

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 skin indices show that **acne, redness, color uniformity, and dark circles** are the main issues, while pores, wrinkles, and smoothness are relatively better. Overall, your skin tends to be **oily, easily irritated, with breakout and tone-uniformity concerns**.

Main strengths and concerns

Your **wrinkle score is very high (94)**, which means you currently have **good anti-aging status and minimal visible lines**. **Pores (83)** and **smoothness (61)** are also relatively stable, so texture and pore size are not your top weakness now. The main concerns are **acne (20, very low)**, **redness (30, low, suggesting sensitivity)**, **dark circles (40)**, and **uneven skin tone (color uniformity 51)**.

Possible influencing factors

As a **female with oily, very sensitive skin**, you are more prone to **clogged pores, breakouts, and easily triggered redness** from harsh actives, climate changes, or over-cleansing. Lifestyle factors such as **stress, sleep rhythm, screen time, diet (sugar, dairy, spicy, fried foods), and sun exposure** can worsen both **acne and pigmentation/dark circles**. Your skin would benefit most from a **gentle, barrier-supportive, anti-acne and brightening plan**.

2. Analysis of each skin dimension

Skin Indicator	Score	Key focus and details
Acne	20	<p>Meaning: Very low score – your skin is strongly prone to breakouts, clogged pores, and comedones. Focus: Gentle but effective oil control, exfoliation, and anti-inflammatory care while protecting your very sensitive barrier. Ingredient directions: Low-dose salicylic acid (BHA) for inside-pore exfoliation, niacinamide for sebum control and barrier support, soothing agents (allantoin, panthenol, calming plant extracts) to reduce irritation from actives.</p>
Redness	30	<p>Meaning: Low score – suggests reactivity/sensitivity and a fragile barrier, with visible redness or tendency to flush. Focus: Barrier repair, soothing, and reducing triggers (harsh cleansers, over-exfoliation, strong acids). Ingredient directions: Panthenol, fermented ingredients (Bifida, Lactobacillus), niacinamide at mild levels, allantoin, soothing botanical extracts to calm and strengthen the skin, and to buffer stronger actives.</p>
Dark Circle	40	<p>Meaning: Below average – indicates visible under-eye darkness, possibly from pigmentation, thin skin, or lifestyle (late nights, screen use). Focus: Brightening and circulation-supporting care, plus lifestyle (sleep, eye strain) improvements. Ingredient directions: Gentle brighteners (niacinamide, tranexamic acid) around the eye contour (avoiding direct contact with eyes), hydrating humectants to plump and smooth the area, daily UV protection to prevent worsening.</p>

Skin Indicator	Score	Key focus and details
Color uniformity	51	<p>Meaning: Slightly below average – mild dullness and uneven skin tone, possibly from post-acne marks or early pigmentation. Focus: Gradual, non-irritating brightening and tone-evening that your very sensitive skin can tolerate. Ingredient directions: Tranexamic acid, niacinamide, mild AHA at low concentration, hydrating and barrier-supportive ingredients to brighten without stripping the skin.</p>
Smooth	61	<p>Meaning: Around average – your skin texture is generally okay, but breakouts and post-acne marks may create some unevenness. Focus: Maintain smoothness while treating acne gently. Ingredient directions: Light exfoliation (low-level BHA/AHA), niacinamide, hydrating humectants (glycerin, sodium hyaluronate) to keep the surface refined yet calm.</p>
Spot	71	<p>Meaning: Above average – spot/pigmentation is not yet a severe problem, but with acne and uneven tone, there is risk of post-inflammatory marks if not managed. Focus: Prevent darkening of post-acne marks and early pigmentation. Ingredient directions: Tranexamic acid, niacinamide, antioxidants, sunscreen to keep spots from deepening and to fade early marks.</p>
Pore	83	<p>Meaning: High score – pore size and visibility are relatively good despite oily skin. Focus: Maintain pore cleanliness and prevent new clogging without aggressive stripping. Ingredient directions: Low-strength salicylic acid, niacinamide for oil balance, plus hydration to avoid rebound oiliness.</p>

Skin Indicator	Score	Key focus and details
Wrinkle	94	Meaning: Very high – fine lines and wrinkles are minimal , excellent anti-aging baseline. Focus: Prevention rather than correction; protect collagen and barrier to keep this advantage. Ingredient directions: Mild vitamin A derivative (retinyl palmitate), peptides, hydrators (glycerin, hyaluronic acid), niacinamide, antioxidant and barrier-supporting ingredients , always combined with daily sunscreen.

