

# shefali12345's Skin Analysis Report

## 1. Overall skin condition summary

### Overall condition

shefali12345, you describe your skin as **very sensitive** with **very sensitive reactivity**, and your skin data shows a strong tendency toward **acne issues and redness**, with relatively **good pores and wrinkle condition**. Overall, your skin is in a mixed state: some dimensions are already performing well, while others (especially acne, redness, and dark circles) need focused care and gentle management.

### Main strengths and concerns

Your **wrinkle score is very high (94)** and **pore condition is also strong (83)**, suggesting that you do not currently have major aging or pore problems. **Skin smoothness (61)** and **spots (71)** are around average or slightly better, which means texture and pigmentation are relatively controlled.

The main concerns are **acne (20, very low)**, **redness (30, low)**, and **dark circles (40, below average)**. This combination indicates that your skin is easily irritated, breakout-prone, and more reactive, with a possible **sensitivity tendency** reflected in the low redness score.

### Possible factors affecting skin condition

As a **female with very sensitive skin**, you may experience fluctuations from **hormonal cycles**, and your barrier might be easily disrupted by strong acids, fragrances, or over-cleansing. Lifestyle factors such as **stress, sleep patterns, screen time, and environmental exposure (UV, pollution)** can worsen both **acne and redness**, and also contribute to **dark circles and uneven tone**. Your profile suggests you benefit most from a **barrier-first, gentle, minimalist routine** with carefully dosed actives.

## 2. Analysis of each skin dimension

Skin Indicator	Score	Key focus and details
Acne	20	<p><b>Meaning:</b> Very low score = acne is a major concern now (frequent breakouts, comedones, or inflammatory spots). For very sensitive skin, harsh or high-strength acids can easily over-irritate. <b>Focus:</b> Gentle anti-acne care plus strong barrier support. Avoid over-exfoliation and too many new actives at once. <b>Ingredient direction:</b> Low-dose salicylic acid (BHA) with soothing and hydrating agents; barrier-friendly niacinamide; panthenol and ferment-based barrier repair to reduce irritation while managing breakouts.</p>
Redness	30	<p><b>Meaning:</b> Low score indicates <b>sensitivity and redness tendency</b>—skin may flush, sting, or react to products or environment. <b>Focus:</b> Calm and stabilize the skin barrier, reduce triggers, and choose non-irritating actives at moderate levels. <b>Ingredient direction:</b> Panthenol, soothing botanical extracts, barrier-supporting ferments, gentle niacinamide levels, hydrating humectants. Avoid aggressive acids and strong fragrances.</p>
Dark Circle	40	<p><b>Meaning:</b> Below-average score; eye area may look tired, darker, or shadowed. Often linked to lifestyle (sleep, screens, rubbing) and circulation more than topical issues alone. <b>Focus:</b> Gentle hydration and protection around the eyes, combined with lifestyle adjustments (sleep, stress, screens, sun). <b>Ingredient direction:</b> Hydrating and soothing ingredients (glycerin, sodium hyaluronate, panthenol), brightening agents used cautiously around the orbital area, plus good sunscreen and general barrier care.</p>

Skin Indicator	Score	Key focus and details
Color uniformity	51	<p><b>Meaning:</b> Slightly below average; tone may look a bit dull or uneven, with some shadows or mild discoloration.</p> <p><b>Focus:</b> Improve brightness and even tone while respecting sensitivity. Avoid too many strong brightening acids at once. <b>Ingredient direction:</b> Tranexamic acid, niacinamide, hydrating humectants, and gentle antioxidants to brighten without stripping the barrier.</p>
Smooth	61	<p><b>Meaning:</b> Around average; skin texture is acceptable but can be further refined (mild roughness or small bumps).</p> <p><b>Focus:</b> Maintain texture while avoiding over-exfoliation, particularly because your skin is very sensitive and prone to redness. <b>Ingredient direction:</b> Mild BHA/AHA use supported by strong hydration and barrier repair (panthenol, ceramides, ferments), plus gentle anti-aging agents like retinyl palmitate in a nourishing base.</p>
Spot	71	<p><b>Meaning:</b> Above average; spots/hyperpigmentation are present but not your primary problem. <b>Focus:</b> Prevent new marks from acne and support gradual fading of existing post-inflammatory marks. <b>Ingredient direction:</b> Tranexamic acid, niacinamide, and hydrating ingredients to help even tone and support healing without irritating active breakouts.</p>
Pore	83	<p><b>Meaning:</b> High score; pores are relatively well-managed. You might have some oiliness but pores are not a major concern. <b>Focus:</b> Maintenance rather than aggressive pore treatments; prioritize barrier and acne control so pores remain stable. <b>Ingredient direction:</b> Light niacinamide, mild BHA for maintenance (not overused), and hydration to keep skin balanced.</p>

