

Sandhya Jain Venkat's Skin Analysis Report

1. Overall skin condition summary

Overall condition

Sandhya, you describe your skin as **combination** and **quite sensitive**, which means you likely experience oiliness and congestion in the T-zone with more normal or drier cheeks, and your skin can react easily to stronger actives. Your skin health indices show that **acne, redness, and dark circles** are your main weaknesses, while pores, wrinkles, and spots are relatively well-controlled.

Main strengths and concerns

Your strengths are **pores (83)**, **spots (71)**, and especially **wrinkles (94)**, suggesting that your texture and pore size are generally good and you show **minimal visible aging** for your age. However, **acne (20)** is very low, with **redness (30)** and **dark circles (40)** also on the weaker side. **Color uniformity (51)** and **smoothness (61)** are around average, indicating some uneven tone and mild texture issues, but not severe.

Possible factors affecting skin condition

As a **female with combination, quite sensitive skin**, your skin can be more reactive to hormonal changes, friction, strong actives, and environmental stress (pollution, UV, climate changes). Combination skin plus sensitivity often means the **barrier can be fragile**, so over-cleansing or using harsh products may easily cause breakouts and redness. Lifestyle factors such as **screen time, sleep quality, and UV exposure** can also worsen dark circles, uneven tone, and flare-ups.

2. Analysis of each skin dimension

Skin Indicator	Score	Key focus and details
Acne	20	<p>Meaning: Very low score – acne and/or comedones (clogged pores, blackheads, small bumps) are a major concern. For combination and sensitive skin, this often reflects an imbalance: too much oil in some areas, with a fragile barrier. Focus: Gentle but consistent exfoliation and anti-acne care that does not strip the skin.</p> <p>Ingredient directions: Low-dose salicylic acid (BHA) for pore decongestion, niacinamide for oil balance and barrier support, plus soothing and hydrating agents (allantoin, panthenol, ferments) to calm potential irritation.</p>
Redness	30	<p>Meaning: Low score – indicates a tendency to sensitivity and inflammation, such as flushing, post-acne redness, or irritation. This aligns with your self-report of being quite sensitive. Focus: Strengthen the skin barrier and reduce inflammation while avoiding overly strong or frequent acids. Ingredient directions: Panthenol, ferments, and soothing botanical extracts for repair; niacinamide in moderate levels for barrier and redness; avoid stacking too many potent actives at once without buffering.</p>
Dark Circle	40	<p>Meaning: Below average – under-eye area may look tired, dull, or shadowed. This is often linked to sleep, circulation, pigmentation, and eye strain rather than just skincare. Focus: Gentle care around the eye area and overall brightening and hydration of the face can indirectly help; lifestyle will be crucial. Ingredient directions: Hydrating humectants (glycerin, hyaluronic acid), brightening ingredients (niacinamide, tranexamic acid) around, but not too close to, the eye contour as tolerated, plus sun protection.</p>

Skin Indicator	Score	Key focus and details
Color uniformity	51	<p>Meaning: Around average – some uneven tone, dullness, or mild discoloration, but not severe. Likely related to post-acne marks, mild pigmentation, and general lack of radiance. Focus: Gradual, gentle brightening and tone correction while protecting a sensitive barrier. Ingredient directions: Tranexamic acid, niacinamide, and mild AHA (glycolic acid) in controlled amounts; pair with barrier-supporting hydrators and ceramides to avoid irritation.</p>
Smooth	61	<p>Meaning: Slightly above average – your overall texture is fairly good, but you may notice some rough or bumpy areas, especially where you break out (T-zone or jawline). Focus: Maintain smoothness while carefully clearing congestion. Ingredient directions: Low-strength BHA and AHA to refine texture, plus hydrating emollients and humectants to keep the surface plump and smooth (glycerin, babassu-derived emollients, sodium hyaluronate).</p>
Spot	71	<p>Meaning: Better than average – pigmentation and dark marks are present but relatively controlled. You might see some post-inflammatory marks from acne or mild sun spots, but they are not your worst problem. Focus: Prevent new dark marks by controlling breakouts and protecting the barrier; gradually fade existing ones. Ingredient directions: Tranexamic acid, niacinamide, and targeted brightening ingredients; combine with regular sunscreen to prevent further darkening.</p>

