

# Sandhya Jain Venkat's Skin Analysis Report

## 1. Overall skin condition summary

### Overall condition

Sandhya, you describe your skin as **combination** and **quite sensitive**. Your skin health indices show that acne and redness are the main weak points, with moderate uneven tone and dark circles. Overall, your skin tends to be **reactive with breakout-prone areas**, but with relatively good pores, texture, and excellent wrinkle status for your age.

### Main strengths and concerns

Your **wrinkle (94)** and **pore (83)** scores are strong, suggesting that you are generally aging well and don't have major pore enlargement issues. **Smoothness (61)** and **spot (71)** are around average to good, so your texture and pigmentation are not severe problems. The main concerns are **acne (20)** and **redness (30)**, plus **dark circle (40)** and **color uniformity (51)**. The low redness score also points toward a **sensitivity tendency**, so your barrier likely needs support.

### Possible factors affecting skin condition

Being female with **combination, quite sensitive skin** means your skin can be easily triggered by hormones, weather changes, and overly strong actives, especially in oily T-zone areas. Lifestyle factors like stress, sleep quality, sun exposure, and screen time likely contribute to acne, redness, and dark circles. Supporting barrier repair, gentle exfoliation, and brightening—while avoiding irritation overload—will be key for you.

## 2. Analysis of each skin dimension

Skin Indicator	Score	Key focus and details
Acne	20	<p><b>Very low score</b> – acne is your most pressing issue. This suggests frequent breakouts or clogged pores, especially in combination/oily zones. Focus on <b>gentle, regular exfoliation and oil control with barrier support</b>. Helpful ingredients: low-dose <b>salicylic acid</b> for pore decongestion, <b>niacinamide</b> for oil control and calming, and <b>soothing/hydrating agents</b> (panthenol, allantoin) to reduce irritation.</p>
Redness	30	<p><b>Low score</b>, indicating a strong tendency to redness and possible sensitivity or inflammation. This aligns with your “quite sensitive” self-assessment. Redness can be linked to acne, barrier weakness, or product irritation. Prioritize <b>barrier-repair and soothing: panthenol, ferments</b> (for barrier and microbiome), <b>gentle hydrators</b>, and mild anti-inflammatory extracts. Be cautious with strong acids or over-exfoliation.</p>
Dark Circle	40	<p><b>Below average</b>, suggesting visible under-eye darkness, possibly from genetics, circulation, or fatigue. While none of the available products target dark circles specifically, improving overall skin <b>hydration, barrier, and brightness</b> may offer mild support. Look for <b>hydrating agents, brightening ingredients</b> (niacinamide, tranexamic acid), and good lifestyle habits (sleep, UV protection).</p>
Color uniformity	51	<p>Slightly <b>below average</b>, indicating some uneven tone or mild dullness. This often coexists with acne marks or redness. Ingredients like <b>tranexamic acid</b> and <b>niacinamide</b> can help even tone and fade discoloration over time, along with gentle renewal and good sun protection.</p>

Skin Indicator	Score	Key focus and details
Smooth	61	Around <b>average</b> , meaning your texture is generally okay with some roughness or small bumps. Targeted, well-tolerated <b>BHA (salicylic acid)</b> can refine texture, and <b>hydrating/soothing ingredients</b> can help keep the surface smooth without aggravating sensitivity.
Spot	71	<b>Above average</b> – some spots or pigmentation, but not your main concern. Maintaining and gently improving this with <b>brightening and anti-inflammatory ingredients</b> (tranexamic acid, niacinamide, soothing extracts) plus consistent sunscreen will prevent worsening.
Pore	83	<b>Good condition</b> – pores are relatively well-controlled. Any visible pores are likely linked to combination/oily areas. Light <b>oil-control and exfoliation</b> (low-level salicylic acid, niacinamide) will maintain this advantage without aggressive treatments.
Wrinkle	94	<b>Excellent condition</b> , especially for age 35. Fine lines and wrinkles are minimal. Maintaining <b>hydration</b> , mild <b>vitamin A derivative care</b> , and daily <b>UV protection</b> will help you preserve this strength. Strong, irritating anti-aging is not necessary right now; focus on gentle, barrier-conscious options.

