

sandhya jain's Skin Analysis Report

1. Overall skin condition summary

Overall condition

sandhya jain, you describe your skin as **combination**. Your scores show that oiliness and pores are relatively well-controlled, and signs of aging are minimal. Your main tendencies are toward **acne/breakouts**, some **uneven tone**, and **dark circles**, with a possible sensitivity tendency hinted by the lower redness score.

Main strengths and concerns

Your strongest dimensions are **wrinkles (94)**, **pores (83)**, and **spots (71)**, which suggests you currently have **good firmness, minimal fine lines, and relatively controlled pigmentation**. The main concerns to work on are **acne (20 - primary issue)**, **redness (30 - may indicate reactivity/sensitivity)**, and **dark circles (40)**, plus **overall color uniformity (51)**.

Possible factors affecting skin condition

As a **27-year-old woman with combination skin**, you may experience **oilier T-zone with breakouts** and relatively normal or drier cheeks. Combination skin plus a relatively low redness score suggests your barrier may be **a bit reactive when stressed** (e.g., strong actives, climate changes). Lifestyle factors like **screen time, sleep quality, stress, and UV exposure** are likely contributing to **acne, uneven tone, and dark circles**, more than to visible aging at this stage.

2. Analysis of each skin dimension

Skin Indicator	Score	Key focus and details
Acne	20	Very low score - main priority. This indicates frequent or noticeable breakouts/comedones . For your combination skin, focus on gentle oil control, pore decongestion, and anti-inflammatory care . Ingredient directions: low-moderate salicylic acid (BHA) to clear pores, niacinamide to regulate sebum and stabilize barrier, and soothing + repair ingredients (panthenol, ferment extracts, allantoin) to reduce post-inflammatory irritation.
Redness	30	Low score - possible sensitivity/reactivity. Skin may flush, sting, or show red marks easily, especially around breakouts. Aim to calm and reinforce the barrier while still treating acne. Ingredient directions: panthenol, ferment lysates, gentle humectants, niacinamide at moderate levels, and soothing botanicals ; avoid overly strong acid combinations or harsh over-exfoliation.
Dark Circle	40	Below average - secondary concern. This suggests visible under-eye darkness or tired look . While no dedicated eye product is listed, you can improve overall appearance by brightening the mid-face , supporting barrier and hydration, and focusing on sleep and UV protection . Ingredient directions: brightening agents (like tranexamic acid, niacinamide), plus hydrating humectants to keep the surrounding skin plump so shadows look less deep.

Skin Indicator	Score	Key focus and details
Color uniformity	51	<p>Slightly below average. Skin tone may appear a bit dull or uneven, with mild post-acne marks or patchiness. This often links to your acne and redness scores. Ingredient directions: tranexamic acid for spot/overall tone, niacinamide for evenness and antioxidant support, and gentle exfoliation (low BHA/AHA) to smooth texture without stripping.</p>
Smooth	61	<p>Slightly above average. Overall surface texture is fairly smooth, but acne and residual marks can create localized roughness or bumps. Maintaining controlled, gentle exfoliation + hydration will help. Ingredient directions: salicylic acid for clogged areas, light hydrators (glycerin, sodium hyaluronate, polyquaternium-51) to keep the surface supple, and mild vitamin A derivative for ongoing renewal if well-tolerated.</p>
Spot	71	<p>Good performance. You may have some marks or mild pigmentation, likely related to previous breakouts or sun exposure, but it's not severe. Now is a good time to prevent worsening and slowly fade existing spots. Ingredient directions: tranexamic acid, niacinamide, and consistent sunscreen use to keep spots from darkening.</p>
Pore	83	<p>Strong performance. Pores are relatively refined and not a major concern right now, especially for combination skin. The main task is maintenance: keep pores clear with gentle BHA and avoid product build-up or heavy occlusives that could trigger new congestion.</p>

Skin Indicator	Score	Key focus and details
Wrinkle	94	Excellent - major strength. At 27, you have minimal visible fine lines . Focus should be on prevention and maintaining collagen health rather than aggressive anti-aging. Ingredient directions: gentle vitamin A derivative (retinyl palmitate), peptides, antioxidants , and consistent UV protection to keep this dimension strong.

