

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 indices show that **acne and redness** are the main challenges, while pores and wrinkles are relatively well controlled. Overall, your skin tends to be **acne-prone, easily irritated, and somewhat uneven in tone**.

Main strengths and concerns

Your scores for **pore (83)** and **wrinkle (94)** indicate **good pore condition and very mild aging signs** for your age. Skin smoothness is close to average, so texture is not your weakest point. The main concerns are **acne (20, very low)**, **redness (30, low)**, and **dark circle (40, below average)**, along with **color uniformity (51)** which suggests some dullness or uneven tone.

Possible influencing factors

Being **female with oily, very sensitive skin** means hormones, sebum production, and barrier reactivity can strongly influence breakouts and redness. Oily skin can trap keratin and clog pores, worsening acne, while high sensitivity makes strong exfoliants or fragranced/complex routines more risky. Lifestyle factors such as **stress, sleep quality, diet (sugar/fats), and sun exposure** can further aggravate acne, redness, and uneven tone.

2. Analysis of each skin dimension

Skin Indicator	Score	Key focus and details
Acne	20	<p>Very low score - priority issue. This indicates frequent or obvious breakouts, comedones, or inflamed acne. For your oily, very sensitive skin, the focus is gentle, consistent anti-acne care plus barrier support, not aggressive stripping. Ingredient directions: low-dose salicylic acid (BHA) for de-clogging pores, niacinamide for oil regulation and barrier repair, and soothing ingredients such as panthenol, allantoin, or calming botanical extracts to reduce irritation from actives.</p>
Redness	30	<p>Low score - strong tendency to sensitivity and inflammation. Skin likely gets red or irritated easily, especially with harsh cleansers, frequent exfoliation, or environmental changes. Priority is barrier repair and calming while still managing oil and breakouts. Ingredient directions: panthenol, ferments (e.g., Bifida/Lactobacillus), niacinamide at moderate levels, and soothing plant extracts; avoid jumping straight into high-strength acids or strong peels.</p>
Dark Circle	40	<p>Below average - secondary concern. This may indicate visible darkness or dullness around the eyes, often related to lifestyle (sleep, screen time, circulation) more than topical issues alone. Ingredient directions: gentle hydrating and soothing formulas, overall brightening actives (like niacinamide and tranexamic acid) for the face can subtly improve the overall radiance, but eye-specific care plus lifestyle adjustments are key.</p>

Skin Indicator	Score	Key focus and details
Color uniformity	51	<p>Slightly below average - mild uneven tone/dullness. You may notice patchy tone, post-acne marks, or general dullness. Since acne and redness are high, post-inflammatory marks are likely. Ingredient directions: tranexamic acid to help with hyperpigmentation and spots, niacinamide for overall tone-evening and antioxidant support, plus hydrating agents (glycerin, hyaluronic acid) to keep the skin plump and reflective. Always combine with daily sunscreen (not listed here but essential).</p>
Smooth	61	<p>Around average - acceptable but improvable texture. You might feel some roughness or small bumps, especially in oily areas, but it's not your worst area. Improving acne and gentle renewal will also refine smoothness. Ingredient directions: low to moderate strength exfoliants such as salicylic acid and gentle vitamin A derivatives (retinyl palmitate), combined with moisturizing emollients and humectants (glycerin, babassu oil derivatives) to maintain softness.</p>
Spot	71	<p>Above average - spots or pigmentation not severe. There may be some marks, possibly from past acne, but overall spot formation is not your primary problem. Preventing new marks by better acne control and sun protection is very important. Ingredient directions: tranexamic acid, niacinamide, and hydrating/barrier-supporting ingredients to help existing marks fade gradually while protecting the skin.</p>

Skin Indicator	Score	Key focus and details
Pore	83	Good - pores relatively under control. For someone with oily skin, this is a strength: pores are not overly enlarged or highly congested at the macro level, even if acne is present. Maintain this with lightweight, non-comedogenic hydration and gentle BHA to prevent clogging, rather than harsh pore “shrinking” strategies.
Wrinkle	94	Very strong - excellent for your age. Fine lines and deeper wrinkles are minimal. The goal is prevention rather than correction. Ingredient directions: mild vitamin A (retinyl palmitate), peptides like acetyl hexapeptide-8, and consistent hydration and barrier care to keep skin resilient long-term.