Skin Indicator	Score	Key focus and details
Wrinkle	94	<p><b>Meaning:</b> Very high score; fine lines and wrinkles are currently minimal. This is a strength to maintain, not a major concern. <b>Focus:</b> Prevent future aging with gentle renewal and daily sun protection, instead of strong, potentially irritating anti-aging regimens. <b>Ingredient direction:</b> Low-irritation vitamin A derivatives (like retinyl palmitate), peptides, hydrating and emollient ingredients to keep the skin plump and resilient.</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+ - Core barrier repair and sensitivity control

##### Why it suits you & which dimensions it improves

With **very sensitive skin** plus **low acne (20)** and **redness (30)** scores, your first priority is to **stabilize and repair your barrier** so that any active for acne or brightening can be tolerated. R9+ is designed exactly as a **high-concentration repair and stabilizing base**, and it will mainly help with:

- **Redness & sensitivity:** Soothing and barrier-strengthening to calm reactivity.
- **Acne & smoothness:** By improving tolerance and barrier function, your skin can better handle anti-acne actives, reducing the risk of flare-ups from harsh products.
- **Overall resilience:** Supports long-term skin health, especially important for someone who is “very sensitive.”

## Key ingredients and how they help

- **Panthenol 5%:** Strong barrier repair, helps reduce irritation, redness, and stinging; improves moisture retention.
- **Butylene Glycol 12% + Propylene Glycol 2.715%:** Deep hydration and better penetration of other actives, keeping the skin from drying out.
- **Bifida Ferment Lysate & Lactobacillus/Soybean Ferment Extract 0.05%:** Support the skin's microbiome and barrier defense, which is especially helpful for sensitive, reactive skin.
- **Andrographis/Kalanchoe Spathulata Extract 0.135%:** Antioxidant and soothing benefits, suitable for problem and sensitive skin.

For you, R9+ should be used as a **mix-in base** with one active serum (see below), so you get treatment benefits with reduced irritation.

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## 2. Pore Refining Serum PR13 - Gentle anti-acne care compatible with very sensitive skin

### Why it suits you & which dimensions it improves

Your **acne score (20)** is your weakest dimension, but your skin is **very sensitive**, so you need a **gentler anti-acne serum** with added soothing and barrier support. Among the available options, PR13 offers:

- **Lower salicylic acid (0.15%)** than a “strong” exfoliating serum, which is more appropriate for your redness and sensitivity.
- Support for **acne, smoothness, and pores** without overwhelming your barrier.

It mainly improves:

- **Acne (20):** Targets blackheads, comedones, and breakouts.
- **Smooth (61):** Mild exfoliation to refine texture.
- **Pore (83):** Maintenance of already good pore status, preventing clogging.

### Key ingredients and how they help

- **Salicylic Acid 0.15%:** Oil-soluble BHA to help unclog pores, reduce comedones, and support acne control in a gentler dose.
- **Niacinamide 2%:** Balances oil production, strengthens the skin barrier, and supports redness control.

- **Allantoin 0.1%:** Soothing, anti-inflammatory, ideal for very sensitive, redness-prone skin.
- **Hydrating bases (1,3-Propanediol 3%, Propylene Glycol 0.965%):** Help keep skin hydrated so exfoliation is less drying and irritating.

Because of your sensitivity, PR13 should be **paired with R9+** to buffer and enhance tolerance.

### How to mix with R9+

- After opening R9+, **pour the entire 10 ml bottle into your PR13 serum** (20 ml).
  - This gives an approximate **serum:R9+ ratio of 2:1**, as recommended.
  - Close PR13, **shake well** until fully mixed.
  - From then on, use this **mixed PR13 + R9+ serum** in your routine as your main anti-acne + repair treatment.
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## 3. Ultra Renovating Serum RV24 - Gentle brightening and tone-evening for dullness and post-acne marks

### Why it suits you & which dimensions it improves

Your **color uniformity score (51)** is slightly below average and **spot (71)** shows some existing pigmentation or marks. With acne as a key concern, you also want to prevent and fade **post-inflammatory marks** in a way that respects your sensitivity. RV24 focuses on **even tone, dullness, and spots**, while also supporting hydration and the barrier.

It mainly improves:

- **Color uniformity (51):** Brightens and evens overall tone.
- **Spot (71):** Helps reduce visible spots and post-acne marks over time.
- **Smoothness & general radiance:** Hydration and mild barrier support help your texture and glow.