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 repair & sensitivity control (core base)

Why it suits you and what it improves

With very low **acne (20)** and **redness (30)** scores, your skin needs **both treatment and strong protection/repair**. R9+ is ideal as your **core stabilizing serum** to pair with actives. It helps:

- Calm and support skin when using exfoliating/brightening products for **acne and uneven tone**
- Reduce irritation and support recovery during **breakouts and reactive phases**

This directly addresses your **sensitivity tendency**, while indirectly helping **acne, color uniformity, and even dark circles** by keeping your barrier stable and less inflamed.

Key ingredients and how they help

- **Panthenol 5%**: Strong barrier repair, reduces redness and irritation, supports healing of post-acne marks.
- **Butylene Glycol 12% + Propylene Glycol 2.715%**: Deep hydration and penetration support, helping actives absorb evenly without feeling heavy.
- **Bifida Ferment Lysate (0.05%) & Lactobacillus/Soybean Ferment Extract (0.05%)**: Support the **skin microbiome and defense**, which is helpful for **combination, breakout-prone, and reactive skin**.
- **Kalanchoe/Andrographis-like soothing extracts (0.135%)**: Provide **antioxidant and calming benefits**, useful when you're treating acne or uneven tone.

R9+ should be **mixed into one of your active serums** (see routine below) to create a more **balanced, less irritating formula** that still targets your main concerns.

2. Pore Refining Serum PR13 - Gentle acne & oil-control support

Why it suits you and what it improves

Your **acne score (20)** is your weakest area, so a **pore-clearing, anti-acne serum** is essential. For your combination skin and possible sensitivity, PR13 offers **gentler salicylic acid** and supportive ingredients, making it a good match to use **regularly** without overwhelming the skin. It primarily improves:

- **Acne (20)** – helps clear and prevent comedones and breakouts
- **Smooth (61)** – refines texture and controls congestion patches
- **Color uniformity (51)** – by reducing new breakouts, you reduce new red marks/post-acne dark spots

Key ingredients and how they help

- **Salicylic Acid 0.15%**: A BHA that **penetrates pores, dissolves excess oil and dead cells**, and helps prevent blackheads/whiteheads with mild strength suitable for more frequent use.
- **Niacinamide 2%**: Balances **sebum production**, supports **barrier function**, and adds mild **brightening** and **anti-inflammatory** effects – very valuable given your acne + redness profile.

- **Allantoin 0.1%**: Soothing and **anti-irritant**, helps offset potential dryness from acids and supports recovery of inflamed areas.
- **Hydrating solvents (1,3-Propanediol 3%, Propylene Glycol 0.965%)**: Provide **lightweight hydration** suitable for combination skin, preventing the tightness that can come with exfoliation.

How to pair with R9+

For your skin, a **mixed serum of PR13 + R9+** works especially well: it gives you **effective but gentle acne treatment** buffered by strong barrier repair.

3. Ultra Renovating Serum RV24 - Brightening and tone-evening support

Why it suits you and what it improves

With **color uniformity at 51** and **dark circles at 40**, plus **spots 71**, you can benefit from a **targeted brightening serum** that is still compatible with combination and mildly sensitive skin. RV24 helps to:

- Improve **overall evenness and brightness** (color uniformity, spots)
- Support gentle barrier function while treating tone issues
- Complement your acne care by fading **post-acne discoloration** over time

Key ingredients and how they help

- **Tranexamic Acid 3%**: A powerful brightening ingredient that **inhibits melanin formation**, helping fade **spots and uneven patches**, and supporting more uniform complexion.
- **Niacinamide 2%**: Dual role in your routine – supports **tone evening, antioxidant protection, and barrier repair**, while also subtly helping with **oil balance**.
- **Hydration complex – Glycerin 1.0925%, Propylene Glycol 1.8%, 1,3-Propanediol 1.5%, Sodium Hyaluronate 0.2%**: Maintain **deep, lightweight hydration**, which improves radiance and makes texture appear smoother.
- **Allantoin 0.1%, Dipotassium Glycyrrhizate 0.1% and botanical extracts**: Provide **soothing and conditioning**, helpful for your low redness score and to keep brightening gentle.

