

shefali's Skin Analysis Report

1. Overall skin condition summary

Overall condition

shefali, you have described your skin as **combination**. Your skin health indices show that your **barrier, pores, and wrinkles are in relatively good shape**, but there is room for improvement in **acne, redness, color uniformity, and dark circles**.

Main strengths and concerns

Your higher scores in **pore (83)**, **spot (71)**, **smoothness (61)**, and especially **wrinkles (94)** suggest that your skin structure is relatively firm, pores are not a major issue, and signs of aging are well-controlled for your age. The main concerns are **acne (20 - very low)**, **redness (30 - low, with sensitivity tendency)**, and **dark circles (40)**, plus **uneven tone (color uniformity 51)**. These will be the primary focus of your skincare plan.

Possible factors affecting skin condition

As a **female with combination skin**, you may experience **oiliness in the T-zone and dryness/normal skin on the cheeks**, which can contribute to acne in specific areas and mild barrier stress. The low redness score suggests a possible **sensitivity or easily irritated tendency**, so actives need to be balanced with good barrier support. Lifestyle factors such as **screen time, irregular sleep, stress, and UV exposure** are also likely contributing to dark circles and uneven skin tone.

2. Analysis of each skin dimension

Skin Indicator	Score	Key focus and details
Acne	20	<p>Very low score – acne is a major concern. This suggests frequent breakouts, clogged pores, or comedones. For combination skin with a tendency to sensitivity, you need gentle oil control and exfoliation instead of harsh stripping. Beneficial ingredients: low-dose salicylic acid (BHA) to clear pores and help acne, niacinamide to regulate oil and support barrier, and soothing agents like allantoin to calm irritation.</p>
Redness	30	<p>Low score – indicates a tendency toward sensitivity, irritation, or easily flushed skin. This can be linked to acne, barrier weakness, or environmental triggers. You should prioritize barrier-repair and soothing ingredients: panthenol (B5), ferments (bifida, lactobacillus), and anti-inflammatory botanical extracts. Active acids and strong exfoliants should be buffered with strong repair care.</p>
Dark Circle	40	<p>Below average – dark circles or dullness around the eyes may be visible. While eye concerns also relate to sleep and lifestyle, overall brightening and circulation-supporting care can help the surrounding area. Helpful directions: gentle brightening agents (like niacinamide, tranexamic acid), plus good hydration and consistent sun protection to prevent worsening pigmentation.</p>

Skin Indicator	Score	Key focus and details
Color uniformity	51	<p>Slightly below average – you may notice uneven tone, dullness, or post-acne marks. Combination skin with acne often leads to red/brown marks that linger. Ingredients helpful here include tranexamic acid to target spots and pigmentation, niacinamide for overall tone-evening and antioxidant support, and hydrating humectants to keep the skin plump so light reflects more evenly.</p>
Smooth	61	<p>Around average – skin texture is generally okay, but there may be some roughness, small bumps, or residual texture from acne. Gentle renewal and hydration will help. Beneficial ingredients: mild exfoliating acids in low concentrations, vitamin A derivatives for controlled renewal, and glycerin / hyaluronic acid to smooth via hydration. With your redness tendency, these should be paired with barrier-support actives.</p>
Spot	71	<p>Above average – spots and pigmentation are present but not your most serious issue. You likely have some post-inflammatory marks or mild uneven pigmentation, but it's relatively controlled. Still, because your color uniformity is lower, using brightening ingredients like tranexamic acid + niacinamide can refine overall clarity and prevent spots from deepening.</p>
Pore	83	<p>Good – pores are in relatively good condition. There may be mild visibility in the T-zone (common with combination skin), but this is not a major weakness. Light oil control and comedone prevention with low-level BHA and niacinamide is sufficient; no need for aggressive pore treatments.</p>

Skin Indicator	Score	Key focus and details
Wrinkle	94	<p>Excellent – wrinkles and fine lines are very well-controlled for your age. This suggests good intrinsic skin quality and likely not much visible aging. The goal is prevention rather than correction. Gentle vitamin A derivatives, peptides, and consistent hydration + sun protection will help maintain this strong area.</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

With **acne at 20** and **combination skin**, you need targeted acne care that is not too harsh on your redness-prone skin. PR13 offers **gentle pore clearing and oil control** with built-in **soothing and hydration**, making it suitable for both your acne and your potential sensitivity. It mainly helps to improve your **Acne**, supports **Smoothness**, and helps keep **Pores** stable without over-drying.

