

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 health scores show that **acne, redness, and dark circles** are your current weak points, while pores, spots, and wrinkles are relatively well-managed. Overall, you have a **tendency toward breakouts and irritation on a reactive, oily base**.

Main strengths and concerns

Your **pore (83), spot (71), smoothness (61), and wrinkle (94)** scores are relatively good, suggesting that you do not currently struggle with enlarged pores, strong pigmentation, or visible aging. The main concerns are **acne (20)** and **redness (30)**, indicating active breakouts and a likely **sensitivity tendency**, plus **dark circles (40)** and some **uneven tone (51)**.

Possible factors affecting skin condition

As an **oily, very sensitive female**, your skin may react easily to over-cleansing, harsh acids, or over-layered skincare. Oily skin can encourage clogged pores and acne, while sensitivity makes many strong actives risky if not buffered. Lifestyle factors like **stress, sleep, diet, UV exposure, and screen time** can worsen acne, redness, and dark circles. Using the **Skin Beauty Pal App** to track skin changes, get reminders, and consult doctors when needed can help keep your routine consistent and safe.

2. Analysis of each skin dimension

Skin Indicator	Score	Key focus and details
Acne	20	Very low score - main priority. This suggests frequent or active breakouts, clogged pores, or inflammatory acne. As you are very sensitive, you need gentle, well-buffered exfoliation rather than strong acids. Look for low-dose salicylic acid and niacinamide to help clear pores, control oil, and support the barrier, paired with soothing/repairing ingredients like panthenol, allantoin, and ferment extracts to reduce irritation.
Redness	30	Low score - strong sensitivity tendency. This indicates reactive, easily flushed, or irritated skin, especially around active acne. Your skin likely needs barrier repair and calming as a foundation. Helpful ingredients include panthenol, ferments (Bifida, Lactobacillus), niacinamide at moderate levels, and soothing plant extracts . Avoid sudden jumps to high acid frequency; use repair serums to buffer more active products.
Dark Circle	40	Below average. This may be related to fatigue, genetics, eye rubbing, or screen time more than facial skin quality. Skincare can only help indirectly (hydration, brightening around the eye area), while sleep, sun protection, and gentle handling of the eye area are crucial. Ingredients that support overall tone and barrier (e.g., niacinamide, tranexamic acid, hydrating humectants) can slightly improve dullness around the eyes (used around but not into the eye).

Skin Indicator	Score	Key focus and details
Color uniformity	51	<p>Slightly below average. Mild uneven tone and post-acne marks or dullness are likely. Addressing acne and inflammation first is key, then working on tone with brightening and anti-inflammatory ingredients like tranexamic acid, niacinamide, and hydrating humectants. Ensure brightening actives are paired with barrier-supporting ingredients due to your very sensitive skin. Daily sunscreen is also essential.</p>
Smooth	61	<p>Around average. Overall texture is acceptable, but acne and post-acne bumps can reduce smoothness. Gentle, controlled exfoliation from low-level salicylic acid plus hydration and barrier repair can refine texture over time. Over-exfoliation would worsen sensitivity and redness, so focus on balanced formulas with soothing agents.</p>
Spot	71	<p>Above average. Currently, you do not have severe dark spots or hyperpigmentation. Mild post-inflammatory marks from acne are possible. Preventing new dark marks by controlling inflammation (acne, redness) and using sun protection is more important than aggressive spot-fading. If you use brightening actives, choose those that are multi-functional and gentle, like tranexamic acid + niacinamide.</p>
Pore	83	<p>Good score. Oily skin often has noticeable pores, but your score suggests pores are relatively under control. Maintaining oil balance and preventing clogging is key to keeping this score high. Low-dose salicylic acid and niacinamide help keep pores clear and tight-looking without over-stripping. Avoid over-cleansing or very drying products that can trigger rebound oiliness.</p>

Skin Indicator	Score	Key focus and details
Wrinkle	94	Very strong area. At 27, you have very few visible lines , and your anti-aging status is excellent. Maintaining this means protecting the barrier, preventing inflammation, and daily UV protection . Gentle renewal and hydrating/soothing care are enough; you do not need aggressive anti-aging. A moderate, well-cushioned vitamin A derivative can support long-term prevention if your barrier is well-protected.

