

Abha191 Mail's Skin Analysis Report

1. Overall skin condition summary

Overall condition

Abha191 Mail, you describe your skin type as **oily** and **very sensitive**. Your skin health indices show that the main tendencies are **acne, redness, and uneven tone/dark circles**, while pores, wrinkles, and overall smoothness are relatively better controlled.

Main strengths and concerns

Your **wrinkle (94)** and **pore (83)** scores are strong, suggesting you are doing well in terms of early aging signs and visible pore condition. However, **acne (20)** is very low, and **redness (30)** and **dark circles (40)** are also weaker areas. There is also **mildly below-average color uniformity (51)**, pointing to some dullness or uneven tone.

Possible influencing factors

Being **female with oily, very sensitive skin** means your skin can easily react to strong actives and may overproduce oil, which contributes to clogged pores and breakouts. Sensitivity plus a low redness score indicates a **potential sensitivity/inflammation tendency**, so barrier-repair and gentle actives are crucial. Lifestyle factors such as stress, sleep quality, sun exposure, and diet will strongly influence your acne, redness, and dark circles.

2. Analysis of each skin dimension

Skin Indicator	Score	Key focus and details
Acne	20	<p>Very low score - primary concern. This suggests active breakouts, clogged pores, or frequent acne. With oily, very sensitive skin, you need gentle but effective anti-acne and oil-control ingredients. Look for low-dose salicylic acid (BHA) for pore decongestion and niacinamide for oil balance and barrier support. Soothing components like allantoin and ferment/repair ingredients help reduce irritation from acne care.</p>
Redness	30	<p>Low score - high sensitivity/inflammation risk. This aligns with your self-assessed “very sensitive” skin. Your skin likely becomes red or irritated easily. Focus on barrier-repair and calming ingredients such as panthenol (B5), ferments (Bifida, Lactobacillus), gentle humectants, and soothing plant extracts. Avoid overusing strong exfoliants or too many new actives at once.</p>
Dark Circle	40	<p>Below-average - secondary concern. This may reflect under-eye darkness from genetics, thin skin, or lifestyle (sleep, screen time). Topical serums mainly help indirectly by improving overall skin health and tone. Ingredients that brighten and even tone, such as tranexamic acid and niacinamide, can help with general dullness that may accentuate dark circles. Lifestyle (sleep, sun protection) is key here.</p>

Skin Indicator	Score	Key focus and details
Color uniformity	51	<p>Slightly below average - uneven tone/dullness. You may notice dull or slightly patchy tone, especially around acne marks or redness. Target brightening and tone-evening ingredients like tranexamic acid, niacinamide, and hydrating agents such as glycerin and sodium hyaluronate to support glow without over-irritation.</p>
Smooth	61	<p>Around average - mild texture issues. Some uneven texture may be related to acne, residual marks, or mild roughness. Gentle turnover and good hydration help: low-level exfoliating acids (salicylic, glycolic) in a controlled way, plus hydrating/barrier-supportive ingredients (glycerin, panthenol, ceramides) to keep skin resilient.</p>
Spot	71	<p>Above average - some spots or post-acne marks but not severe. You may have a few dark marks or pigmentation, likely related to previous acne or sun exposure. Brightening actives such as tranexamic acid and niacinamide can gradually fade spots and help prevent new uneven pigmentation, especially when paired with daily sunscreen.</p>
Pore	83	<p>Good - pores relatively well-controlled. Despite being oily, your pores are not a major current weakness. Maintaining oil balance and preventing clogging are still important. Salicylic acid and niacinamide at suitable strengths can help keep pores clear without over-drying, while hydration helps prevent rebound oiliness.</p>

Skin Indicator	Score	Key focus and details
Wrinkle	94	<p>Very strong - minimal visible lines. At 27, your skin already scores very high for wrinkles and elasticity. You mainly need maintenance rather than heavy anti-aging.</p> <p>Gentle renewal ingredients like retinoid derivatives and light peptides can be considered later but must be balanced with your sensitivity. Consistent hydration and sun protection are your best long-term strategy.</p>

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+ (barrier repair & sensitivity control)

Why it suits you and what it improves

With very low **acne (20)** and **redness (30)** plus very sensitive skin, your first need is to **stabilize and repair your barrier** so you can tolerate acne- and brightening-focused products. R9+ helps reduce **inflammation, irritation, and sensitivity**, supporting better control of acne and redness over time and indirectly helping tone and texture.

Key ingredients and how they help

- **Panthenol 5% (B5):** Strong barrier-repair and soothing action, reduces irritation from actives and helps calm redness.
- **Butylene Glycol 12% + Propylene Glycol 2.715%:** Deep hydration and enhanced penetration, improving comfort in oily yet sensitive skin without heavy greasiness.

- **Bifida Ferment Filtrate (Lysate) 0.05% & Lactobacillus/Soybean Ferment Extract 0.05%:** Support skin's microbiome and barrier defense, beneficial for sensitive, redness-prone, and acne-prone skin.
- **Kalanchoe Spathulata (Andrographis-like) extract 0.135%:** Antioxidant and soothing, suitable for problem and sensitive skin.

R9+ is ideal as a **repair base mixed with another serum** to both buffer potential irritation and enhance overall results.

2. Pore Refining Serum PR13 (gentle acne & oil-control for sensitive skin)

Why it suits you and what it improves

Your **acne (20)** is the weakest dimension, and your skin is **very sensitive**. PR13 is a **gentler refining serum** designed for acne, blackheads, pores, and oiliness, making it more compatible with your sensitivity than stronger acid formulas. It targets:

- **Acne (20):** by gently unclogging pores
- **Pore (83) & Smooth (61):** by refining texture
- Helps with **oil balance**, indirectly supporting redness by avoiding harsh, over-drying treatments.

