

bittu's Skin Analysis Report

1. Overall skin condition summary

Overall condition

bittu, you describe your skin as **combination**. Your skin scores show **more issues with acne, redness, and dark circles**, while pores, spots, smoothness, and wrinkles are relatively better. Overall, your skin tends toward **mixed concerns: some sensitivity/inflammation with localized breakouts and uneven tone**.

Main strengths and concerns

Your **pore (83)** and **wrinkle (94)** scores are strong, suggesting that your pores are reasonably refined and visible signs of aging like deep lines are not your main problem at the moment. However, **acne (20)** is your weakest dimension, followed by **redness (30)** and **dark circle (40)**, indicating a priority need to calm inflammation, improve breakouts, and support circulation and pigment balance under the eyes. **Color uniformity (51)** is slightly below average, so tone-evening and brightening are also meaningful targets.

Possible factors affecting your skin

Your **gender, combination skin type**, and the presence of **acne plus low redness score** suggest a possible **sensitivity or reactivity tendency**, especially around inflamed or irritated areas. At your life stage, the skin barrier and recovery speed can be more fragile, so **gentle, barrier-supportive care** and consistent hydration are very important. Lifestyle factors such as UV exposure, sleep quality, and overall health will strongly influence redness, dark circles, and uneven tone.

2. Analysis of each skin dimension

Skin Indicator	Score	Key focus and details
Acne	20	Very low score - high priority. This suggests frequent or noticeable breakouts, clogged pores, or comedones. The main focus is gentle but effective oil-control and exfoliation without over-stripping. Helpful ingredients: low-dose salicylic acid (BHA) to clear pores, niacinamide for oil balance and barrier support, and soothing agents (allantoin, anti-inflammatory plant extracts) to calm redness around blemishes.
Redness	30	Low score - likely sensitivity and inflammation. This may relate to irritation around acne areas, reactive skin, or diffuse redness. Focus on barrier repair, anti-inflammatory care, and avoiding harsh exfoliation. Beneficial ingredients: panthenol, ferments (for barrier support), soothing botanical extracts, plus gentle hydration. Any exfoliating acids should be used at low concentrations and supported by barrier-repair serums.
Dark Circle	40	Below average - needs support. This suggests visible under-eye darkness, which may come from pigmentation, thin skin, or circulation issues. While none of the available products are eye-specific, overall brightening, barrier care, and good hydration can help the surrounding area look healthier. Ingredients like niacinamide and tranexamic acid (for tone and pigment control) support more even coloration, while general hydration helps soften the appearance of hollows and fine lines. Lifestyle (sleep, UV protection) is also key.

Skin Indicator	Score	Key focus and details
Color uniformity	51	<p>Slightly below average. The skin tone may appear a bit dull or uneven, with mild discoloration or post-acne marks. Focus on brightening and pigment-regulation plus good moisture. Useful ingredients: tranexamic acid to inhibit excess melanin, niacinamide for brightening and antioxidant support, and hydrating humectants to improve overall radiance and skin texture.</p>
Smooth	61	<p>Around average. Overall skin texture is acceptable but can be improved; there may be some roughness, fine bumps, or early fine lines. Focus on gentle resurfacing and hydration. Low-level acids (BHA/AHA) plus moisturizing ingredients like glycerin and hyaluronic acid can make skin feel more refined and soft.</p>
Spot	71	<p>Above average. Pigmented spots and obvious hyperpigmentation are present but not your worst concern. Maintenance focus: prevent worsening and gradually refine existing marks. Tranexamic acid and niacinamide are ideal to slowly fade spots and maintain a more even tone, combined with daily sunscreen.</p>
Pore	83	<p>Good condition. Pores are relatively well-controlled, especially for combination skin. Mild congestion may still coexist with acne, but the structural pore size is not a major issue. The goal is maintenance, ensuring that any acne-targeting products remain gentle to avoid irritation that could enlarge pores over time. Ingredients like low-dose BHA and niacinamide can help keep pores clear and balanced.</p>

Skin Indicator	Score	Key focus and details
Wrinkle	94	<p>Very strong dimension. Visible wrinkles and deeper lines are not a primary problem based on this score.</p> <p>Maintenance focus: protect what you already have—maintain hydration, support collagen with UV protection, and consider gentle renewal/anti-aging only if skin tolerance is good. Retinoids/vitamin A derivatives can help, but with your sensitivity and redness tendency, they should be used with caution and strong barrier support.</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. Pore Refining Serum PR13 (B3 + Salicylic Acid Pore Refining Serum)

Why it suits you & which dimensions it improves

With **acne (20)** as your weakest score and some redness, you need **gentle acne control that respects a sensitive, combination skin and your age**. PR13 is formulated as a **mild, barrier-conscious BHA serum**, making it more suitable than a stronger exfoliant for your profile. It primarily supports:

- **Acne**: clears clogs and helps reduce breakouts.
- **Smoothness**: improves texture by light exfoliation.
- **Pores (maintenance)**: keeps them clean without being overly harsh.

