, and dark circles**. Always use sunscreen in the morning and reapply when outdoors.
- When possible, **avoid direct midday sun**, and consider hats or umbrellas in strong sunlight.
- Pollution and heat can also trigger sensitivity; cleanse gently but thoroughly at night.
- The **Skin Beauty Pal App’s UV/weather reminder** can help you adjust your sun protection habits based on the day’s conditions.

### 3. Sleep and habits for skin repair

- Aim for **regular, sufficient sleep**, as poor sleep often shows first as **worse dark circles, dullness, and breakouts**.
- Try to keep a **consistent sleep schedule** and avoid staying up late frequently.
- Manage stress with light exercise, stretching, or breathing exercises, as stress hormones can worsen acne and redness.
- Avoid picking or squeezing pimples; this increases the risk of scarring and spots, which you are already moderately prone to.

By focusing on **gentle acne control (PR13)** plus **repair and brightening (RV24 + R9+ mixed)**, and supporting this with daily sunscreen and healthy habits, you can gradually improve your **acne, redness, uneven tone, and dark circles** while maintaining your already strong **pore, texture, and wrinkle** scores.

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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