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 **very low acne (20)** and low **redness (30)**, you need acne control that is **effective but gentle**. PR13 is designed for **acne, blackheads, pores, and oiliness**, but its relatively low **salicylic acid (0.15%)** and added soothing ingredients make it more compatible with **very sensitive, oily skin** than a stronger acid serum. It directly targets your **acne, oiliness, and texture** while being less likely to trigger flare-ups of redness.

Key ingredients and how they help

- Salicylic Acid 0.15%** – Oil-soluble BHA that gently clears clogged pores, helps with comedones and breakouts, and refines texture without the harshness of higher concentrations.

2. **Niacinamide 2%** – Balances oil production, supports the skin barrier, and helps even tone and reduce the look of post-acne marks. This also indirectly supports your **color uniformity (51)**.
3. **Allantoin 0.1%** – Soothing and anti-irritant, helpful for your **redness (30)** and sensitive tendency.
4. **1,3-Propanediol / Propylene Glycol** – Provide light hydration, helping prevent overly dry or stripped skin so your barrier stays healthier.

Use PR13 as your **core active serum for acne and oil control**, especially on breakout-prone areas.

2. B5 Yeast Extreme Repair Serum R9+ (Barrier & Sensitivity Support, to mix with PR13)

Why it suits you & what it improves

Your low **redness score (30)** and self-assessed **very sensitive** skin make barrier repair and soothing a top priority, alongside acne care. R9+ is a **high-concentration repair and stabilizing base serum** that is designed to be mixed into active serums. For you, mixing R9+ into **PR13** creates a **gentler, buffered acne serum** that:

- Helps reduce irritation from salicylic acid
- Improves **tolerance**, making it safer for very sensitive skin
- Supports **overall barrier strength**, which helps with both **redness** and long-term acne control

Key ingredients and how they help

1. **Panthenol 5%** – Strong barrier-repair and soothing effect, reduces irritation and supports recovery when using exfoliating ingredients. Excellent for your **redness and sensitivity tendency**.
2. **Butylene Glycol 12% / Propylene Glycol 2.715%** – Deep hydration and better penetration, keeping skin comfortable and less tight or flaky around acne.
3. **Bifida Ferment Lysate 0.05% & Lactobacillus/Soybean Ferment Extract 0.05%** – Ferment ingredients that support barrier function and skin microbiome balance, helpful for reactive, redness-prone skin.

4. **Kalanchoe Spathulata Extract (Andrographis Paniculata-type soothing effect)** – Antioxidant and calming, particularly suitable for **problem and sensitive skin**.

How to mix with PR13

- After opening R9+, **pour the entire bottle of R9+ into your PR13 serum bottle**.
 - The target ratio is **serum : R9+ = 2 : 1**, which this full-bottle mixing is designed to approximate.
 - Close and **shake well** to combine.
 - Going forward, treat this as your **daily mixed serum** for both **acne control and barrier repair**.
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3. Ultra Renovating Serum RV24 (Brightening & Tone Smoothing)

Why it suits you & what it improves

Your **color uniformity (51)** and **dark circle (40)** scores suggest mild uneven tone and possible post-acne marks. While spots (71) are not severe, addressing redness and acne often reveals residual uneven tone. RV24 focuses on **even tone, dullness, and spots**, and also supports **hydration and barrier care**, which is important for very sensitive skin.

This serum helps with:

- **Color uniformity (51)** – reducing patchy tone and post-inflammatory marks
- Supporting the area around your eyes (used carefully, around the orbital bone) for slightly brighter, more even-looking skin, complementing your **dark circle (40)** concern
- Maintaining barrier health while gently brightening

Key ingredients and how they help

1. **Tranexamic Acid 3%** – A well-known brightening ingredient that helps **fade spots and post-inflammatory hyperpigmentation** and improve overall tone, useful after acne heals.
2. **Niacinamide 2%** – Supports **even tone, antioxidant defense, and barrier repair**, which is particularly useful for sensitive, redness-prone, oily skin.