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, acne-prone, redness-prone oily skin**, R9+ is the most important foundation. Your **acne (20)** and **redness (30)** scores show that your skin likely has both **inflammation and barrier instability**. R9+ is designed specifically to **repair the barrier, reduce irritation, and improve tolerance** to other active serums. This helps you manage acne and uneven tone **without triggering more redness**.

Key ingredients & how they help

1. **Panthenol 5%** – Strong **barrier repair and soothing** effect. It helps reduce stinging, calms redness, and supports recovery when using actives (acids, brightening, or retinoid-like ingredients).
2. **Butylene Glycol 12% + Propylene Glycol 2.715%** – Provide **deep, humectant-based hydration**, keeping skin comfortable and more resilient so that oily skin doesn't become dehydrated and reactive.
3. **Bifida Ferment Lysate & Lactobacillus/Soybean Ferment Extract (0.05% each)** – Support the **skin's microbiome and defense**, contributing to long-term stability and reduced sensitivity.
4. **Kalanchoe Spathulata Extract (Andrographis Paniculata-type soothing)** – Offers **antioxidant and calming properties**, suitable for problem and sensitive skin.

R9+ is best used **mixed into another active serum** (details below) to make that serum **gentler and more tolerable**, which is crucial for your skin type.

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

Why it suits you & what it improves

With **very low acne score (20)** and oily skin, you need **anti-acne and oil-control care**, but your **low redness score (30)** and self-reported **very sensitive** skin mean you should avoid overly strong acids. PR13 is a **gentle BHA + niacinamide serum** that targets **acne, blackheads, pores, and oiliness** while still including **barrier-supporting and soothing components**, making it more suitable than a stronger acid serum for you.

It primarily improves:

- **Acne (20)** – by keeping pores clear and reducing comedones.
- **Smoothness (61)** – by gentle exfoliation and texture refinement.
- **Color uniformity (51)** – by lowering acne formation and inflammation, it indirectly reduces new post-acne marks.

Key ingredients & how they help

1. **Salicylic Acid 0.15%** – A low yet effective **BHA** level for **exfoliating inside pores, reducing blackheads and acne**, and helping smooth skin. The low concentration is helpful for **very sensitive skin**, especially when used together with R9+.
2. **Niacinamide 2%** – Helps **control oil, strengthen the skin barrier**, and has a **mild brightening and anti-inflammatory effect**, which is ideal for your uneven tone and redness tendency.
3. **Allantoin 0.1%** – **Soothing and anti-inflammatory**, supporting comfort for sensitive, acne-prone skin.
4. **Hydration base (1,3-Propanediol 3%, Propylene Glycol 0.965%)** – Provide **light hydration**, suitable for oily skin without heaviness.

When **mixed with R9+**, PR13 becomes even more **tolerable and barrier-friendly**, aligning well with your sensitive skin profile.

3. Ultra Renovating Serum RV24

Why it suits you & what it improves

Your **color uniformity (51)** and **dark circle (40)** scores show **mild uneven tone and dullness**, and your **spot (71)** score is above average but can still benefit from preventive brightening. RV24 is focused on **even tone, dullness, and spots** while also supporting **hydration and barrier care**, which is important because your skin is easily irritated.

It primarily improves:

- **Color uniformity (51)** – by targeting overall brightness and post-inflammatory marks.
- **Spot (71)** – by helping fade existing discoloration or early spots.
- Indirectly supports **acne-related marks** once breakouts calm, thanks to its brightening + soothing profile.

Key ingredients & how they help

1. **Tranexamic Acid 3%** – A well-known **brightening and anti-spot ingredient** that helps **inhibit excess melanin production**, improving uneven tone and marks over time.

2. **Niacinamide 2%** – Supports **tone-evening, barrier repair, and antioxidant defense**, complementing tranexamic acid and helping your sensitive skin maintain resilience.
3. **Hydration complex** – **Sodium Hyaluronate 0.2%, Glycerin 1.0925%, Propylene Glycol 1.8%, 1,3-Propanediol 1.5%** provide **multi-layer hydration**, important to keep skin comfortable when using actives.
4. **Allantoin 0.1% + Dipotassium Glycyrrhizate 0.1% + botanical extracts + Ceramide NP 0.005%** – Offer **soothing, anti-inflammatory, and barrier-supporting benefits**, valuable for your sensitive, redness-prone skin.

