

# 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 AI scores show that **acne**, **redness**, and **dark circle** are the main weak areas, with **color uniformity** a bit below average. Overall, your skin tends to be **oil-prone**, **reactive**, and **easily irritated**, with some tone unevenness.

### Main strengths and concerns

Your strengths: **wrinkle (94)** and **pore (83)** scores are high, and **smoothness (61)** is slightly above average. This means you have **good elasticity, relatively tight pores, and generally decent texture** for your age.

Your main concerns: **acne (20)** and **redness (30)** are clearly low, suggesting active breakouts and inflammation, plus a **dark circle score of 40** and **color uniformity 51**, pointing to fatigue/vascular issues around the eyes and mild uneven tone or post-acne marks.

### Possible influencing factors

As a **female with oily, very sensitive skin**, you are more likely to experience **hormonal breakouts**, shine, and clogged pores, but at the same time, your skin may **react easily** to strong acids or over-layered products. Lifestyle factors such as **stress, sleep, diet, and sun exposure** can strongly impact your **acne, redness, and dark circles**, so a **minimal, barrier-supporting routine with targeted actives** is ideal.

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## 2. Analysis of each skin dimension

Skin Indicator	Score	Key focus and details
Acne	20	<b>Meaning:</b> Very low score – indicates <b>significant acne/ comedones and inflammation</b> . <b>Focus:</b> Oil control, gentle exfoliation, and calming care without over-stripping the barrier. <b>Ingredient directions:</b> Low-dose <b>salicylic acid (BHA)</b> and <b>niacinamide</b> for sebum balance, along with <b>soothing agents</b> like <b>allantoin</b> and <b>barrier-repair ingredients</b> (panthenol, ceramides, ferment extracts). Avoid too many high-strength acids at once due to your very sensitive skin.
Redness	30	<b>Meaning:</b> Low score – suggests <b>inflammation and sensitivity</b> , with possible flushing or irritation. <b>Focus:</b> Strengthen the skin barrier, reduce irritation, and avoid over-exfoliation. <b>Ingredient directions:</b> <b>Panthenol, fermented ingredients</b> , and <b>soothing botanical extracts</b> to calm redness; mild <b>niacinamide</b> levels to support barrier renewal. Friction, heat, and harsh actives should be minimized. This also indicates a <b>sensitivity tendency</b> .
Dark Circle	40	<b>Meaning:</b> Below average – likely <b>pigmentation or vascular dark circles</b> , often linked with fatigue, rubbing, or sun exposure. <b>Focus:</b> Gentle hydration, sun protection around the eye area, and whole-face brightening to improve overall radiance. <b>Ingredient directions:</b> <b>Brightening actives</b> like <b>tranexamic acid, niacinamide</b> , and good <b>hydration (glycerin, hyaluronic acid)</b> can indirectly help the eye area by improving general tone and skin quality.

Skin Indicator	Score	Key focus and details
Color uniformity	51	<b>Meaning:</b> Slightly below average – indicates <b>uneven tone, dullness, or post-acne marks</b> . <b>Focus:</b> Gentle brightening and anti-inflammatory care while keeping your sensitive skin stable. <b>Ingredient directions:</b> <b>Tranexamic acid, niacinamide</b> , and <b>antioxidant/soothing plant extracts</b> , combined with consistent <b>sunscreen use</b> , to help fade spots and even out tone.
Smooth	61	<b>Meaning:</b> Slightly above average – overall texture is not bad, but minor roughness or residual bumps from acne may remain. <b>Focus:</b> Maintain smoothness while addressing active acne; avoid harsh scrubs. <b>Ingredient directions:</b> Low-level <b>BHA</b> for refining bumps and <b>hydrating agents</b> (glycerin, sodium hyaluronate) to keep the surface soft and supple.
Spot	71	<b>Meaning:</b> Good – you may have some spots or PIH (post-inflammatory hyperpigmentation), but they are not severe. <b>Focus:</b> Prevent new marks from forming by controlling acne and using sun protection; gently fade existing marks. <b>Ingredient directions:</b> <b>Tranexamic acid</b> and <b>niacinamide</b> to support spot fading and prevent new discoloration, plus <b>barrier-friendly hydration</b> .
Pore	83	<b>Meaning:</b> High score – pores are relatively <b>refined</b> for oily skin. <b>Focus:</b> Maintain pore health by keeping oil and acne under control without aggressive stripping. <b>Ingredient directions:</b> Light <b>BHA</b> and <b>niacinamide</b> help keep pores clear and less visible; supporting the barrier will also prevent pores from appearing larger over time.

