

# shef's Skin Analysis Report

## 1. Overall skin condition summary

### Overall condition

shef, you describe your skin type as **dry**. Your scores show that you are relatively stable in pores and wrinkles, with more obvious issues in **acne, redness, and dark circles**, and some room to improve **overall tone evenness**. Overall, your skin tends to be **dry, a bit reactive, and slightly uneven in tone**, but not strongly aging-prone at this stage.

### Main strengths and concerns

Your **wrinkle (94)** and **pore (83)** scores are strong, meaning you currently maintain good firmness and pore appearance. **Smoothness (61)** is close to average. The main concerns are **acne (20)** and **redness (30)**, suggesting a tendency to breakouts and irritation, and **dark circles (40)** plus **color uniformity (51)**, which reflect dullness and uneven tone around the eye/face area.

### Possible factors affecting skin condition

As a **female with dry skin**, you naturally have a more fragile skin barrier and may be more prone to tightness, redness, and sensitivity when using stronger actives or in dry environments. Dry skin that still has acne and redness often reflects **barrier imbalance** and irritation, rather than simple “oiliness.” Lifestyle factors such as **sleep quality, screen time, stress, sun exposure, and hydration** can strongly affect your dark circles, uneven tone, and redness.

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## 2. Analysis of each skin dimension

Skin Indicator	Score	Key focus and details
Acne	20	<p><b>Meaning:</b> Very low score; active or recurrent breakouts/ comedones are a key concern. On dry skin, acne often reflects barrier damage, inflammation, and clogged pores rather than excessive oil alone. <b>Focus:</b> Gentle exfoliation + strong barrier repair and soothing. <b>Ingredient directions:</b> Low-dose salicylic acid and/or mild AHA (for unclogging), paired with <b>niacinamide</b> (balancing, barrier support), <b>panthenol</b>, fermented extracts, and soothing botanicals to calm irritation and support repair. Avoid overly harsh stripping products.</p>
Redness	30	<p><b>Meaning:</b> Below average and suggests a <b>sensitivity tendency</b>, with reactive or easily flushed skin. <b>Focus:</b> Repair the barrier, reduce inflammation, and buffer any exfoliating/brightening actives. <b>Ingredient directions:</b> <b>Panthenol</b>, microbiome-support ferment ingredients (e.g., Bifida/Lactobacillus), <b>allantoin</b>, and soothing plant extracts; gentle hydration (glycerin, hyaluronic acid) and barrier-supporting ingredients (niacinamide, ceramides). Always pair exfoliants and anti-aging ingredients with a repair-focused serum.</p>
Dark Circle	40	<p><b>Meaning:</b> Below average; under-eye darkness or tired appearance is noticeable. Often related to circulation, pigmentation, thin skin, or lifestyle (sleep, screen time). <b>Focus:</b> Improve overall tone and hydration around the eye area, and support nightly repair. <b>Ingredient directions:</b> Gentle brightening agents used around but not too close to the eye (e.g., <b>niacinamide</b>, <b>tranexamic acid</b> on the face to improve overall clarity), plus good moisturization and daily UV protection. Combine with lifestyle work on sleep and eye strain.</p>

Skin Indicator	Score	Key focus and details
Color uniformity	51	<p><b>Meaning:</b> Slightly below average; tone is not fully even—some dullness, early spots, or uneven coloration. <b>Focus:</b> Gentle brightening while keeping red/sensitive areas calm. <b>Ingredient directions:</b> <b>Tranexamic acid, niacinamide,</b> and hydrating ingredients (glycerin, hyaluronic acid, 1,3-propanediol) to even tone while maintaining barrier health. Repair serums should buffer brightening steps to avoid aggravating redness.</p>
Smooth	61	<p><b>Meaning:</b> Around average; some texture roughness or small bumps may appear, especially in areas prone to dryness or breakouts. <b>Focus:</b> Light, controlled exfoliation coupled with good moisturization to refine texture without over-drying. <b>Ingredient directions:</b> Mild <b>salicylic acid</b> and/or <b>glycolic acid</b> in low concentrations, combined with humectants and barrier-repairing actives. Pair acids with a strong repair serum to minimize irritation.</p>
Spot	71	<p><b>Meaning:</b> Better than average; some spots or early pigmentation exist but are not your dominant issue. <b>Focus:</b> Prevent new pigmentation and gradually fade existing marks while protecting from UV. <b>Ingredient directions:</b> <b>Tranexamic acid</b> and <b>niacinamide</b> for spot control and brightening, with good daily sunscreen habits. Supportive hydration and soothing ingredients help maintain tolerance.</p>
Pore	83	<p><b>Meaning:</b> Strong performance; visible pores are not a major concern. <b>Focus:</b> Maintain current condition and prevent clogging from comedones/acne. <b>Ingredient directions:</b> Occasional use of <b>gentle salicylic acid</b> to keep pores clear, but prioritize barrier-friendly, non-stripping formulas since your skin is dry and redness-prone.</p>

