

Sandhya Jain's Skin Analysis Report

1. Overall skin condition summary

Overall condition

Sandhya, you describe your skin as **combination**. Based on your skin scores, you have **relatively stable pores and texture**, with some imbalances mainly around **acne, redness, and dark circles**, plus moderate **tone unevenness**. There is no explicit self-reported sensitivity, but your scores suggest some **reactivity and potential sensitivity**.

Main strengths and concerns

Your strengths are **wrinkle (94)**, **pore (83)**, and **spot (71)**, which indicate **good firmness/aging status**, relatively **refined pores**, and **no major hyperpigmentation issue**.

Your main concerns are **acne (20)** and **redness (30)**, followed by **dark circle (40)** and **color uniformity (51)**. This points to an overall tendency towards **breakouts/inflammation**, **sensitivity-related redness**, and **mild dullness or uneven tone**.

Possible factors affecting skin condition

As a **female with combination skin**, you may experience **hormonal fluctuations** that affect acne and redness. Combination skin often has an **oilier T-zone and drier cheeks**, which can complicate product choices and trigger breakouts if formulas are too heavy or too stripping. The relatively low **redness score** suggests a **sensitivity or reactivity tendency**, so using **balanced, barrier-supporting products** and consistent **sun protection and sleep habits** will be important to keep your skin calm and even-toned over time.

2. Analysis of each skin dimension

Skin Indicator	Score	Key focus and details
Acne	20	Very low score - main priority. This suggests frequent or easily triggered breakouts, clogged pores, or inflammatory acne. For combination skin, this often concentrates in the T-zone. You should focus on gentle exfoliation and oil control without stripping your barrier. Ingredient directions: low-dose salicylic acid (BHA) for pore cleaning and anti-acne, niacinamide to balance oil and support barrier, and soothing ingredients like allantoin and panthenol to reduce post-inflammatory irritation.
Redness	30	Low score - possible sensitivity tendency. This can reflect background redness, flushing, or irritation from products and breakouts. Your skin likely benefits from barrier repair and calming care , especially when using actives like acids or retinoids. Ingredient directions: panthenol, ferments (bifida, lactobacillus), glycyrrhizate (licorice derivative) , and ceramides to strengthen the barrier, plus gentle actives instead of harsh scrubs. Avoid over-exfoliating.
Dark Circle	40	Below average - secondary concern. This suggests visible under-eye darkness, which can come from pigmentation, thin skin, or lifestyle (sleep, screen time). Topical face serums can only indirectly help (overall tone and circulation); targeted eye care and lifestyle are key. Ingredient directions: brightening and barrier-friendly ingredients like niacinamide and tranexamic acid may help even overall tone, while good hydration and anti-inflammatory agents support the delicate eye area (applied carefully around, not into the eyes).

Skin Indicator	Score	Key focus and details
Color uniformity	51	Slightly below average - mild uneven tone/dullness. You may notice uneven patches, post-acne marks, or generalized dullness. Addressing acne and redness will already improve this. Ingredient directions: niacinamide and tranexamic acid to even tone and fade marks, gentle exfoliation (salicylic/glycolic acid) to improve cell turnover, plus hydrating humectants (glycerin, hyaluronic acid) to enhance radiance. Daily sunscreen is essential to prevent worsening.
Smooth	61	Around average - maintain and refine. Your skin texture is moderately smooth, with some roughness likely linked to acne and mild congestion. Avoid harsh physical scrubs and use controlled actives instead. Ingredient directions: mild BHA/AHA for surface smoothing, vitamin A derivatives (retinyl palmitate) for long-term refinement, and emollients plus humectants (glycerin, babassu oil derivatives) to keep skin supple without clogging.
Spot	71	Above average - no major spot issue now. Pigmented spots or sun spots are not yet a major problem, though post-acne marks can develop if inflammation is not controlled. Ingredient directions: preventive brightening care like tranexamic acid and niacinamide to keep tone even, alongside anti-inflammatory and barrier-supportive ingredients to minimize new marks after breakouts. Consistent sun protection is crucial.