Skin Indicator	Score	Key focus and details
Wrinkle	94	<b>Meaning:</b> Excellent – very few visible fine lines; strong <b>youthful skin</b> status. <b>Focus:</b> Prevention rather than correction: protect your barrier and tone, use sunscreen, and maintain hydration. <b>Ingredient directions:</b> Gentle <b>vitamin A derivatives, peptides,</b> and <b>moisturizers</b> can be used if you want anti-aging prevention, but your priority right now is acne, redness, and tone.

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 and what it improves

For your **oily, very sensitive** skin with **severe acne (20)** and **low redness (30)**, PR13 offers **gentle** acne control and oil balancing. Its lower salicylic acid level is more suitable than a strong exfoliant, helping to manage **acne and comedones** without excessively irritating your already sensitive, redness-prone skin. It also supports your good **pore (83)** score by keeping pores clear.

##### Key ingredients and how they help

- **Salicylic Acid 0.15%:** A low-dose **BHA** that gently exfoliates inside pores, helps prevent and treat **acne and blackheads**, and smooths bumps, supporting both the **Acne** and **Smooth** dimensions.
- **Niacinamide 2%:** Helps **control oil**, refine appearance of pores, and **strengthen the skin barrier**, which is critical for your **redness and sensitivity**. It also contributes slightly to **tone evenness**.

- **Allantoin 0.1%**: Provides **soothing and anti-inflammatory** benefits, important for calming **redness and irritation** while using BHA.
- **Hydrating solvents (1,3-Propanediol, Propylene Glycol)**: Support **hydration** so the serum feels less drying on oily but sensitive skin.

Overall, PR13 primarily targets **Acne (20)** while being relatively kind to your **sensitive, redness-prone** profile.

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

### Why it suits you and what it improves

With your **very sensitive skin and low redness score (30)**, R9+ is an excellent **repair and stabilizing base** to calm irritation, reduce reactivity, and support your skin in tolerating active ingredients. It indirectly improves **acne and redness** by strengthening your barrier, and it helps your skin safely benefit from brightening care for **color uniformity (51)** and **dark circle (40)**.

### Key ingredients and how they help

- **Panthenol 5%**: A high concentration of **vitamin B5** that supports **barrier repair**, soothes irritation, and reduces discomfort from acne treatments or environmental stress.
- **Butylene Glycol 12% & Propylene Glycol 2.715%**: Provide **deep hydration** and enhance penetration of other actives while maintaining a comfortable skin feel.
- **Bifida Ferment Lysate 0.05% & Lactobacillus/Soybean Ferment Extract 0.05%**: Support the **skin microbiome and barrier defense**, ideal for **sensitive, redness-prone** and **acne-prone** skin, helping long-term stability.
- **Andrographis (Kalanchoe) Extract 0.135%**: Offers **antioxidant and soothing** effects, suitable for **problem and sensitive skin**.

### How to use and mix

For your needs, R9+ is best **mixed with Ultra Renovating Serum RV24** (see next product).

- After opening R9+, **pour the entire 10 ml bottle into the RV24 serum bottle**.
- This gives an approximate **serum:R9+ = 2:1 ratio**, the optimal mixing ratio.

- Close and **shake well** before each use.

This creates a **barrier-strengthening brightening serum** that is better tolerated by your very sensitive skin.

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### 3. Ultra Renovating Serum RV24 (mixed with R9+)

#### Why it suits you and what it improves

RV24 directly targets your **color uniformity (51)** and contributes to improving **dark circle (40)** and **spot (71)** by brightening and evening the skin tone. Combined with R9+, it becomes more suitable for your **sensitivity and redness**, helping you gradually reduce **post-acne marks and dullness** while maintaining barrier comfort.

#### Key ingredients and how they help

- **Tranexamic Acid 3%**: A clinically used brightening agent that helps **inhibit melanin production**, reduce **spots, post-acne marks, and uneven tone**, improving **Color uniformity** and partially the look of **dark circles** (especially if pigmentation-related).
- **Niacinamide 2%**: Supports **even skin tone, barrier repair**, and provides **antioxidant** benefits. It also helps regulate oil and calm inflammation, useful for your **acne and redness**.
- **Hydrating system (Glycerin 1.0925%, Propylene Glycol 1.8%, 1,3-Propanediol 1.5%)**: Maintains **hydration**, helping prevent dryness or tightness that could aggravate sensitivity.
- **Sodium Hyaluronate 0.2%**: Attracts and holds water in the skin for **deep hydration**, improving surface **smoothness and plumpness**.
- **Allantoin 0.1% + multiple plant extracts + Ceramide NP 0.005%**: Contribute to **soothing, conditioning, and barrier support**, which are valuable for your **redness** and **sensitivity**.

