

shefali's Skin Analysis Report

1. Overall skin condition summary

Overall condition

shefali, you describe your skin type as **combination**, which often means an oilier T-zone and comparatively normal or drier cheeks. Your self-assessed sensitivity is not specified, but your scores show a tendency toward **acne and redness**, suggesting a somewhat reactive, congestion-prone skin pattern.

Main strengths and concerns

Your main **strengths** are:

- **Wrinkles (94)**: excellent status, signs of aging and fine lines are currently well controlled.
- **Pores (83)** and **Spots (71)**: relatively good, meaning your skin texture and pigmentation are not your biggest issues right now.

Your main **concerns** are:

- **Acne (20)**: clearly the weakest dimension; you should prioritize breakout and congestion management.
- **Redness (30)**: low score suggesting a **sensitivity/inflammation tendency**, especially when oily or acne-prone zones are triggered.
- **Dark Circle (40)** and **Color uniformity (51)**: mild issues with under-eye dullness and overall evenness.

Possible factors affecting skin condition

Being a **female with combination skin**, you may experience **hormonal and T-zone oil fluctuations**, which can aggravate acne and redness. The low redness score suggests your skin may be more easily irritated by strong actives or environmental stress (heat, sun, pollution). Lifestyle factors such as **screen time**,

stress, and irregular sleep can also worsen dark circles and color unevenness, while sun exposure tends to deepen pigmentation and uneven tone over time.

2. Analysis of each skin dimension

Skin Indicator	Score	Key focus and details
Acne	20	<p>Meaning: This is a significantly low score, indicating active or recurrent breakouts, clogged pores, or post-acne concerns. Focus: Gentle but effective oil control, regular keratolytic (exfoliating) care, and strong barrier support to avoid over-irritation. Ingredient directions: Low-dose salicylic acid (BHA) to clear pores, niacinamide for oil balance and barrier support, and soothing ingredients like allantoin and panthenol to calm inflammation.</p>
Redness	30	<p>Meaning: Low redness score points to easy flushing, post-acne redness, or general irritation tendency. Focus: Reduce inflammation, strengthen the skin barrier, and buffer potentially irritating actives. Ingredient directions: Panthenol, ferments (Bifida, Lactobacillus), and soothing plant extracts to stabilize; lower, controlled levels of acids when treating acne and tone.</p>
Dark Circle	40	<p>Meaning: Mild-to-moderate concern with under-eye dullness or shadowing, often related to lifestyle (sleep, screen time) or thin skin. Focus: Improve overall circulation and radiance around the eye area and maintain hydration and protection (sunscreen, gentle handling). Ingredient directions: Overall brightening ingredients like niacinamide and tranexamic acid can indirectly support a more even appearance around the eyes (used around but not too close to lash line, depending on tolerance).</p>

Skin Indicator	Score	Key focus and details
Color uniformity	51	<p>Meaning: Slightly below average; you may see dullness, uneven tone, or early uneven pigmentation. Focus: Gentle brightening and barrier-safe tone improvement, while avoiding harsh over-exfoliation that could worsen redness.</p> <p>Ingredient directions: Tranexamic acid, niacinamide, and light AHA/BHA support to refine skin and even tone, combined with good hydration.</p>
Smooth	61	<p>Meaning: Around average; texture is generally okay with some roughness or small bumps, likely linked to acne/congestion. Focus: Maintain smoothness through controlled exfoliation and hydration, while not stripping the barrier. Ingredient directions: Balanced use of salicylic acid, small amounts of glycolic acid, and hydrating agents like glycerin, sodium hyaluronate, plus barrier-supportive components.</p>
Spot	71	<p>Meaning: Above-average control of visible spots and hyperpigmentation, though post-inflammatory marks from acne may still occur. Focus: Prevent new marks by controlling breakouts and using sunscreen; gently fade existing discolorations. Ingredient directions: Tranexamic acid, niacinamide, and hydrating support to optimize brightening without irritation.</p>
Pore	83	<p>Meaning: Pores are doing relatively well; they may be more visible in the T-zone but are not your main weakness. Focus: Maintain pore cleanliness and elasticity without overly aggressive treatments. Ingredient directions: Light salicylic acid for maintenance and niacinamide to regulate oil and refine appearance.</p>