### Key ingredients and how they help

- **Tranexamic Acid 3%:** A well-known brightening ingredient that helps reduce hyperpigmentation and inhibit excess melanin, ideal for post-acne marks and uneven tone.

- **Niacinamide 2%:** Supports even tone, barrier repair, and provides antioxidant benefits—very helpful for both redness and post-inflammatory pigmentation.
- **Sodium Hyaluronate 0.2% + Glycerin 1.09% + Propylene Glycol 1.8% + 1,3-Propanediol 1.5%:** Multiple humectants to deeply hydrate and cushion the skin, important for sensitive types to tolerate brightening actives.
- **Allantoin 0.1% + Dipotassium Glycyrrhizate:** Soothing and conditioning, help reduce irritation and support barrier health.
- **Ceramide NP 0.005%:** Contributes to barrier reinforcement, further supporting sensitive, redness-prone skin.

For you, RV24 is best introduced **after** your barrier starts feeling more stable with the **R9+ + PR13** combination.

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## 4. Personalized skincare routine and lifestyle suggestions

### Morning Routine

#### 1. Cleanser:

- Use a **very gentle, low-foam, non-stripping cleanser** with no harsh exfoliating beads or strong fragrance.
- Rinse with lukewarm (not hot) water to avoid triggering redness.

#### 2. Treatment serum (Brightening focus):

- Apply **Ultra Renovating Serum RV24** to clean, dry skin.
- Use a small amount on the full face, avoiding the immediate eye area.
- Allow it to absorb.

#### 3. Moisturizer & Sunscreen:

- Follow with a **simple, fragrance-free moisturizer** suited for sensitive skin.
  - Then apply a **broad-spectrum sunscreen SPF 30+ or higher** every morning, even on cloudy days. This protects your good wrinkle score and prevents darkening of spots and post-acne marks.
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## Evening Routine

### 1. Cleanser:

- Gently cleanse to remove sunscreen, makeup, and pollution without over-rubbing.
- Pat skin dry with a soft towel; do not rub.

### 2. Core anti-acne + repair serum (Mixed):

- Use your **mixed PR13 + R9+ serum** (entire R9+ poured into PR13 and shaken well).
- Start with **every other night** because you are very sensitive, and watch for any irritation.
- Apply a thin layer over the face, focusing on acne-prone areas. Avoid broken skin and the delicate eye area.

### 3. Moisturizer (and optional RV24 on alternating nights):

- On nights when you use the **PR13 + R9+ mix**, keep the rest of the routine simple: apply a **gentle, barrier-supporting moisturizer**.
  - Once your skin feels more stable (redness reduced, less stinging), you can use **RV24 in the evening on non-PR13 nights** (for example:
    - **Night A:** PR13 + R9+ mix
    - **Night B:** RV24
    - Repeat.)
  - Always monitor for any increase in stinging or redness and slow down if needed.
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## Lifestyle Suggestions

### 1. Diet and hydration

- Aim for a **balanced diet** with plenty of vegetables, fruits, and good fats (like omega-3 from fish or nuts), which can support skin barrier function and inflammation control.
- Limit very sugary, heavily processed foods, as these can sometimes worsen breakouts.

- Keep your **daily water intake steady** to support hydration from within. You can use the **Skin Beauty Pal App's hydration reminder** to prompt you to drink regularly across the day.

## 2. Sun protection and environment

- UV exposure can **worsen redness, dark circles, and spots**, and speed up aging. Along with sunscreen, try to:
  - Seek shade during peak sun hours.
  - Wear hats or umbrellas when outdoors longer.
- Pollution and extreme temperatures can irritate sensitive skin, so cleanse gently in the evening and avoid very hot showers.
- Use the **Skin Beauty Pal App's UV reminder** to help you know when sun intensity is high and when to be more diligent with sunscreen and reapplication.

## 3. Sleep and habits

- Aim for **consistent, sufficient sleep**, as poor sleep often shows quickly as **worse dark circles, dullness, and slower healing of acne**.
- Try to minimize **late-night screen time** and keep screens at a lower brightness in the evening to reduce eye strain and dark circle appearance.
- Avoid repeatedly **touching or picking at acne**, as this increases redness and risk of spots and post-inflammatory marks.
- Manage stress with simple routines like light exercise, stretching, or breathing exercises—chronic stress can aggravate both **acne and sensitivity**.

By focusing on **barrier repair (R9+)**, **gentle acne care (PR13)**, and **thoughtful brightening (RV24)**, you can steadily improve your lowest-scoring dimensions while protecting the strengths your skin already has.

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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