

# shefali's Skin Analysis Report

## 1. Overall skin condition summary

### Overall condition

shefali, you describe your skin as **combination**. Your data show that oiliness/congestion (acne) and some unevenness in tone are the main weak points, while pores, wrinkles, and overall smoothness are relatively good. Your redness score is on the lower side, suggesting a **possible tendency to sensitivity or reactivity**, especially with stronger actives.

### Main strengths and concerns

Your **wrinkle (94)** and **pore (83)** scores are strong, indicating that your skin is currently firm, with relatively refined pores and good structural support. The main concerns are **acne (20)**, **redness (30)**, and **dark circles (40)**, followed by **color uniformity (51)**. This means: focus first on calming breakouts and potential inflammation, then brightening and evening your tone, while protecting your already good texture and anti-aging status.

### Possible influencing factors

As a **30-year-old woman with combination skin**, your oil production and hormones can contribute to breakouts, especially in the T-zone. Combination skin often needs **balanced care**: targeted oil-control and exfoliation where you're oilier, but good hydration and barrier support overall to prevent redness and sensitivity from worsening. Daily UV exposure, screen time, and lifestyle (sleep, diet, stress) can all influence acne, uneven tone, and dark circles.

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## 2. Analysis of each skin dimension

Skin Indicator	Score	Key focus and details
Acne	20	<b>Very low score - main priority.</b> This suggests frequent or persistent breakouts and/or clogged pores, especially common in combination skin. Focus on <b>gentle, regular exfoliation</b> and <b>oil control</b> with ingredients like <b>salicylic acid (BHA)</b> to clear pores, plus <b>niacinamide</b> to balance oil and support the barrier. Pair with <b>soothing and repairing</b> ingredients (panthenol, ferments, allantoin) to avoid over-irritation.
Redness	30	<b>Low - likely sensitivity/irritation tendency.</b> This may reflect reactive skin, post-acne redness, or mild inflammation. Avoid harsh scrubs or excessive acid layering. Look for <b>barrier-supporting and calming ingredients</b> such as <b>panthenol (B5), fermented extracts, niacinamide</b> at moderate levels, and <b>soothing plant extracts</b> . Any exfoliating routine should be buffered with strong repair care.
Dark Circle	40	<b>Below average - secondary concern.</b> Suggests visible under-eye dullness or shadows. While no dedicated eye product is listed, improving <b>overall circulation, hydration, and even tone</b> (e.g., <b>brightening agents like tranexamic acid, niacinamide</b> ) plus lifestyle (sleep, screen time management) will help. Gentle hydration around the eye (using your face serums carefully, avoiding direct contact with eyes) can improve suppleness.

Skin Indicator	Score	Key focus and details
Color uniformity	51	<b>Slightly below average.</b> There may be mild dullness or uneven pigmentation (post-acne marks, early spots, or overall lack of radiance). Focus on <b>brightening and anti-spot actives</b> such as <b>tranexamic acid</b> and <b>niacinamide</b> , combined with good hydration and <b>daily sunscreen</b> . This will also help with post-inflammatory marks from acne.
Smooth	61	<b>Slightly above average.</b> Your texture is generally okay, but acne and congestion can create roughness or small bumps. Combining <b>gentle exfoliation</b> (salicylic acid) with <b>hydrating and repairing ingredients</b> (glycerin, hyaluronic acid, panthenol, ceramides) will help keep skin smooth without compromising the barrier.
Spot	71	<b>Good.</b> You likely have some spots or early pigmentation, but not severe. Still, given the uneven tone score, it's smart to <b>prevent future spots</b> by using <b>brightening ingredients</b> (tranexamic acid, niacinamide) and <b>strict sun protection</b> , especially if you treat acne or use renewing ingredients.
Pore	83	<b>Very good.</b> Pores are relatively refined and not a major problem. Maintaining <b>oil control in the T-zone</b> and <b>keeping pores clear</b> with low-dose salicylic acid as needed will preserve this advantage. Avoid overly heavy products that could clog pores.
Wrinkle	94	<b>Excellent.</b> Fine lines and wrinkles are minimal right now. This is a strength to maintain with <b>hydration, barrier care</b> , and <b>sun protection</b> . Gentle <b>vitamin A derivatives (like retinyl palmitate)</b> and peptides can support long-term firmness if you use them carefully and protect your skin from UV.