Skin Indicator	Score	Key focus and details
Wrinkle	94	<p>Meaning: Excellent performance; fine lines and wrinkles are well-controlled at this stage. Focus: Preventive care— maintain hydration, barrier health, and sun protection, plus gentle renewal as needed. Ingredient directions: Vitamin A derivatives (retinyl palmitate), peptides, and moisturizers to keep skin supple and youthful-looking.</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 & what it improves

PR13 directly targets your **lowest score: Acne (20)**, while respecting your **redness/sensitivity tendency (30)**. Its lower-dose **salicylic acid (0.15%)** is suitable for combination skin that needs **gentle, regular pore clearing and oil control** without over-stripping. It also supports **pore maintenance, smoothness, and color uniformity** by reducing congestion that can cause dullness and texture.

Key ingredients & how they help

- **Salicylic Acid 0.15%**: Oil-soluble BHA that enters pores to dissolve excess sebum and dead cells, helping reduce blackheads, whiteheads, and inflammatory pimples.
- **Niacinamide 2%**: Balances oil production, supports barrier function, and helps refine pores and brighten uneven tone.
- **Allantoin 0.1%**: Soothing and anti-inflammatory, helping calm irritation around breakouts and supporting your low redness area.

- **Hydrating humectants (1,3-Propanediol 3%, Propylene Glycol 0.965%)**: Maintain moisture while you treat acne, reducing the risk of dryness and rebound oiliness.

2. B5 Yeast Extreme Repair Serum R9+

Why it suits you & what it improves

R9+ is especially valuable for your **low redness score (30)** and overall **barrier fragility** in the context of acne treatment. Active ingredients like acids and brighteners can easily irritate reactive skin; R9+ is designed as a **high-concentration repair and stabilizing base** to:

- Improve **tolerance** to PR13 and any future actives.
- Reduce **irritation, stinging, and redness**.
- Support **long-term barrier strength**, which ultimately helps control acne and unevenness more sustainably.

Key ingredients & how they help

- **Panthenol 5%**: A star soothing ingredient that promotes barrier repair, reduces redness and discomfort, and boosts moisture.
- **Bifida Ferment Filtrate & Lactobacillus/Soybean Ferment Extract (0.05% each)**: Help support your skin's microbiome and natural defenses, useful for easily irritated, acne-prone skin.
- **Butylene Glycol 12% & Propylene Glycol 2.715%**: Strong humectants that enhance hydration and penetration of actives while preventing tightness.

How to mix with another serum

For your skin profile, R9+ pairs best with **PR13** to manage acne gently while stabilizing your barrier.

- After opening **R9+**, **pour the entire bottle into the PR13 serum bottle**.
- The optimal **ratio is serum : R9+ = 2 : 1**; your final blend becomes a **BHA + barrier-repair combo**.
- Shake well after mixing.

This creates a daily-use serum that tackles acne and oiliness while buffering irritation and supporting redness-prone areas.

3. Ultra Renovating Serum RV24

Why it suits you & what it improves

RV24 targets your **color uniformity (51)** and supports already decent **spot (71)** control, helping maintain and gradually enhance brightness. It also provides **hydration and barrier support**, which is important when you are using any exfoliating or acne-focused product. For you, it is ideal to:

- Improve **overall tone and dullness**,
- Help reduce **post-inflammatory marks** from acne, and
- Provide **hydrating, barrier-friendly brightening** that is more comfortable for redness-prone skin.