Skin Indicator	Score	Key focus and details
Pore	83	High score - good condition. Pores are relatively fine or well-controlled. Maintaining good oil balance and preventing comedones is key so this strength does not deteriorate. Ingredient directions: low-dose salicylic acid for maintenance, niacinamide for sebum regulation and pore appearance, plus lightweight hydration (glycols, glycerin) instead of occlusive formulas that might clog pores.
Wrinkle	94	Very high score - strong anti-aging baseline. You have minimal visible wrinkles and good skin firmness at present. The goal is prevention and maintenance , not aggressive anti-aging. Ingredient directions: vitamin A derivatives (retinyl palmitate) at moderate strength, peptides (acetyl hexapeptide-8) , and good moisturization to preserve elasticity and delay fine lines, always paired with daily sunscreen.

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 (20)** as your lowest score and combination skin, PR13 precisely targets your **breakouts, blackheads, and excess oil** while remaining **gentler**, which is important given your low **redness (30)** and possible sensitivity. It helps:

- **Acne (20)**: unclogs pores and reduces comedones and inflamed spots

- **Pore (83)**: maintains your already good pore condition
- **Color uniformity (51) & Smooth (61)**: by refining skin texture and preventing post-acne marks

Key ingredients and how they help

1. Salicylic Acid 0.15%

- Oil-soluble BHA that penetrates into pores
- Helps dissolve excess sebum and dead skin, reducing blackheads and breakouts
- The **low concentration** is more suitable for your likely sensitivity tendency.

2. Niacinamide 2%

- Balances oil production, which is ideal for combination skin
- Strengthens skin barrier and supports **even tone**, indirectly helping color uniformity and post-acne marks.

3. Allantoin 0.1%

- Soothing and anti-inflammatory
- Helps moderate irritation from exfoliation and supports your low redness score.

4. Hydrating glycols (1,3-Propanediol 3%, Propylene Glycol 0.965%)

- Provide light hydration without heaviness or pore clogging
 - Help maintain overall **smoothness and comfort**.
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2. B5 Yeast Extreme Repair Serum R9+

Why it suits you & what it improves

Your **redness (30)** and low **acne (20)** scores suggest an overactive, easily irritated environment where **barrier strength and tolerance** are crucial. R9+ is designed as a **high-concentration repair base** to:

- Support **barrier repair and reduce irritation**, directly targeting your low redness
- Improve your skin's **tolerance to actives** like salicylic acid and brightening ingredients

- Enhance **overall resilience**, which indirectly benefits acne recovery, color uniformity, and long-term smoothness

R9+ is especially valuable in your case to keep active care effective but gentle.

Key ingredients and how they help

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

- Strong barrier-repair and soothing ingredient
- Helps reduce stinging, tightness, and redness; supports healing after breakouts.

2. **Butylene Glycol 12% & Propylene Glycol 2.715%**

- Deep, lightweight hydration to keep skin comfortable and flexible
- Improves penetration of other serums without heaviness, suitable for combination skin.

3. **Bifida Ferment Filtrate & Bifida Ferment Lysate 0.05%**

- Ferment-based ingredients that support barrier and defense
- Help skin recover from daily stress and post-inflammatory sensitivity.

4. **Lactobacillus/Soybean Ferment Extract 0.05% & Kalanchoe Spathulata Extract 0.135%**

- Support **microbiome balance** and provide antioxidant, soothing benefits
- Helpful for skin that is both acne-prone and redness-prone.

How to use with other serums (mixing guidance)

For you, R9+ is best mixed with **PR13** to create a **calming, acne-targeted, barrier-friendly serum**:

1. After opening R9+, **pour the entire 10 ml bottle into your PR13 serum bottle**.
 2. The optimal ratio is **serum : R9+ = 2 : 1**, which this full-bottle mixing is designed to achieve.
 3. Close and **shake well** to fully mix.
 4. In your routine, you will then use this **mixed PR13 + R9+ serum** instead of using them separately.
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3. Ultra Renovating Serum RV24

Why it suits you & what it improves

RV24 focuses on **even tone, dullness, and spots**, matching your needs in **color uniformity (51)** and helping prevent future **spot (71)** decline, while providing hydration and barrier support. It is suitable for combination skin and can be used alongside your acne-focused routine to:

- Improve **color uniformity** and mild dullness
- Help reduce **post-acne marks** so breakouts don't leave long-term discoloration
- Support overall **hydration and barrier** to complement R9+ and PR13

Key ingredients and how they help

1. **Tranexamic Acid 3%**

- A brightening ingredient known to inhibit melanin formation
- Helps **fade uneven patches and dark marks**, improving color uniformity and preventing worsening of spots.