Key ingredients and how they help

- **Salicylic Acid 0.15%**: A low-dose BHA that helps **unclog pores, reduce blackheads and comedones**, and calm inflammatory acne over time, while being milder than high-percentage acids.
- **Niacinamide 2%**: Helps **regulate sebum**, refine overall texture, and **support the skin barrier**, which is crucial given your low redness score. It also has a mild **tone-evening and anti-inflammatory** effect.
- **Allantoin 0.1%**: **Soothing and anti-inflammatory**, helps reduce discomfort and redness around active blemishes.

- **Hydrating humectants (1,3-Propanediol 3%, Propylene Glycol 0.965%)**: Add **lightweight moisture**, helping prevent the dryness or tightness often associated with acne treatments.

Overall, PR13 targets your **primary concern (acne)** while considering your **sensitivity tendency**.

2. B5 Yeast Extreme Repair Serum R9+

Why it suits you & what it improves

Your **Redness score (30)** and very low **Acne score (20)** together imply that your skin can easily become irritated, especially when using exfoliating or brightening products. R9+ is designed as a **high-concentration repair and stabilizing base**, ideal for **strengthening your barrier, reducing irritation, and improving tolerance** to actives like acids and brighteners.

It will mainly help improve **Redness**, support **Acne** management by calming inflammation, and indirectly support **Smoothness** and **Color uniformity** by maintaining a healthier barrier.

Key ingredients and how they help

- **Panthenol 5% (Vitamin B5)**: A high concentration for **barrier repair, soothing, and reduction of irritation**. Excellent for sensitive, easily flushed, or over-treated skin.
- **Butylene Glycol 12% + Propylene Glycol 2.715%**: Provide **deep hydration and help other ingredients penetrate more evenly**, preventing dehydration that can worsen both redness and acne.
- **Bifida Ferment Filtrate 0.05% & Lactobacillus/Soybean Ferment Extract 0.05%**: Support the **skin's microbiome and defense**, which is valuable when you're using actives like acids and want to maintain long-term skin health.
- **Andrographis/Kalanchoe Extract 0.135%**: Offers **antioxidant and soothing benefits**, supportive for problem and sensitive skin conditions.

How to mix and use R9+

For you, a great pairing is to **mix R9+ with RV24 (brightening serum)**, so your brightening and tone-evening routine is buffered and more tolerable. After opening R9+, **pour the entire bottle into the RV24 serum**, targeting an overall **serum** :

R9+ ratio of about 2 : 1, then **shake well**. You will then use this **mixed brightening-repair serum** in your routine (see Section 4).

3. Ultra Renovating Serum RV24

Why it suits you & what it improves

Your **Color uniformity (51)** and **Dark Circle (40)** suggest dullness and uneven tone, while **Spot (71)** is decent but can be further optimized. RV24 focuses on **brightening, spots, and tone evenness** while also supporting hydration and barrier care, aligning well with your combination skin and sensitivity tendency—especially when mixed with R9+. It will primarily benefit **Color uniformity, Spots**, and overall **radiance**, and may indirectly help the appearance of **dark circles** around the eye area (when used around but not too close to the lash line).

Key ingredients and how they help

- **Tranexamic Acid 3%**: A strong **brightening agent** that helps **fade spots, post-acne marks, and uneven pigmentation** by inhibiting melanin pathways. Ideal for improving your overall skin clarity.
- **Niacinamide 2%**: Further supports **even tone, antioxidant protection, and barrier repair**. It also mildly helps regulate oil, which benefits your combination, acne-prone skin.
- **Hydrating complex (Glycerin 1.0925%, Propylene Glycol 1.8%, 1,3-Propanediol 1.5%)**: Provide **multi-layer hydration**, improving smoothness and plumpness so your skin reflects light more evenly.
- **Sodium Hyaluronate 0.2% + Polyquaternium-51 0.05%**: Enhance **water retention**, supporting a healthy barrier and improving texture.
- **Allantoin 0.1% + botanical extracts + Ceramide NP 0.005%**: Add **soothing, conditioning, and barrier-supporting** benefits, which is helpful given your low redness score.