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. B5 Yeast Extreme Repair Serum R9+ (Barrier & Sensitivity Support - Mix-in Base)

### Why it suits you and what it improves

For your **very low acne score (20)** and **low redness score (30)** on quite sensitive, combination skin, a strong barrier-repair base is essential. R9+ is designed exactly for this:

- It helps **reduce irritation and redness**, making your skin more tolerant of active ingredients.
- It supports **long-term barrier health**, which can indirectly stabilize acne and sensitivity and support more even tone.

### Key ingredients and how they help

- **Panthenol 5%**: A high level of pro-vitamin B5 that helps **repair the skin barrier, soothe irritation, and reduce redness**, ideal for your sensitivity and inflammation around acne.
- **Butylene Glycol 12% + Propylene Glycol 2.715%**: Strong **hydration and penetration enhancers**, helping actives absorb while maintaining moisture.
- **Bifida Ferment Filtrate & Lactobacillus/Soybean Ferment Extract (0.05% each)**: Support **barrier and microbiome balance**, which is important for reactive, breakout-prone skin.
- **Andrographis Paniculata/Kalanchoe Spathulata Extract (0.135%)**: **Antioxidant and soothing**, suitable for problem and sensitive skin, helping calm redness.

You will use R9+ as a **mix-in** with another serum (see RV24 below) to strengthen your barrier and provide a “buffer” around more active ingredients.

### How to mix

- Choose **Ultra Renovating Serum RV24** as the target serum.
- After opening R9+, **pour the entire bottle into the RV24 serum bottle**.
- The optimal ratio is roughly **serum:R9+ = 2:1**.
- Close and **shake well** until fully mixed.

This creates a **barrier-supporting brightening serum** that is more suitable for your sensitive, combination skin.

## 2. Ultra Renovating Serum RV24 (Tone, Redness Marks, and Brightening)

### Why it suits you and what it improves

Your **color uniformity (51)**, **dark circle (40)**, and **spot (71)** scores show mild uneven tone and some pigmentation, while acne and redness are still the main issue. RV24 focuses on **brightening, spot reduction, and overall tone evenness**, and its formula also supports **hydration and barrier care**, which is important for your sensitive profile.

When **mixed with R9+**, it becomes a gentler, more cushioned active for your reactive skin.

### Key ingredients and how they help

- **Tranexamic Acid 3%**: Targets **dullness and dark spots**, inhibits melanin formation, and helps **even overall skin tone**. This directly supports your **color uniformity** and **spot** dimensions.
- **Niacinamide 2%**: Multi-functional – helps **even tone**, provides **barrier repair**, has **antioxidant** benefits, and can also mildly help with **redness and post-acne marks**.
- **Sodium Hyaluronate 0.2%**: Provides **deep hydration**, keeping the skin plump and comfortable and supporting barrier function.
- **Hydrating humectants (Glycerin 1.0925%, Propylene Glycol 1.8%, 1,3-Propanediol 1.5%)**: Maintain **moisture balance**, which is essential for combination, sensitive skin so it doesn't become dehydrated and reactive.
- **Allantoin 0.1% and botanical extracts**: Help **soothe and condition** the skin, complementing your need to calm redness and sensitivity.

Together with R9+, RV24 will mainly help with **tone, mild spots, and calming**, while being buffered to suit your sensitive skin.

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## 3. Pore Refining Serum PR13 (Gentle Acne and Oil Control)

### Why it suits you and what it improves

Your **acne score (20)** is the lowest, so **breakouts and congestion** are central concerns. At the same time, your skin is **quite sensitive**, and your redness score is

low, so strong exfoliation could be risky. PR13 is designed as a **gentle refining serum** for acne, blackheads, and oiliness with **barrier support**, which matches your needs better than a stronger acid formula.