2. **Niacinamide 2%**

- Evens skin tone, provides **antioxidant and barrier-support** benefits
- Works on both **acne marks** and generalized dullness, while supporting oil balance.

3. **Sodium Hyaluronate 0.2% + Glycerin 1.0925% + Propylene Glycol 1.8% + 1,3-Propanediol 1.5%**

- Multi-layered hydration that keeps skin plump and comfortable without heavy occlusion
- Enhances **smoothness (61)** and radiance.

4. **Allantoin 0.1%, Dipotassium Glycyrrhizate 0.1%, Chamomilla Recutita Flower Extract, Ceramide NP (0.005%)**

- Soothing and barrier-supportive ingredients
 - Help reduce irritation potential from brightening actives and support your **redness** tendency.
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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.
- Avoid harsh foaming or scrub cleansers to protect your redness-prone skin.

2. RV24 (Ultra Renovating Serum)

- After cleansing (and optional toner), apply a small amount of **RV24** to your face and neck.
- Focus on areas with uneven tone or past acne marks. Allow it to absorb fully.

3. Moisturizer + Sunscreen

- Follow with a **lightweight, non-comedogenic moisturizer**.
 - Finish with a **broad-spectrum sunscreen (SPF 30 or higher)** every morning, even indoors. This protects your good wrinkle and spot scores and supports brightening from RV24.
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Evening Routine

1. Cleanser

- Remove makeup/sunscreen thoroughly, then cleanse with a gentle cleanser.
- Avoid double-cleansing with very harsh oils or balms if your skin feels stripped; comfort should be your guide.

2. Mixed PR13 + R9+ serum (acne-control + repair)

- After cleansing (and optional toner), use your **pre-mixed PR13 + R9+ serum**.
- Apply evenly over the face, focusing on acne-prone or congested areas (often the T-zone).
- Start **every other night** if your skin is very reactive; if your skin tolerates it well, you can move to nightly use.

3. **RV24 or simple moisturizer (alternate as needed)**

- On nights when your skin feels stable and not overly sensitive, you may apply **RV24** after the mixed serum to support tone and hydration.
 - If your skin feels a bit sensitive or irritated, skip RV24 and use a **simple, soothing moisturizer** instead, letting the R9+ component focus on repair that night.
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Lifestyle Suggestions

Diet and hydration

1. Aim for a diet with **adequate protein, healthy fats, and plenty of vegetables and fruits**, which provide antioxidants and support skin repair.
2. Limit excessive **high-sugar and highly processed foods**, which can aggravate acne and inflammation.
3. Maintain consistent **water intake throughout the day** to support skin hydration from within. You can use the **Skin Beauty Pal App's hydration reminder** to gently prompt you to drink water regularly.

Sun protection and environment

1. Make **daily sunscreen** non-negotiable, even on cloudy days, to preserve your excellent **wrinkle** score and prevent new spots or uneven tone.
2. Reapply sunscreen every **2-3 hours** if you are outdoors or near windows for long periods.
3. Protect your skin from harsh environments: avoid prolonged exposure to very hot showers, strong winds, or heavily air-conditioned air without proper moisturization. The **Skin Beauty Pal App's UV reminder** can help you stay aware of high UV times and adjust your protection.

Sleep and habits

1. Aim for **7-8 hours of consistent sleep**, as nighttime is when skin repair is most active; this also supports improvement in **dark circles**.
2. Try to keep a **regular sleep schedule** and limit late-night screen time to reduce eye strain and under-eye darkness.
3. Avoid **picking or squeezing pimples**, as this directly worsens acne, redness, and the risk of spots.

4. Manage stress with simple routines such as **short walks, stretching, or breathing exercises**, which can indirectly help acne and redness by balancing hormones and inflammation.

If you notice persistent or severe acne or redness that does not improve with gentle care, consider using the **Skin Beauty Pal App's doctor consultation or clinic booking features** for personalized medical evaluation and treatment options.

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.