Used **together with R9+ as a mixed serum**, RV24 becomes a **brightening + repair** solution that addresses **uneven tone, post-acne marks, and general dullness**, while the R9+ component cushions potential irritation.

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## 4. Personalized skincare routine and lifestyle suggestions

### Morning Routine

#### 1. Cleanser

- Use a **gentle, low-foaming cleanser** suitable for oily, sensitive skin. Avoid harsh scrubs or strong cleansing brushes to reduce redness and barrier damage.

#### 2. Mixed RV24 + R9+ serum

- Apply the **RV24 serum premixed with the full bottle of R9+** to your face and neck.
- This step focuses on **tone evenness, post-acne marks, hydration, and barrier repair**, which also supports your dark circle and redness tendencies (avoid direct contact with the eyes; you can tap a small amount on the orbital bone only if your eyes tolerate it).

#### 3. Moisturizer + Sunscreen

- Follow with a **light, non-comedogenic moisturizer** suitable for oily skin.
  - Apply a **broad-spectrum sunscreen (SPF 30 or higher)** every morning and reapply as needed, as sun exposure worsens **spots, uneven tone, redness, and dark circles**.
  - You can use the **Skin Beauty Pal App's UV reminder** to help you remember when UV is high and when to reapply sunscreen.
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### Evening Routine

#### 1. Cleanser

- Use the same **gentle cleanser** to thoroughly but softly remove oil, sweat, and sunscreen. Ensure your skin feels clean but not tight.

## 2. Pore Refining Serum PR13

- After cleansing (and before any toner), apply **PR13** on areas prone to **acne and clogged pores** (T-zone, areas with breakouts; you can start with partial face use if very sensitive).
- Given your redness and sensitivity, start **every other night**, and adjust based on tolerance. This will help **reduce acne, blackheads, and bumps** gently.

## 3. Mixed RV24 + R9+ serum

- After PR13 has absorbed, apply the **RV24 + R9+ mixed serum** over the entire face and neck.
- This step supports **barrier repair, calming, and brightening**, helping your **redness, color uniformity, and post-acne marks** while maintaining hydration.

## 4. Moisturizer (if needed)

- If your skin feels dry or tight, finish with a **light, non-comedogenic moisturizer**. If your skin already feels comfortable after the serums, you can keep this step minimal to avoid over-layering on your sensitive skin.

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# Lifestyle Suggestions

## 1. Diet and hydration

- Aim for a **balanced diet** with plenty of **vegetables, fruits, and omega-3-rich foods** (e.g., fish, flaxseed) to support skin's anti-inflammatory balance, which can help with **acne and redness**.
- Reduce **very sugary, highly processed, or very greasy foods**, as they may aggravate breakouts for some people.
- Maintain steady **water intake throughout the day**; consistent hydration supports overall skin health and can indirectly help texture and radiance.
- You can use the **Skin Beauty Pal App's hydration reminder** to help you drink water regularly.



## 2. Sun protection and environment

- Protecting against UV is crucial for **redness, spots, and color uniformity**. Use sunscreen daily, seek **shade**, and wear **hats or umbrellas** in strong sunlight.
- Avoid long exposure to **very hot environments** and sudden temperature changes, which can worsen **redness and sensitivity**.
- The **Skin Beauty Pal App's UV reminder** can notify you when UV is high, helping you remember to reapply sunscreen or seek protection.

## 3. Sleep and habits

- Aim for **7-9 hours of regular sleep**; poor sleep often shows first as **worsened dark circles and dullness**.
- Try to manage **stress** through light exercise, stretching, or relaxation techniques; stress can trigger or worsen **acne and redness**.
- Avoid **rubbing or picking** at pimples or the eye area. Picking increases **redness, spots, and uneven tone**, and rubbing the eyes worsens **dark circles**.
- Keep a **consistent, simple routine** rather than frequently changing products; this is especially important for your **very sensitive skin** to stay stable over time.

If your acne or redness become very persistent or uncomfortable despite careful skincare, consider using the **Skin Beauty Pal App's doctor consultation or clinic booking features** for professional evaluation and more tailored 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:

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