### Key ingredients and how they help

- **Salicylic Acid 0.15%**: A **low but effective BHA** level for sensitive, combination skin. It helps **exfoliate inside the pores**, reduce **comedones and acne**, and refine texture without being too aggressive.
- **Niacinamide 2%**: Helps **control oil**, support **barrier strength**, and has **anti-inflammatory** benefits, which is excellent for acne + redness.
- **Allantoin 0.1%**: Known for **soothing and anti-inflammatory** effects, helping offset potential irritation from salicylic acid.
- **Hydrators (1,3-Propanediol 3%, Propylene Glycol 0.965%)**: Provide **light hydration** to avoid over-drying oily areas, which can otherwise trigger more sensitivity.

You can use PR13 to **gently manage acne and oil** while R9+ + RV24 focus on barrier and tone. This combination aligns with your **acne, redness, and uneven tone** as primary concerns.

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## 4. Personalized skincare routine and lifestyle suggestions

### Morning Routine

#### 1. Cleanser

- Use a mild, non-stripping cleanser suitable for combination, sensitive skin to remove oil and sweat.

#### 2. R9+ + RV24 Mixed Serum (Barrier-Brightening Serum)

- Apply the **mixed RV24 + R9+ serum** after cleansing, on dry skin.
- Gently press over the face and neck, focusing on areas with uneven tone or redness.

### 3. Moisturizer + Sunscreen

- Follow with a lightweight, non-comedogenic moisturizer.
- Finish with a broad-spectrum sunscreen (SPF 30+ or as recommended by your doctor) every morning, even indoors, to protect against pigmentation and premature aging.

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## Evening Routine

### 1. Cleanser

- Use the same gentle cleanser to remove sunscreen, makeup, and impurities.

### 2. Pore Refining Serum PR13 (Targeted/All-Over Use Depending on Tolerance)

- After cleansing (and before any toner), apply PR13 to **acne-prone or oily areas** (e.g., T-zone, chin).
- Start **every other night** or a few times per week, then adjust based on comfort.
- Avoid the immediate eye area and any very irritated or broken skin.

### 3. R9+ + RV24 Mixed Serum (Barrier & Tone Support)

- After PR13 absorbs (wait a short time), apply your **mixed RV24 + R9+ serum** over the whole face (avoiding the eyes) and neck.
- This helps **buffer** your skin after BHA, supporting barrier repair and brightening.

### 4. Moisturizer (if needed)

- If your skin feels dry or tight, finish with a gentle, non-comedogenic moisturizer, especially on drier areas of your combination skin.

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## Lifestyle Suggestions

### 1. Diet and Hydration

- Aim for consistent **water intake** throughout the day; dehydration can worsen dullness and sensitivity.

- Use the **Skin Beauty Pal App's hydration reminder** to help you drink regularly.
- Include foods rich in **omega-3s, antioxidants, and colorful vegetables** to support your skin's natural defense and reduce inflammation that can drive acne and redness. Reduce very high-sugar and highly processed foods where possible.

## 2. Sun Protection and Environment

- UV exposure increases **redness, pigmentation, and aging**, even on cloudy days. Always apply sunscreen as the last step of your morning routine and reapply based on outdoor time.
- The **Skin Beauty Pal App's UV reminder** can help you adjust your protection habits based on the daily UV index.
- When possible, avoid prolonged exposure to hot, windy, or highly polluted environments, which can aggravate sensitivity and redness. Use physical protection (hat, sunglasses, shade).

## 3. Sleep and Habits

- Aim for **regular, sufficient sleep**; lack of rest is closely linked to **dark circles, dull tone, and slower repair**.
- Manage stress with habits like light exercise, stretching, or breathing exercises, as stress can worsen acne and redness.
- Avoid frequently touching or picking at your face to reduce bacteria spread and post-acne marks.
- Keep your skincare **simple and consistent**—your sensitive, combination skin will respond best to a stable routine rather than frequent product changes.

If you feel your acne or redness become severe, painful, or rapidly worse, use the **Skin Beauty Pal App's doctor consultation or clinic booking features** for professional medical 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:

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