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+

Why it suits you & what it improves

For your **very sensitive, redness-prone, acne-prone oily skin**, R9+ is the **core stabilizing product**. It directly targets your **low Redness score (30)** and helps your skin better tolerate anti-acne and brightening actives needed for **Acne 20 and Color uniformity 51**. It can also calm irritation after breakouts and reduce the risk of over-reactivity.

Key ingredients and how they help

- **Panthenol 5%:** Strong **barrier repair and soothing**, helps reduce stinging, tightness, and redness.
- **Butylene Glycol 12% & Propylene Glycol 2.715%:** Deep **hydration and penetration support** so skin feels comfortable, not stripped.
- **Bifida Ferment Lysate 0.05% & Lactobacillus/Soybean Ferment Extract 0.05%:** Support **microbiome balance and long-term barrier defense**, ideal for easily irritated skin.

- **Kalanchoe Spathulata Extract (Andrographis-related): Antioxidant and soothing**, useful for problem and sensitive skin.

R9+ will be used as a **mix-in base** with another serum to **buffer irritation** while still giving you the benefits of actives.

2. Pore Refining Serum PR13 (B3 + Salicylic Acid Pore Refining Serum)

Why it suits you & what it improves

With **Acne score 20 (very low)** and **oily, very sensitive skin**, you need **gentle but consistent pore-clearing and oil-balance**. Between the available exfoliating serums, PR13 is **milder** and more suitable for your sensitivity than a higher-salicylic option. It targets:

- **Acne (20)** – reduces clogged pores and comedones
- Helps maintain your good **Pore score (83)**
- Supports **Smoothness (61)** without being too harsh

When **mixed with R9+**, it becomes even more suitable for your sensitive, redness-prone skin.

Key ingredients and how they help

- **Salicylic Acid 0.15%**: A **low-dose BHA** for inside-pore exfoliation, helping to **dissolve oil plugs, blackheads, and prevent pimples** in a gentler way.
- **Niacinamide 2%**: Helps **control oil, refine pores, and strengthen the barrier**, also mildly brightening and anti-inflammatory.
- **Allantoin 0.1%**: **Soothing, anti-irritation**, supports healing of breakouts and reduces discomfort.
- **1,3-Propanediol 3% & Propylene Glycol 0.965%**: Provide **hydration** so exfoliation is less drying.

How to mix with R9+

For you, the optimal base is a **mixed “repair + anti-acne” serum**:

1. Open **R9+**.
2. **Pour the entire bottle of R9+ into the PR13 bottle** (serum:R9+ \approx 2:1 ratio as designed).

3. Close and **shake well** to fully mix.

This creates a **buffered BHA serum** that gently treats acne and oil while **R9+ reduces irritation and strengthens your barrier**.

3. Ultra Renovating Serum RV24

Why it suits you & what it improves

Your **Color uniformity score (51)** and **Dark Circle score (40)** show that **dullness and uneven tone** (likely including post-acne marks) are important issues. With your sensitivity, you need a **non-aggressive brightening formula**. RV24 focuses on **brightening, spots, and hydration** while being relatively barrier-friendly. It mainly improves:

- **Color uniformity (51)** – more even tone, less dullness
- **Spot (71)** – prevention and gradual fading of marks (especially from acne)
- Can gently support **dark circle brightness** when used carefully around, not in, the eye area

Key ingredients and how they help

- **Tranexamic Acid 3%**: A well-known **brightening ingredient** that helps **inhibit melanin**, reduce **dark spots and post-inflammatory hyperpigmentation**, and improve overall tone.
- **Niacinamide 2%**: Supports **tone-evening, antioxidant defense, and barrier repair**, plus mild oil and redness control.
- **Sodium Hyaluronate 0.2% + Glycerin / Propylene Glycol / 1,3-Propanediol**: Multi-layer **hydration**, keeping skin plump so it tolerates brightening better.
- **Allantoin 0.1% & botanical extracts + Ceramide NP**: **Skin conditioning, soothing, and barrier support**, helpful for your sensitive tendency.