Skin Indicator	Score	Key focus and details
Wrinkle	94	<p><b>Meaning:</b> Excellent. Fine lines and wrinkles are minimal at present. <b>Focus:</b> Prevention and maintaining skin resilience rather than aggressive anti-aging. <b>Ingredient directions:</b> Low-medium strength <b>vitamin A derivatives</b> (like retinyl palmitate), peptides (e.g., acetyl hexapeptide-8), and hydrating/emollient ingredients to keep skin plump and smooth, always combined with sunscreen.</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+

##### Why it suits you & what it improves:

Your lowest scores are **Acne (20)** and **Redness (30)** on a **dry** skin type. This combination strongly suggests a fragile barrier with inflammation and sensitivity. R9+ is designed as a **high-concentration repair and stabilizing base serum**, which directly targets your key needs: calming redness, restoring barrier function, and improving tolerance to exfoliating and brightening products. This will indirectly help acne (less irritation, better recovery from breakouts) and make it safer for you to use actives that address texture and tone.

##### Key ingredients and how they help:

- **Panthenol 5%:** A high dose for **barrier repair, soothing, and reducing irritation**—ideal for your low redness score and dry skin.
- **Butylene Glycol 12% + Propylene Glycol 2.715%:** Provide **deep hydration and help other actives penetrate** without being heavy, supporting your dryness and texture.

- **Bifida Ferment Filtrate 0.05% & Lactobacillus/Soybean Ferment Extract 0.05%:** Support the **skin microbiome and defense**, which helps sensitive, redness-prone and breakout-prone skin stay more stable over time.
- **Andrographis Paniculata Extract (and Kalanchoe-type soothing extract):** Add **antioxidant and calming** benefits, suitable for problem and sensitive skin.

You can **use R9+ mixed into another serum** (see below) or alone during more reactive, dry, or “overdone” periods.

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## 2. Ultra Renovating Serum RV24 (brightening & tone-evening serum)

### Why it suits you & what it improves:

Your **Color uniformity (51)** and **Dark circle (40)** scores show uneven tone and dull areas, while **Spot (71)** is decent but can still improve. RV24 is focused on **even tone, dullness, and spots**, and also supports **hydration and barrier care**, which is crucial since you are dry and redness-prone. It will primarily improve **color uniformity, dark marks, and overall brightness** while helping maintain your barrier.

### Key ingredients and how they help:

- **Tranexamic Acid 3%:** A strong yet targeted **brightening and anti-spot ingredient** that helps **fade pigmentation and inhibit excess melanin**, supporting better color uniformity and helping post-acne marks gradually lighten.
- **Niacinamide 2%:** Multi-functional—**evens tone, supports barrier repair, provides antioxidant support**, and can help refine dullness without being harsh. This is very compatible with your dry, redness-prone profile.
- **Hydration system - Glycerin (1.0925%), Propylene Glycol (1.8%), 1,3-Propanediol (1.5%), Sodium Hyaluronate (0.2%):** Provide **multi-level hydration** to address dryness, support smoothness (Smooth 61), and improve skin plumpness, which also helps fine lines from dryness.
- **Allantoin 0.1% + botanical extracts + Ceramide NP (0.005%):** Offer **soothing, conditioning, and barrier support**, improving tolerance to the brightening actives and helping with your **low redness score**.

**Mixing with R9+:**

For your skin, RV24 is the best serum to pair with R9+. After opening **R9+**, **pour the entire 10 ml bottle into RV24 (20 ml)** to reach the optimal serum:R9+ ratio of about **2:1**. Close and **shake well**. This creates a **brightening + repair hybrid** that improves tone and dullness while actively **calming and hydrating**, very suitable for your dry, sensitive-prone, acne/redness pattern.

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### 3. Pore Refining Serum PR13 (B3 + Salicylic Acid Pore Refining Serum)

**Why it suits you & what it improves:**

Your **Acne score (20)** is your weakest point, but your skin is **dry and redness-prone**, so you need **gentle, well-balanced exfoliation and oil-control** rather than a strong peel. PR13 is a **mild salicylic acid + niacinamide** serum specifically framed as gentle, good for acne, blackheads, pores, and oiliness, while also supporting the barrier. This will directly help with **acne and texture (Smooth 61)** and help keep pores clear without over-stripping.