You can use RV24 on its own, or at times mix it with R9+ during periods when your skin feels more reactive but you still want brightening.

4. 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 more oily and acne-prone.

2. Mixed serum: PR13 + R9+ (daytime acne control & barrier support)

- After cleansing (and optional toner), use your **pre-mixed bottle**:
 - Open R9+ and **pour the entire 10 ml bottle into your PR13 (20 ml)**.
 - Shake well to combine; this gives roughly a **2:1 serum:R9+ ratio**.
- Apply an even layer over the face, focusing on **acne-prone and uneven areas**.
- This combination will **gently clear pores (PR13)** while **protecting and repairing your barrier (R9+)**, ideal for your low acne and redness scores.

3. Moisturizer + Sunscreen

- Apply a **lightweight, non-comedogenic moisturizer** to keep skin comfortable.
- Finish with a **broad-spectrum sunscreen (SPF 30 or higher)** every day, even indoors, to prevent **spots and uneven tone** from worsening.
- Use the **Skin Beauty Pal App's UV reminder** to help you reapply and stay consistent with sun protection.

Evening Routine

1. Cleanser

- Double cleanse if you wear makeup or sunscreen (oil or balm first, then gentle water-based cleanser).
- Focus on thoroughly removing buildup to support **acne prevention and color uniformity**.

2. Choice of treatment serum (rotate based on focus and skin feel)

- **On acne-focused nights (most days):**
 - Use your **mixed PR13 + R9+ serum** again after cleansing.
 - This supports **ongoing pore care, acne reduction, and barrier repair**.
- **On brightening-focused nights (2-3 times a week):**
 - Use **RV24 alone**, especially over areas with **uneven tone and post-acne marks**.
 - If your skin feels more reactive, you can first apply a thin layer of the mixed PR13+R9+ on acne-prone areas and then RV24 mainly on **pigmented/dull areas** (avoid heavy overlap if you feel sensitive).

3. Moisturizer

- Seal everything in with a **gentle, non-comedogenic moisturizer**.
 - If certain areas are drier (often cheeks), use **slightly more product there**, keeping the T-zone lighter to avoid clogging.
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Lifestyle Suggestions

1. Diet and hydration

- Aim for a balanced diet rich in **vegetables, fruits, healthy fats (e.g., nuts, seeds)** and adequate **protein** to support skin repair.
- Reduce **overly greasy, very sugary, or ultra-processed foods**, which can sometimes aggravate breakouts in acne-prone individuals.
- Keep your **daily water intake steady**; regular hydration supports overall skin function.
- Use the **Skin Beauty Pal App's hydration reminder** to prompt you to drink water throughout the day.

2. Sun protection and environment

- Consistent sunscreen is essential for your **color uniformity, spots, and dark circles** (the under-eye area is very delicate and easily darkens with UV).
- Reapply sunscreen every **2-3 hours** if you're outdoors or exposed to sunlight through windows.
- Protect your skin from harsh environments: limit **direct midday sun**, and use gentle protection (like a hat) when needed.

- The **Skin Beauty Pal App's UV reminder** can help you time your sunscreen use based on local conditions.

3. **Sleep and habits**

- Target **7-9 hours of quality sleep** to support **nocturnal skin repair** and reduce worsening of **dark circles and breakouts** linked to stress.
- Try to maintain a **consistent sleep schedule**, and limit **late-night screen time**, which can worsen eye strain and perceived dark circles.
- Manage stress with simple routines (light exercise, stretching, or breathing exercises), as stress can trigger **acne flares and redness**.
- Avoid **frequent touching or picking at pimples**, which increases redness, scarring risk, and uneven tone.

By focusing on **gentle acne control, strong barrier support, and consistent brightening**, you give your skin the best chance to raise your **acne, redness, and color uniformity scores** while maintaining your already excellent **wrinkle and pore** 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.