Skin Indicator	Score	Key focus and details
Pore	83	<p>Meaning: High score – pore size is not a major concern, especially for combination skin. There may still be some congestion internally (seen in your low acne score), but visually pores are quite acceptable. Focus: Keep pores from clogging without over-drying; support long-term balance. Ingredient directions: Gentle salicylic acid for maintenance, niacinamide to keep pores appearing refined, and consistent hydration to avoid rebound oiliness.</p>
Wrinkle	94	<p>Meaning: Very high score – fine lines and wrinkles are minimal, and your skin is aging very well at this stage. This is a strong advantage. Focus: Prevent future damage and maintain current status rather than aggressive anti-aging. Ingredient directions: Moderate vitamin A derivative (retinyl palmitate), peptides, hydrating and barrier-supporting ingredients to preserve firmness and elasticity over time.</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

This serum is the best match for your **very low acne score (20)** and your **combination, quite sensitive skin**. It offers **low-dose salicylic acid (0.15%)** to help clear clogged pores, blackheads, and comedones without being as aggressive

as high-percentage acids, which is important given your **redness (30)** and sensitivity. It also supports your **smoothness (61)** and maintains your already strong **pore (83)** condition.

Key ingredients and how they help

- **Salicylic Acid 0.15%**: Oil-soluble exfoliant that gently penetrates into pores to dissolve sebum and debris, helping reduce breakouts, blackheads, and texture irregularities.
- **Niacinamide 2%**: Controls oil in your T-zone, helps refine pores, and **strengthens the skin barrier**, which is beneficial for redness-prone, sensitive skin.
- **Allantoin 0.1%**: Soothing and anti-inflammatory, helping to calm irritation that can accompany acne and sensitivity.
- **1,3-Propanediol / Propylene Glycol**: Provide light hydration to prevent overdrying from exfoliation, important for combination skin.

Overall, PR13 directly targets your **acne, smoothness, and pore maintenance**, while being more compatible with your **sensitivity and redness tendency** than a stronger exfoliant.

2. B5 Yeast Extreme Repair Serum R9+ (mixing base)

Why it suits you & what it improves

R9+ is highly suitable for your **low redness score (30)** and self-reported “**quite sensitive**” skin. Your profile shows you need active treatments (for acne and uneven tone) but with **strong barrier repair and irritation reduction** to stay comfortable. This serum is designed exactly as a **repair and stabilizing base** to pair with actives like PR13 or brightening serums. It helps:

- Reduce the **irritation risk** from acids and other actives.
- Support long-term **barrier strength and resilience**, crucial for sensitive, combination skin.

It indirectly supports your **acne, redness, smoothness**, and **color uniformity** by keeping your skin calm and more tolerant of treatment serums.

Key ingredients and how they help

- **Panthenol 5% (Vitamin B5)**: Strong barrier-repair ingredient that improves moisture retention, soothes irritation, and reduces redness.
- **Butylene Glycol 12% & Propylene Glycol 2.715%**: Deep hydration and improved penetration of actives while maintaining comfort.
- **Bifida Ferment Lysate & Lactobacillus/Soybean Ferment Extract 0.05% each**: Ferments that help support the skin's **microbiome and natural defenses**, often beneficial for sensitive and reactive skin.
- **Andrographis/Kalanchoe extract**: Antioxidant and soothing, suitable for problem and sensitive skin, helping calm stress-related flare-ups.

How to use with other serums (mixing)

For your skin, the best pairing is to **mix R9+ with the Pore Refining Serum PR13** to buffer and enhance tolerance:

1. After opening R9+, **pour the entire 10 ml bottle of R9+ into the PR13 bottle**.
2. This gives an approximate **serum : R9+ ratio of 2:1**, as designed.
3. Close and **shake well** so they blend evenly.
4. Use this mixed serum as your active treatment step.

This combination allows you to address **acne and congestion** while having a **strong repair and soothing buffer**, ideal for your sensitive, redness-prone profile.

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

Why it suits you & what it improves

RV24 specifically addresses your **color uniformity (51)** and supports your good but improvable **spot (71)** and **smooth (61)** scores. With sensitive, combination skin, you need **non-aggressive, barrier-friendly brightening**, which is exactly how RV24 is positioned. It helps with:

- **Post-acne marks** and mild spots.
- General **dullness** and uneven tone.
- Additional **hydration and barrier care**, supporting your redness-prone skin.

Key ingredients and how they help

- **Tranexamic Acid 3%:** Targets **hyperpigmentation and uneven tone** by inhibiting melanin pathways, ideal for fading post-acne marks and mild spots safely over time.
- **Niacinamide 2%:** Multi-functional – brightens, evens tone, strengthens the barrier, and offers antioxidant support. This also indirectly helps with **redness**.
- **Sodium Hyaluronate 0.2% + Glycerin / 1,3-Propanediol / Propylene Glycol:** Hydrating complex that increases water content in the skin, improving plumpness and smoothness.
- **Allantoin 0.1% + botanical extracts + Ceramide NP:** Conditioning and soothing support for sensitive skin, plus **ceramide** to reinforce the barrier.