You can use RV24 alone, while your **R9+ is reserved for mixing with PR13** as described above.

4. Personalized skincare routine and lifestyle suggestions

Morning Routine

1. Cleanser

- Use a gentle, low-foam cleanser suitable for **oily, sensitive skin**. Avoid strong scrubs or high-foam washes that strip your barrier.

2. Tone (optional but gentle)

- If you use toner, choose an **alcohol-free, soothing, hydrating** type. Pat on; do not rub.

3. Ultra Renovating Serum RV24

- Apply a thin layer to entire face and neck, **avoiding direct contact with eyes**.
- This supports **brightening and fading post-acne spots**, helping your **color uniformity and dark circle area** (you can apply slightly around the orbital bone, not on the lash line).

4. Moisturizer

- Choose a **light, non-comedogenic gel or lotion** to lock in hydration without clogging pores.

5. Sunscreen (essential)

- Use a **broad-spectrum sunscreen SPF 30+ or higher**, suitable for sensitive skin, every morning and reapply when outdoors.
 - UV exposure worsens **acne marks, uneven tone, and dark circles**, so consistent sunscreen is key.
 - You can use the **Skin Beauty Pal App's UV reminder** to help you remember when sun intensity is high and when to reapply.
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Evening Routine

1. Makeup removal (if needed) + Cleanser

- If you wear makeup or sunscreen, start with a **mild makeup remover or cleansing oil/balm** suitable for sensitive skin, then follow with your gentle cleanser.

2. Mixed R9+ + PR13 serum (core treatment step)

- Use the **pre-mixed bottle** where you have **poured the entire R9+ into PR13 and shaken well**.
- Apply a small amount to the face (avoid immediate eye area), especially **acne-prone and oily zones**.
- This step:
 - **Targets acne and clogged pores** (PR13's salicylic acid and niacinamide),
 - **Buffers irritation and repairs your barrier** (R9+'s panthenol and ferments),
 - Helps with **redness and sensitivity** while controlling breakouts.
- If your skin feels very reactive on some nights, you can use **a smaller amount or skip this step and just use a soothing moisturizer** to rest your skin.

3. Ultra Renovating Serum RV24

- After the mixed serum absorbs, apply RV24 to the whole face and neck (again, avoid direct eye contact).
- Nighttime is ideal for **brightening and post-acne mark repair**.

4. Moisturizer

- Finish with a **non-comedogenic, calming moisturizer** to seal in moisture and support overnight repair.
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Lifestyle Suggestions

1. Diet and hydration

- Try to **moderate high-sugar, high-dairy, and very oily or spicy foods**, as these can aggravate **acne and redness** in some people.

- Aim for plenty of **water, fruits, vegetables, and omega-3-rich foods** (e.g., fish, nuts, seeds) to support skin balance.
- Use the **Skin Beauty Pal App's hydration reminder** to keep your **water intake consistent throughout the day**, which supports overall skin health and barrier function.

2. Sun protection and environment

- Continue **daily sunscreen use**, even on cloudy days, and consider **hats or shade** when UV index is high.
- The **Skin Beauty Pal App's UV reminder** can notify you of strong UV periods so you can reapply sunscreen or seek shade, particularly important for **uneven tone, spots, and dark circles**.
- Avoid long exposure to **very hot water, saunas, and strong wind/cold** which can worsen **redness and sensitivity**.

3. Sleep and habits

- Aim for **regular sleep (about 7-8 hours)**; late nights and poor sleep are strongly linked to **worse dark circles, slower healing of acne, and more inflammation**.
- Try to **limit screen time before bed**; prolonged close-up screen use can accentuate under-eye strain and dark circles.
- Avoid **picking or squeezing pimples**, as this increases risk of **marks and uneven tone**, which your skin is already prone to.
- Manage stress with light exercise, breathing practices, or hobbies—chronic stress can increase oil production and flares of acne and redness.

If any product or routine step causes **persistent burning, intense redness, or discomfort**, reduce frequency or stop using that step and consider using the **Skin Beauty Pal App's doctor consultation or clinic booking** to get professional, in-person 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.