Note: Perfect skin is 100 points; around 60 points is average.

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## 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 **very low Acne (20)** and **good but not perfect Smooth (61)**, you need consistent but **gentle** acne and congestion control. Your **low Redness (30)** suggests a sensitivity tendency, so a milder formula is better than a strong peel. PR13 is designed for **acne, blackheads, pores, and oiliness** while also supporting the barrier, which matches your **combination skin** and reactivity risk.

It will mainly help:

- **Acne (20)**: by clearing and preventing clogged pores
- **Smooth (61)**: by refining texture
- **Pore (83)**: maintaining your already good pore condition without over-stripping

#### Key ingredients and how they help

1. **Salicylic Acid 0.15%** – A gentle BHA that goes into the pores to dissolve excess sebum and dead cells, reducing **breakouts and blackheads** without the irritation of higher strengths.
  2. **Niacinamide 2%** – Helps **control oil**, refine the look of pores, and **strengthen the skin barrier**, which is important because of your **low redness score** (possible sensitivity).
  3. **Allantoin 0.1%** – Soothing and mildly anti-inflammatory, helping calm redness around acne.
  4. **Humectants (1,3-Propanediol 3%, Propylene Glycol 0.965%)** – Provide **hydration**, reducing the risk of dryness and flaking that can worsen sensitivity.
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## 2. B5 Yeast Extreme Repair Serum R9+

### Why it suits you & what it improves

Your **Redness (30)** signals a key need for **barrier repair and calming** alongside acne care. You're also likely to use active formulas (acids/brightening), which can easily irritate combination, reactive skin. R9+ acts as a **high-concentration repair base** to stabilize your skin, improve tolerance, and reduce irritation from other serums.

It primarily supports:

- **Redness (30):** calming visible and underlying irritation
- **Smooth (61) & Acne (20):** by stabilizing the barrier so you can use exfoliants consistently without flare-ups
- Overall resilience, helping protect your good **Wrinkle (94)** and **Pore (83)** scores long term

### Key ingredients and how they help

1. **Panthenol (Vitamin B5) 5%** – Strong **barrier repair** and **soothing** effect, reduces irritation, and supports healing from acne and post-acne marks.
2. **Butylene Glycol 12% + Propylene Glycol 2.715%** – Powerful **hydrating humectants** that pull water into the skin and help other ingredients penetrate effectively.
3. **Bifida Ferment Lysate 0.05% & Lactobacillus/Soybean Ferment Extract 0.05%** – Fermented ingredients that support **microbiome balance and barrier defense**, valuable for skin that shows redness.
4. **Kalanchoe Spathulata Extract 0.135%** – Provides **antioxidant and soothing** benefits, suitable for problem and sensitive skin.

### How to mix and use with other serums

For you, the best pairing is with **Ultra Renovating Serum RV24** (see next product) to target **uneven tone and post-acne marks** while keeping irritation low.

- After opening R9+, **pour the entire 10 ml bottle into your RV24 serum bottle.**
- This creates an optimal **serum : R9+ ratio of about 2:1.**
- Close and **shake well** to ensure an even mix.

- Use this **mixed brightening + repair serum** in your routine whenever RV24 is called for.
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### 3. Ultra Renovating Serum RV24

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

Your **Color uniformity (51)** is slightly below average, and **Spots (71)** plus **Dark circles (40)** suggest mild pigmentation/dullness and some uneven tone. Since acne is also a concern, post-inflammatory marks are likely. RV24 focuses on **brightening, spots, and dullness** while supporting hydration and the barrier, which fits your **uneven tone** and **sensitivity tendency** very well.

It will mainly help:

- **Color uniformity (51)** – evening overall tone and reducing dullness
- **Spot (71)** – reducing existing marks and preventing worsening
- Indirectly supports **Dark circle (40)** by improving general clarity and tone

Combined with **R9+** (as a mixed serum), you get brightening plus strong barrier repair to keep your reactive tendency under control.