Key ingredients and how they help

1. Salicylic Acid 0.15%

- Oil-soluble exfoliant that goes into pores, helping to **dissolve sebum plugs and dead skin**.
- At this low level, it offers improvement for **acne and small bumps** with **less irritation risk**, important given your low redness score.

2. Niacinamide 2%

- Helps **regulate sebum** in combination skin.
- Supports the **skin barrier** and has a **calming, brightening** effect, which can indirectly help with **redness and color uniformity**.

3. Allantoin 0.1% & botanical extracts

- Allantoin is **soothing and anti-inflammatory**, helpful for your **redness and sensitivity tendency**.
- Plant extracts (like Houttuynia Cordata and Corallina Officinalis) further support a **calming, balancing effect**.

Overall, PR13 targets your **highest-priority dimension (acne)** while trying to keep irritation low.

2. B5 Yeast Extreme Repair Serum R9+ (to mix with PR13)

Why it suits you & which dimensions it improves

Your **redness (30)** and likely sensitivity, combined with the need for active treatments (acid and brightening), make barrier support crucial. R9+ is designed as a **high-concentration repair base serum** that:

- Helps reduce **irritation and redness** from active ingredients.
- Improves **barrier strength and tolerance** over time.
- Supports **overall stability** of your combination skin.

Indirectly, by keeping your barrier healthier and calmer, R9+ supports:

- **Redness** (primary).

- **Acne** (less irritation around breakouts, better healing).
- **Smoothness and color uniformity** (healthier turnover, less inflammation-related marks).

Key ingredients and how they help

1. **Panthenol (Vitamin B5) 5%**

- A well-known **barrier-repair and soothing ingredient**.
- Helps decrease **stinging, tightness, and irritation**, which is very important when you use acids or brightening actives.

2. **Ferments (Bifida Ferment Filtrate, Lactobacillus/Soybean Ferment Extract)**

- Support **barrier defense and microbiome balance**, which can help skin behave less sensitively and recover more easily from stress.

3. **Hydrating solvent system (Butylene Glycol 12%, Propylene Glycol 2.715%)**

- Provides **deep hydration and ingredient penetration**, helping your skin feel more comfortable and less dry.

How to use/mix with PR13

- After opening R9+, **pour the entire 10 ml bottle into your PR13 serum** bottle.
- This gives an approximate **serum : R9+ ratio of about 2 : 1**, as intended.
- **Shake the PR13 bottle well** after mixing so the formulas combine evenly.
- Then use this **mixed serum** in your routine wherever PR13 is mentioned.

This mix lets you keep the **acne-fighting benefits** of PR13 while significantly **reducing irritation risk** and improving long-term resilience.

3. **Ultra Renovating Serum RV24 (Brightening & Tone-Perfecting Serum)**

Why it suits you & which dimensions it improves

With **color uniformity (51)** and **dark circles (40)** below average, plus some

spots (71), you can benefit from a **gentle, hydrating brightening serum** that also cares for the barrier. RV24 is well-suited because it focuses on **even tone and dullness** without relying on strong peeling acids, fitting a more sensitive profile.

It mainly helps with:

- **Color uniformity**: reduces uneven tone and dullness.
- **Spot**: supports gradual fading of dark marks or mild hyperpigmentation.
- **Dark circle (indirectly)**: improves overall facial brightness and pigment balance.
- **Smoothness & redness (supportive)**: hydrates and mildly soothes, supporting skin texture and comfort.

Key ingredients and how they help

1. **Tranexamic Acid 3%**

- A **well-recognized brightening ingredient** that helps **inhibit melanin overproduction**, making it useful for **spots, uneven tone, and post-inflammatory marks**.
- Gentler than many strong bleaching agents, more suitable for **sensitive-leaning skin**.

2. **Niacinamide 2%**

- Supports **tone-evening, antioxidant defense, and barrier repair**.
- Can help improve **dullness, mild redness, and sallowness**, giving the skin a more uniform, healthy look.