3. **Sodium Hyaluronate 0.2% + Glycerin / Propylene Glycol / 1,3-Propanediol** – Multi-humectant hydration to keep your skin comfortable, supporting your **smoothness (61)** and preventing dehydration that can worsen redness and sensitivity.
4. **Allantoin 0.1% + botanical extracts + Ceramide NP** – Extra soothing and barrier-support elements to make brightening more tolerable for sensitive skin.

Use RV24 mainly in the **non-active zones or full face** on nights when skin feels calmer, complementing your acne-barrier serum rather than replacing it.

4. Personalized skincare routine and lifestyle suggestions

Morning Routine

1. Gentle cleanse

- Use a mild, non-stripping cleanser suitable for oily, sensitive skin. Avoid strong foaming cleansers or scrubs to protect your barrier and reduce redness.

2. Tone (optional) + RV24 (Ultra Renovating Serum)

- If you use a toner, choose an alcohol-free, soothing type.
- Apply **RV24** to face and neck, focusing on uneven tone areas and avoiding direct contact with the eyes (apply around, not into, the eye).

3. Moisturizer + Sunscreen

- Use a **lightweight, non-comedogenic moisturizer** to maintain hydration without clogging pores.
 - Finish with a **broad-spectrum sunscreen** every morning, even indoors. This is crucial to prevent dark marks and uneven tone from worsening.
 - Let the **Skin Beauty Pal App's UV reminder** help you remember reapplication when UV is high.
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Evening Routine

1. Gentle cleanse

- Thoroughly remove sunscreen and makeup with a gentle cleanser (or a mild first-step remover if needed), then a soft water-based cleanse. Avoid hot water and harsh rubbing to reduce redness.

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

- Use your **pre-mixed PR13 + R9+ serum** (remember: you have already poured the entire R9+ bottle into PR13 and shaken well).
- Apply a small amount to areas with acne, blackheads, and oiliness (T-zone and breakout-prone zones; you can extend to full face if tolerated).
- Start **every other night** and observe your skin. If your redness is stable and there is no stinging or excessive dryness, you can gradually increase to nightly use.

3. Moisturizer (if needed) + occasional RV24

- If your skin feels tight or dry, apply a **light, soothing moisturizer** after the mixed serum.
 - On nights when your skin feels calmer, you can use **RV24** either:
 - **On alternate nights** from the mixed serum, or
 - **After the mixed serum**, applied to areas of uneven tone, as long as your skin shows good tolerance and no increased redness or stinging.
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Lifestyle Suggestions

1. Diet and hydration

- Aim for **balanced meals** with plenty of vegetables, fruits, and whole grains; reduce **very greasy, sugary, and highly processed foods**, which can aggravate acne.
- Drink **enough water throughout the day**; consistent hydration supports your barrier and may help overall tone and smoothness.
- Use the **Skin Beauty Pal App's hydration reminder** to keep your water intake regular and avoid dehydration-related dullness.

2. Sun protection and environment

- Apply **broad-spectrum sunscreen daily** and reapply when outdoors or near windows for long periods. UV exposure aggravates **redness, acne marks, and uneven tone**.
- When possible, avoid prolonged exposure to **strong sun, extreme heat, or pollution**, which can trigger sensitivity.
- Let the **App's UV reminder** guide you on high-UV days, so you know when extra protection or shade is especially important.

3. Sleep and habits

- Target **7-9 hours of regular sleep**; poor or irregular sleep often worsens **dark circles and acne**.
- Try to **manage stress** (e.g., light exercise, stretching, breathing exercises), as stress can drive breakouts and redness.
- Avoid **picking or squeezing pimples**, which increases inflammation, redness, and risk of dark marks.
- Be gentle with your face: avoid harsh scrubs, rough towels, and frequent product switching. Keep a **simple, consistent routine**, in line with PAL's "Less is More" philosophy.

If you ever feel your sensitivity or breakouts are getting out of control, consider using the **Skin Beauty Pal App's doctor consultation or clinic booking features** for professional, medical-level evaluation while you continue gentle home care.

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.