#### Key ingredients and how they help

1. **Tranexamic Acid 3%** – A clinically recognized ingredient for **brightening and spot fading**; it helps inhibit melanin formation and improves **uneven tone** and **post-acne marks**.
  2. **Niacinamide 2%** – Supports **even tone, barrier repair, and antioxidant protection**; also helpful for post-inflammatory hyperpigmentation from acne.
  3. **Hydration system (Propylene Glycol 1.8%, 1,3-Propanediol 1.5%, Glycerin 1.0925%, Sodium Hyaluronate 0.2%)** – Deep, layered hydration that helps maintain a **smooth texture** and plump look.
  4. **Allantoin 0.1% + Dipotassium Glycyrrhizate 0.1%** – Soothing, anti-irritant ingredients that calm redness and sensitivity.
  5. **Botanical extracts + Ceramide NP 0.005%** – Provide additional **antioxidant support and barrier reinforcement**, ideal alongside acids and active care.
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## 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 but not over-cleansing the cheeks.

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

- Apply a small amount of the **RV24 serum pre-mixed with the entire bottle of R9+** to your face and neck after cleansing (and toner if you use one).
- Focus on areas with uneven tone, post-acne marks, and around (but not directly on) the eye area for dark circle support.

#### 3. Moisturizer + Sunscreen

- Follow with a lightweight **moisturizer** that suits combination skin.
  - Finish with a **broad-spectrum sunscreen (SPF 30 or higher)** every morning, even on cloudy days. This is essential to protect against **worsening spots, redness, and uneven tone**, and to maintain your excellent **wrinkle score**.
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### Evening Routine

#### 1. Cleanser

- Remove sunscreen and makeup thoroughly, then cleanse with a mild cleanser to avoid stripping your barrier.

#### 2. Targeted acne care (PR13)

- After cleansing (and toner if used), apply **Pore Refining Serum PR13** mainly on acne-prone or oily areas (e.g., T-zone, breakout zones).
- If your skin feels comfortable, you can extend to the whole face, avoiding the immediate eye area. Start with **once a day in the evening**.

### 3. **Mixed RV24 + R9+ serum (brightening + repair)**

- After PR13 has absorbed, apply the **RV24 + R9+ mixed serum** to the entire face and neck.
- This combination will **brighten**, help **fade post-acne marks**, and **repair/soothe** any irritation from exfoliation, supporting your low redness score.

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

- If your skin feels dry or tight, apply a light, non-comedogenic moisturizer on top, focusing on drier areas (cheeks) to balance your combination skin.

If your skin feels more sensitive on some nights (stinging, more redness), you can:

- Skip PR13 that night and use **only the mixed RV24 + R9+ serum** plus moisturizer, to focus on **repair and calming**.
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## **Lifestyle Suggestions**

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

- Aim for **steady hydration** throughout the day (water and unsweetened beverages). This can support your **smoothness and glow** and indirectly help with dark circles.
- Use the **Skin Beauty Pal App's hydration reminder** to keep your water intake regular.
- Lean toward a balanced diet with **vegetables, fruits, whole grains, and adequate protein**, and avoid excessive high-sugar or greasy foods, which can aggravate acne.

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

- Daily sunscreen is non-negotiable with **brightening and exfoliating care**. Reapply if you're outdoors for long periods.
- Make use of the **Skin Beauty Pal App's UV reminder** to adjust your sun protection based on real-time UV index.
- When outdoors, add **physical protection** (hats, sunglasses, shade). Indoors, consider blue light exposure from screens as another reason to maintain your sunscreen habit.

### 3. Sleep and habits

- Aim for **7-8 hours of quality sleep**, as skin repair processes peak at night; this helps both **acne healing** and **dark circles**.
- Try to manage stress with activities like light exercise, stretching, or mindfulness, as stress can worsen breakouts and dullness.
- Avoid frequently touching or picking at blemishes to reduce scarring, spots, and redness. Keep pillowcases and phone screens clean to support your acne care.

By focusing on **gentle acne control (PR13)**, **strong barrier repair (R9+)**, and **targeted brightening (RV24)**, you can steadily improve your lowest scores—**Acne, Redness, Dark circles, and Color uniformity**—while preserving your strong **Wrinkle and Pore** status.

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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