Used consistently (especially with sunscreen), RV24 can gradually **brighten your overall complexion and reduce post-acne marks**.

How to mix R9+ with another serum

For you, the best mixing partner is **Pore Refining Serum PR13**, since acne control is your top priority and PR13 is the gentlest exfoliating option.

Mixing instructions:

1. Choose **PR13** as the target serum.
2. After opening **R9+**, **pour the entire bottle into the PR13 bottle**.
3. The overall target ratio is about **serum : R9+ = 2 : 1**, and the full bottle of R9+ is designed to be mixed this way.
4. Close the PR13 bottle and **shake well** to ensure an even mixture.

You will then use this **PR13 + R9+ mixed serum** in your daily routine as your **core anti-acne + repair step**.

4. Personalized skincare routine and lifestyle suggestions

Morning Routine

1. Cleanser

- Use a **gentle, low-foam, non-stripping cleanser** suitable for oily and sensitive skin. Avoid harsh scrubs or high-fragrance formulas to protect your redness-prone barrier.

2. Mixed Serum: PR13 + R9+

- After cleansing (and toner, if you use a very mild one), apply a small amount of your **PR13 + R9+ mixed serum** over the face, focusing on acne-prone/oily areas.
- This step helps **gently prevent clogged pores and calm inflammation**, while R9+ supports barrier repair and reduces irritation.

3. Moisturizer + Sunscreen

- Follow with a **lightweight, non-comedogenic moisturizer** suitable for oily skin.
 - In the daytime, always finish with a **broad-spectrum sunscreen** (SPF 30+), as sun exposure worsens **redness, acne marks, and uneven tone**. You can rely on the **Skin Beauty Pal App's UV reminder** to help you reapply and adjust behavior on high-UV days.
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Evening Routine

1. Cleanser

- Double cleanse (oil or balm then water-based cleanser) only if you wear sunscreen/makeup; otherwise a single **gentle cleanser** is enough. Avoid hot water and rough towels to reduce redness.

2. **Mixed Serum: PR13 + R9+**

- After cleansing and optional gentle toner, apply the **PR13 + R9+ mixed serum** again.
- At night it continues to **keep pores clear and soothe the skin**, helping improve **acne (20)** and **redness (30)** over time.

3. **Brightening Serum (RV24)**

- After the mixed serum has absorbed, apply **Ultra Renovating Serum RV24** over the face and neck.
 - This step targets **uneven tone (51)** and **spots (71)**, and helps post-acne marks fade gradually.
 - Finish with a **light moisturizer** if your skin feels dry or tight, especially around cheeks or areas of redness.
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Lifestyle Suggestions

1. **Diet and hydration**

- Favor a **balanced diet** rich in vegetables, fruits, and omega-3 sources; try to **moderate high sugar, highly processed, and very oily foods**, which can aggravate acne and inflammation.
- Maintain **good daily water intake** to support overall skin hydration balance. You can use the **Skin Beauty Pal App's hydration reminder** to nudge you to drink water regularly throughout the day.

2. **Sun protection and environment**

- Daily sunscreen is essential, even on cloudy days, to prevent **worsening of redness, dark circles, and uneven tone** and to protect your strong wrinkle score (94).
- Seek **shade, hats, and sunglasses**, and avoid prolonged direct sun when UV is intense.
- The **Skin Beauty Pal App's UV reminder** can guide you on when to reapply or be extra cautious.
- Minimize exposure to **very hot water, strong wind, and air-polluted environments** where possible, as these can trigger or worsen sensitivity and redness.

3. Sleep and habits

- Aim for **regular, sufficient sleep**, as late nights can worsen **acne, dark circles (40), and overall dullness**.
- Manage stress through **light exercise, stretching, or relaxation techniques**, because stress hormones often aggravate breakouts and redness.
- Avoid **frequent touching or picking pimples**, which increases inflammation, redness, and scarring risk.
- Keep your **pillowcases, phone screen, and makeup tools clean** to reduce bacterial load on your already sensitive, acne-prone skin.

By combining a **gentle, repair-focused routine** with **consistent sun protection and supportive lifestyle habits**, you can gradually improve acne and redness while maintaining your strong pore and wrinkle scores over the long term.

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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