Key ingredients & how they help

- **Tranexamic Acid 3%**: A well-studied brightening ingredient that helps reduce melanin formation, fade dark spots, and even skin tone over time.
- **Niacinamide 2%**: Multifunctional—supports barrier repair, brightens dull areas, improves uneven tone, and offers antioxidant benefits.
- **Sodium Hyaluronate 0.2% + multiple humectants** (Glycerin, 1,3-Propanediol, Propylene Glycol): Provide layered hydration to keep skin plump and support a healthy barrier.
- **Allantoin & soothing botanical extracts**: Support calming and comfort, which is beneficial given your lower redness score.

4. Personalized skincare routine and lifestyle suggestions

Morning Routine

1. **Cleanser (gentle)**
 - Use a mild, non-stripping cleanser suitable for combination skin to remove overnight oil without irritating redness-prone areas.
2. **Brightening & hydrating serum (RV24)**
 - After cleansing, apply **Ultra Renovating Serum RV24** to your face and neck.

- This supports **color uniformity, spots, and hydration** while being barrier-friendly.

3. **Moisturizer + Sunscreen**

- Follow with a lightweight moisturizer suitable for combination skin.
- Finish with a **broad-spectrum sunscreen (SPF 30 or higher)** every morning, regardless of weather, to protect against pigmentation and maintain your excellent wrinkle score.
- You can use the **Skin Beauty Pal App's UV reminder** to help you remember reapplication and check daily UV intensity.

Evening Routine

1. **Cleanser**

- Use the same gentle cleanser to remove sunscreen, pollution, and excess sebum, paying attention to the T-zone while not over-rubbing the cheeks.

2. **Acne + barrier serum (PR13 mixed with R9+)**

- Apply your **PR13 + R9+ mixed serum** after cleansing (and before any toner if you use one, per PR13 instructions).
- This step focuses on **Acne (20), Redness (30), and Smoothness (61)**: salicylic acid clears pores while panthenol and ferments from R9+ protect and calm your barrier.

3. **Brightening serum (optional layering) + Moisturizer**

- If your skin feels comfortable, you can **layer RV24 after the mixed serum**, focusing on areas of uneven tone or pigmentation. Introduce this layering gradually to ensure your skin tolerates the combination.
- Finish with a suitable moisturizer to lock in hydration.
- If skin feels more sensitive at any time, prioritize **R9+ (within the mix)** and RV24 on alternate nights or use a simpler routine (cleanser + mixed serum + moisturizer).

Lifestyle Suggestions

1. Diet and hydration

- Aim for **consistent water intake** through the day to support hydration from within; uneven tone and dullness often worsen with dehydration.
- Prioritize a **balanced diet**: vegetables, fruits rich in antioxidants (berries, citrus), and healthy fats (nuts, seeds, fish) can help support barrier function and inflammation control, which is crucial for acne and redness.
- Use the **Skin Beauty Pal App's hydration reminder** to nudge you to drink water regularly.

2. Sun protection and environment

- UV exposure can worsen **color uniformity, spots, and redness**, even on cloudy days. Use sunscreen daily and reapply every 2-3 hours if you're outdoors.
- Seek shade during peak sun, wear hats, and avoid unnecessary heat exposure (saunas, very hot showers) that can trigger flushing.
- Check the **Skin Beauty Pal App's UV reminder and weather info** to adjust your sunscreen habits and outdoor exposure.

3. Sleep and habits

- Aim for **7-9 hours of regular sleep**; poor sleep can contribute to **dark circles and dullness**.
- Reduce **late-night screen time** or use blue-light filters to support better sleep quality and lessen eye strain that may accentuate dark circles.
- Manage stress through light exercise, stretching, or breathing exercises—stress hormones can aggravate acne and inflammation.
- Avoid aggressively picking at pimples or rubbing your face; this can worsen **redness, spots, and texture**.

If your acne or redness becomes severe, painful, or rapidly worsening, consider using the **Skin Beauty Pal App's doctor consultation or clinic booking** features to get personalized medical guidance beyond topical skincare.

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.