When combined with **R9+**, RV24 becomes a **brightening + repair hybrid** that fits your needs for **tone correction without aggravating sensitivity**.

4. Personalized skincare routine and lifestyle suggestions

Morning Routine

1. Cleanser

- Use a **gentle, non-stripping cleanser** suitable for combination skin, focusing on the T-zone where you may be oilier and acne-prone, but keeping the cheeks comfortable.

2. Mixed brightening-repair serum (RV24 + R9+)

- Use the **serum you mixed by pouring the entire bottle of R9+ into RV24** and shaking well.
- Apply an appropriate amount to your face and neck, focusing on **areas of uneven tone, post-acne marks, and dullness**.
- This step works on **color uniformity, spots, mild redness, and overall barrier support**.

3. Moisturizer + Sunscreen

- Apply a **lightweight, non-comedogenic moisturizer**, especially on any drier areas.
- Follow with a **broad-spectrum sunscreen (SPF appropriate for your environment)** every morning, even on cloudy days, to protect against **worsening spots, uneven tone, and premature aging**.

Evening Routine

1. Cleanser

- Use the same **gentle cleanser** to remove sunscreen, environmental debris, and excess sebum, especially from the T-zone, without over-drying.

2. Pore Refining Serum PR13

- After cleansing (and before toner if you use one), apply **PR13** mainly to the **T-zone and acne-prone areas**, or all over if you tolerate it well.

- This helps **reduce breakouts, clear pores, and balance oil**, while niacinamide and allantoin help keep irritation in check.

3. Mixed brightening-repair serum (RV24 + R9+)

- After PR13 has absorbed, apply your **RV24 + R9+ mixed serum** to the whole face and neck.
- At night, this pairing supports **repair, brightening, barrier recovery, and calming redness** as your skin regenerates.

4. (Optional if skin feels dry) **Moisturizer**

- If your skin feels tight or dry, finish with a **simple, non-comedogenic moisturizer**, especially on the cheeks or any more sensitive areas.

Lifestyle Suggestions

1. Diet and hydration

- Aim for a **balanced diet** rich in **vegetables, fruits, omega-3 fats (e.g., nuts, seeds, fatty fish)** to help support skin repair and reduce inflammation that can worsen acne and redness.
- Maintain **steady water intake throughout the day** to support overall hydration; you can use the **Skin Beauty Pal App's hydration reminder** to build a consistent drinking habit, which will help your skin's smoothness and plumpness.

2. Sun protection and environment

- UV exposure is a major driver of **uneven tone, spots, and worsening dark circles**. Use **sunscreen every morning**, reapplying when outdoors for prolonged periods.
- Take advantage of the **Skin Beauty Pal App's UV reminder** to know when sun intensity is high and to remind you to reapply sunscreen or seek shade.
- When possible, **avoid long, unprotected exposure** to strong sunlight and polluted environments; wearing hats or sunglasses also helps protect the eye area and prevent further darkening.

3. Sleep and habits

- Aim for **regular, sufficient sleep**; poor or irregular sleep can exacerbate **dark circles, dullness, and breakouts**.
- Try to **manage stress** through activities like light exercise, stretching, or relaxation techniques, as stress can trigger acne and redness.
- Avoid **frequent touching or picking at pimples**, which can worsen acne, increase redness, and lead to more persistent spots and uneven tone.
- Keep a **simple, consistent skincare routine**—like the one above—and track changes over time. You can use the **Skin Beauty Pal App** to set routine reminders and monitor your skin indices as you use these products.

This structured approach—gentle acne control, barrier repair, and smart brightening—fits your combination skin with a sensitivity tendency and focuses on your lowest-scoring dimensions to steadily improve overall skin health.

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.