**Key ingredients and how they help:**

- **Salicylic Acid 0.15%**: A **low, gentle concentration** of BHA that helps **unclog pores, reduce comedones, and support acne control** with lower irritation risk, ideal for your redness tendency.
- **Niacinamide 2%**: Helps **control oil, strengthen the skin barrier**, and offers mild brightening and anti-inflammatory support—beneficial for both acne and redness.
- **Allantoin 0.1%**: **Soothing and anti-inflammatory**, helping to calm irritation from breakouts and from the salicylic acid itself.
- **1,3-Propanediol (3%) and Propylene Glycol (0.965%)**: Provide **base-level hydration**, balancing the exfoliating action so it's less drying for your skin.

For your profile, PR13 offers the **right level of acne control** without the stronger, more irritating acid load, which is safer than a high-salicylic formulation for dry, redness-prone skin.

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## 4. Personalized skincare routine and lifestyle suggestions

### Morning Routine

#### 1. Cleanser

- Use a **gentle, low-foam, non-stripping cleanser** suitable for dry or sensitive skin. Aim for your skin to feel clean but not tight.

#### 2. Mixed Repair-Brightening Serum (RV24 + R9+)

- Use the **mixed bottle**: after fully mixing R9+ into RV24 as described, apply an appropriate amount to your face and neck.
- This step targets **uneven tone, dark marks, and dullness** while **deeply hydrating and repairing the barrier**, supporting acne- and redness-prone dry skin.

#### 3. Moisturizer + Sunscreen

- Apply a **hydrating moisturizer** suitable for dry and/or sensitive skin.
  - Follow with a **broad-spectrum sunscreen (SPF 30 or above)** every morning, even on cloudy days. This is crucial to prevent worsening of **spots, uneven tone, and dark circles**.
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### Evening Routine

#### 1. Cleanser

- Use the same **gentle cleanser** to remove sunscreen and impurities without over-drying.

#### 2. Pore Refining Serum PR13 (Acne/texture care)

- After cleansing, **shake PR13 well**.
- Apply a thin layer on areas prone to breakouts and congestion. For your dry and redness-prone skin, you can start with **every other night** or **2-3 times per week**, focusing on problem zones (e.g., T-zone, jawline).
- On nights you use PR13, avoid other strong exfoliating or harsh products.

### 3. **Mixed Repair-Brightening Serum (RV24 + R9+)**

- After PR13 has absorbed (if used that night), apply your **RV24 + R9+ mixed serum** over the entire face and neck.
- This step helps **counteract potential irritation from acids, repair the barrier, and brighten tone.**

### 4. **Moisturizer (if needed)**

- If your skin still feels dry or tight, add a **rich but non-comedogenic moisturizer** to lock in hydration and support overnight repair.
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## **Lifestyle Suggestions**

### 1. **Diet and hydration**

- Aim for **regular water intake** throughout the day to support hydration from within; dry skin benefits strongly from consistent fluids, not just skincare.
- Include foods rich in **healthy fats (omega-3s), antioxidants, and colorful vegetables** to support skin barrier and reduce inflammation that can worsen acne and redness.
- Use the **Skin Beauty Pal App's hydration reminder** to help you maintain a stable hydration habit, which supports overall skin smoothness and resilience.

### 2. **Sun protection and environment**

- UV exposure worsens **redness, spots, uneven tone, and dark circles**, even when you don't feel burned. Apply sunscreen daily and reapply if outdoors for extended periods.
- Use physical protection: **hats, sunglasses, shade**, especially around midday. This will particularly help with **color uniformity and dark circles.**
- Try to avoid long exposure to very **dry, air-conditioned, or polluted environments** whenever possible; use a humidifier or take short breaks to give your skin a rest.
- The **Skin Beauty Pal App's UV reminder** can help you stay aware of high-UV times and remind you when to be especially diligent with sunscreen.

### 3. Sleep and habits

- Aim for **regular, sufficient sleep**; sleep deprivation and irregular hours can worsen **dark circles, redness, and breakouts**.
- Reduce **late-night screen time** and keep screens at a comfortable distance to lessen eye strain and light-related sleep disruption, which contribute to tired-looking eyes.
- Manage stress with activities you enjoy (light exercise, breathing, reading). **Stress hormones** can aggravate acne and redness.
- Avoid **over-cleansing or using too many new actives at once**; for your skin, a “less is more” approach with **consistent, gentle care plus targeted actives** (as recommended above) is the most sustainable path to improving acne, redness, and tone.

If you ever feel your skin becomes unusually irritated, reactive, or your acne worsens significantly, consider using **R9+ (within your mixed serum) more consistently**, and you can also use the **Skin Beauty Pal App** to access doctor consultation or clinic booking for personalized medical evaluation.

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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