Key ingredients and how they help

- **Salicylic Acid 0.15%:** Mild BHA that gently exfoliates inside pores, helping prevent and treat comedones and acne with lower irritation risk than high-BHA formulas.
- **Niacinamide 2%:** Controls sebum, supports the barrier, and has anti-inflammatory benefits - very suitable for oily, sensitive, acne-prone skin.
- **Allantoin 0.1%:** Soothing, helps calm irritation and support healing in inflamed or acneic areas.
- **1,3-Propanediol 3% + Propylene Glycol 0.965%:** Provide lightweight hydration so skin does not become dehydrated and reactive.

Mixing with R9+

For your skin, a **mixed, buffered anti-acne formula** is ideal. You can:

- Open **R9+** and **pour the entire 10 ml bottle into one bottle of PR13**.
- This creates a combined serum (optimal ratio serum:R9+ ≈ 2:1).

- Shake well after mixing.

This combination gives you **gentle pore-clearing plus strong repair/soothing in one step**, excellent for oily but very sensitive, acne-prone skin.

3. Ultra Renovating Serum RV24 (brightening & tone-evening care)

Why it suits you and what it improves

Your **color uniformity (51)** and **dark circle (40)** scores show mild uneven tone and dullness, plus some visible dark areas. You also have some **spots (71)** likely from past acne. RV24 focuses on **even tone, dullness, and spots**, while also supporting hydration and barrier care. It is a good next step once your skin is better stabilized with R9+ and acne more controlled.

It mainly improves:

- **Color uniformity (51)** – overall tone and brightness.
- **Spot (71)** – post-acne marks and mild pigmentation.
- Indirectly helps **dark circles (40)** by improving general brightness and skin quality.

Key ingredients and how they help

- **Tranexamic Acid 3%:** Targets melanin production, helps fade spots and uneven pigmentation, supports a more even complexion.
- **Niacinamide 2%:** Brightens, evens tone, supports barrier, and offers antioxidant benefits – ideal for both pigmentation control and sensitive skin support.
- **Sodium Hyaluronate 0.2% + Glycerin 1.0925% + Propylene Glycol 1.8% + 1,3-Propanediol 1.5%:** Multi-layer hydration that helps maintain a healthy barrier and reduces irritation potential.
- **Allantoin 0.1% + botanical extracts + Ceramide NP 0.005%:** Soothe and support the skin barrier, beneficial for redness-prone and sensitive skin while working on spots.

You can later consider **mixing another bottle of R9+ into RV24** (using the same “pour entire bottle into the serum” method) if you want extra buffering and comfort during brightening.

4. Personalized skincare routine and lifestyle suggestions

Morning Routine

1. **Cleanser:** Use a gentle, non-stripping cleanser suitable for oily, sensitive skin.
2. **Mixed Repair + Anti-Acne Serum (PR13 + R9+):**
 - Use the pre-mixed bottle where you have poured the **entire R9+** into **PR13** and shaken well.
 - Apply a thin layer over the face, focusing on acne-prone and oily zones.
3. **Brightening Serum (RV24):**
 - Apply a small amount to the whole face, avoiding direct eye contact area; you can bring it close to the under-eye, but not too close to the lash line.
4. **Moisturizer:** Choose a lightweight, non-comedogenic lotion or gel-cream to maintain hydration without heaviness.
5. **Sunscreen:** Use broad-spectrum SPF daily, especially important to protect against redness, pigmentation, and post-acne marks.

Evening Routine

1. **Cleanser:** Double cleanse if you use sunscreen/makeup (oil or balm, then gentle water-based cleanser).
2. **Mixed Repair + Anti-Acne Serum (PR13 + R9+):**
 - Apply the same mixed serum after cleansing, focusing on breakout-prone areas but you can use it all over if tolerated.
3. **Brightening Serum (RV24):**
 - Apply over the face after the mixed serum is absorbed; you may start with every other night if your skin feels very sensitive and increase frequency as tolerance builds.
4. **Moisturizer:** Use a calming, non-comedogenic moisturizer. If certain areas are more irritated or red, apply a slightly thicker layer there.

(If your skin feels particularly unstable, red, or over-irritated at any time, you can temporarily pause PR13 and RV24 and just use a repair-focused routine, prioritizing R9+ mixed with a very gentle base product or used on days with minimal actives.)

Lifestyle Suggestions

1. Diet and hydration

- Aim for a balanced diet rich in **vegetables, fruits, omega-3 fats**, and lower in high-sugar, highly processed foods, which can aggravate acne and inflammation.
- Drink adequate water throughout the day to support overall skin hydration. You can use the **Skin Beauty Pal App's hydration reminder** function to help you stay consistent with water intake.

2. Sun protection and environment

- Daily sunscreen is essential to prevent **worsening redness, post-acne marks, and uneven tone**. Reapply when outdoors for longer periods.
- Use hats/shade and avoid intense midday sun when possible.
- The **Skin Beauty Pal App's UV reminder** can alert you to higher UV levels, so you know when to be extra careful with sun protection.

3. Sleep and habits

- Aim for **regular, sufficient sleep**, as poor sleep can worsen acne, redness, and dark circles.
- Reduce stress through light exercise, stretching, or relaxation techniques; chronic stress can trigger more breakouts and sensitivity.
- Avoid frequently touching or picking at your face to minimize infection, scarring, and post-inflammatory marks.
- Keep pillowcases and phone screens clean to reduce bacteria contact with your skin.

If at any point your sensitivity, redness, or acne worsens significantly, consider using the **Skin Beauty Pal App's doctor consultation or clinic booking features** for personalized, professional evaluation beyond skincare maintenance.

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.