3. **Hydration & barrier support (Sodium Hyaluronate, Glycerin, 1,3-Propanediol, Propylene Glycol, Ceramide NP, Polyquaternium-51)**

- These ingredients provide **multi-layer hydration** and some **lipid support** (ceramide), which is important at your age and with possible sensitivity.
- Better hydration improves **smoothness** and helps the skin handle active ingredients more comfortably.

You can use RV24 on its own in different areas, and keep using your **R9+-PR13 mix** mainly where acne and texture are an issue.

4. Personalized skincare routine and lifestyle suggestions

Morning Routine

1. Cleanse

- Use a gentle, non-stripping cleanser suitable for combination skin.
- Aim for **lukewarm water**, not hot, to avoid triggering redness.

2. Tone (optional but helpful if you already use one)

- If you have a mild, alcohol-free toner, apply it to lightly hydrate and prepare the skin.

3. Targeted serums

- **R9+ + PR13 mixed serum:**
 - Apply a thin layer to areas prone to **acne and rough texture** (T-zone, chin, or any breakout areas).
 - If your skin tolerates it well, you can extend to the whole face, avoiding the immediate eye area.
- **RV24 serum:**
 - After the mixed serum has absorbed, apply RV24 **over the entire face and neck**, especially on areas with **uneven tone or spots**.
 - You can move a small amount gently around (not into) the under-eye area to support brightness.

4. Moisturizer

- Follow with a **light, non-greasy moisturizer** that feels comfortable on both oily and dry areas of your face.

5. Sunscreen

- Finish with a **broad-spectrum sunscreen** every morning, even if staying mostly indoors.
- UV protection is critical for **redness control, dark circles, and preventing spots from worsening**.

- You can use the **Skin Beauty Pal App's UV reminder** feature to help you reapply and protect consistently through the day.
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Evening Routine

1. Cleanse

- Gently remove sunscreen and any makeup with a suitable cleanser.
- Avoid harsh scrubbing, especially on red or acne-prone areas.

2. Tone (if you use one)

- Apply a calming, alcohol-free toner to rebalance and lightly hydrate.

3. Targeted serums

- **R9+ + PR13 mixed serum:**
 - Use again in the evening, focusing on **acne-prone and textured zones**.
 - If your skin ever feels more sensitive, you can reduce to **every other night** or use a smaller amount.
- **RV24 serum:**
 - Layer after the mixed serum, applying to **full face and neck**.
 - Consistency at night helps improve **color uniformity, spots, and overall radiance** over time.

4. Moisturizer

- Use a **comfortable, slightly richer moisturizer** at night if your skin feels dry, especially on cheeks or around the eyes.
 - Good nighttime hydration aids **repair and smoothness**.
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Lifestyle Suggestions

1. Diet and hydration

- Aim for **adequate water intake throughout the day**; this supports overall skin plumpness and function.
- The **Skin Beauty Pal App's hydration reminder** can help you remember to drink water regularly.

- Focus on a diet with **fruits, vegetables, and healthy fats** (like fish, nuts, seeds) which provide antioxidants and essential fatty acids beneficial for **redness, sensitivity, and barrier strength**.
- Try to limit very **greasy, overly sugary, or spicy foods** if you notice they worsen your breakouts or redness.

2. Sun protection and environment

- Minimize **direct midday sun** and use physical shade (hats, umbrellas) when outdoors.
- Reapply sunscreen every 2–3 hours if outside. The **App's UV reminder** can prompt you when UV is high.
- Avoid extreme heat or very hot water on the face, as this can **worsen redness**.
- In dry indoor environments, a **humidifier** and regular hydration help maintain a more comfortable skin barrier.

3. Sleep and habits

- Try to maintain a **regular sleep schedule**, as night is when your skin naturally repairs itself.
- Aim for a **calm pre-sleep routine**: minimize screens right before bed and keep your room dark and quiet, which supports better-quality sleep and, indirectly, **dark circle improvement**.
- Avoid frequently touching or picking at acne, as this increases **redness, infection risk, and spots** afterward.
- Change pillowcases regularly and keep anything touching your face (towels, phone screens) clean to reduce acne-triggering bacteria.

By prioritizing **gentle acne control, strong barrier support, and tone-evening care**, and combining this with steady lifestyle habits, you can gradually improve your **acne, redness, dark circles, and overall radiance** while maintaining your strengths in pores and wrinkles.

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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