Using RV24 together with your mixed repair/exfoliating serum will comprehensively target **acne, tone, and overall radiance** while still respecting your sensitivity.

4. Personalized skincare routine and lifestyle suggestions

Morning Routine

1. **Cleanse**
 - Use a **gentle, low-foam cleanser** suitable for combination and sensitive skin. Avoid harsh scrubs or very hot water to reduce redness and irritation.
2. **Tone (optional but helpful)**
 - Apply a **hydrating, alcohol-free toner** if you use one. This prepares your skin to better absorb serums without adding irritation.
3. **Treatment serum (Brightening)**
 - Apply **Ultra Renovating Serum RV24** to the entire face (avoid getting too close to the immediate eye area).
 - Let it absorb fully; it will help improve **uneven tone, post-acne marks, and hydration**.

4. Moisturizer

- Choose a **light, non-comedogenic moisturizer** that balances your combination skin. Use a slightly richer amount on drier cheek areas, lighter on the T-zone.

5. Sunscreen (essential)

- Finish with a **broad-spectrum sunscreen** every day, even indoors. This protects against worsening **spots, uneven tone, and redness**, and preserves your excellent **wrinkle score (94)**.
- You can enable the **Skin Beauty Pal App's UV reminder** to get alerts when UV is high or it's time to reapply.

Evening Routine

1. Cleanse

- Double cleanse if you wear sunscreen and makeup: first a gentle makeup remover or cleansing oil/balm, then a mild water-based cleanser. This helps prevent clogged pores and breakouts.

2. Treatment serum (Acne + Repair, mixed)

- Use your **mixed serum: PR13 + R9+**.
 1. Remember: R9+ should already be fully poured into PR13 and shaken well.
 2. After cleansing (and toner if you use one), apply an even layer of this mixed serum to the face, focusing on acne-prone areas (T-zone, jawline), but you can use a thin layer over the whole face if tolerated.
- This step works on **acne, clogged pores, and texture**, while the R9+ components repair and soothe your sensitive, redness-prone skin.

3. Brightening / Hydrating serum (optional layer)

- If your skin feels comfortable and not overloaded, you may follow with **RV24** on nights you want extra brightening and hydration, especially on areas with uneven tone or spots.
- If you ever feel more sensitive or irritated, **skip RV24 for that night** and just use the mixed PR13+R9+ plus moisturizer.

4. **Moisturizer**

- Apply a **barrier-supporting moisturizer** to seal everything in. For combination skin, a light cream or gel-cream often works well. Focus on keeping the cheeks and any dry or red areas well hydrated.

5. **Eye care (optional)**

- Use a gentle **eye-safe moisturizer or eye cream** around the orbital bone to support the under-eye area and help with **dark circles** through hydration.

Lifestyle Suggestions

1. **Diet and hydration**

- Aim for a **balanced diet** rich in fruits, vegetables, healthy fats, and adequate protein to support skin repair. Limit highly processed, very sugary foods if you notice they trigger breakouts.
- Maintain steady **hydration** through the day; this supports both barrier function and skin plumpness. You can use the **Skin Beauty Pal App's hydration reminder** to prompt regular water intake, which is especially helpful if you're busy and forget to drink.

2. **Sun protection and environment**

- Consistent **daily sunscreen** is crucial to prevent **new spots, worsening uneven tone, and premature aging**, and to protect the redness-prone, sensitive barrier. Reapply every 2-3 hours if you are outdoors.
- When UV index is high, seek **shade, hats, and sunglasses**, especially to protect the eye area and prevent dark circles and spots. The **App's UV reminder** can tell you when UV exposure is intense, helping you decide when to reapply sunscreen or find shade.
- Reduce exposure to **very dry air or strong air conditioning** by using a humidifier where needed, and avoid smoking and heavy pollution as much as possible.

3. **Sleep and habits**

- Aim for **regular, sufficient sleep**; poor sleep often shows first as **worse dark circles and dullness**.

- Try to limit **late-night screen time**, or at least use blue-light filters; long, close-up screen use can contribute to eye strain and darker-looking under-eyes.
- Avoid frequently touching or picking at your face, especially blemishes, to minimize **scarring, spots, and redness**.
- Manage stress with activities that work for you (exercise, stretching, meditation); stress can worsen both **acne and redness**.

If you ever feel your skin becomes more reactive, very red, or your acne suddenly worsens, consider using the **Skin Beauty Pal App** to access **doctor consultation or clinic booking** for a professional, in-person evaluation.

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.