

sandhya jain's Skin Analysis Report

1. Overall skin condition summary

Overall condition

sandhya jain, you have **combination skin**, which typically means an oilier T-zone (forehead, nose, chin) with relatively normal or drier cheeks. Your skin health index shows **notable concerns with acne, redness, and dark circles**, while pores, wrinkles, and spots are currently in relatively good condition. Overall, your skin tends toward **blemish-prone with some sensitivity tendency**, but with good basic structure and low aging signs.

Main strengths and concerns

Your **wrinkle (94)** and **pore (83)** scores indicate **good firmness, texture, and minimal visible aging** at this stage. **Spot (71)** and **smoothness (61)** are around or slightly above average, meaning only mild uneven tone and texture issues.

The main concerns are **acne (20 - very low)**, **redness (30 - low, with sensitivity tendency)**, and **dark circles (40 - below average)**. Color uniformity (51) suggests some **overall dullness or mild uneven tone**.

Possible factors affecting your skin

As a **27-year-old woman with combination skin**, your skin is naturally more prone to **oiliness in some areas, clogged pores, and hormonal breakouts**, especially if lifestyle or skincare is not well balanced. The **low redness score** suggests a **potential sensitivity or easily irritated barrier**, which can be aggravated by stress, lack of sleep, strong actives, or inconsistent routines. Environmental exposure (UV, pollution) and daily habits (screen time, diet, late nights) may also be contributing to **dark circles and dullness**.

2. Analysis of each skin dimension

Skin Indicator	Score	Key focus and details
Acne	20	<p>Very low score - main priority. This indicates frequent or noticeable breakouts, clogged pores, or post-acne marks. For combination skin, this often reflects excess sebum in the T-zone plus incomplete cleansing or unsuitable products. Focus on gentle exfoliation and oil control without over-drying. Helpful ingredients: low-dose salicylic acid (BHA), niacinamide for oil control and barrier, soothing agents like allantoin and panthenol to reduce inflammation while supporting repair.</p>
Redness	30	<p>Low - suggests sensitivity tendency. This can indicate a weaker barrier or easily irritated skin, possibly from acne, harsh cleansers, over-exfoliation, or environmental triggers. Focus on barrier strengthening and calming care. Helpful ingredients: panthenol, fermented extracts (for barrier), niacinamide at moderate levels, allantoin, and soothing botanicals. Avoid sudden jumps in strong acids or over-frequent exfoliation.</p>
Dark Circle	40	<p>Below average. Likely visible under-eye darkness or tired look, often related to sleep quality, genetics, eye strain, or circulation rather than just skincare. Topical brightening and hydration of overall skin can slightly help, but lifestyle is key. Helpful directions: overall brightening actives like niacinamide and tranexamic acid, plus good sun protection and consistent sleep. Use gentle textures around the eye; avoid strong acids directly on the eye area.</p>

Skin Indicator	Score	Key focus and details
Color uniformity	51	<p>Slightly below average. Some dullness, mild uneven tone, or early discoloration may be present, likely worsened by acne marks and uneven healing. Focus on brightening and tone-evening while protecting the barrier. Helpful ingredients: tranexamic acid, niacinamide, mild exfoliating acids in low strength, hydrating agents (glycerin, hyaluronic acid, 1,3-propanediol) to keep skin plump and luminous.</p>
Smooth	61	<p>Around average. Skin texture is overall acceptable but can show rough patches, small bumps, or post-acne unevenness. Improving acne control and gentle renewal will further smooth the skin. Helpful ingredients: retinoids (like retinyl palmitate) for renewal, low-dose BHA/AHA for surface refinement, and hydrating / emollient agents to keep the surface soft.</p>
Spot	71	<p>Above average. Relatively few or mild spots and pigmentation, though some marks may exist from past acne or sun exposure. Maintaining protection and targeted brightening can prevent worsening. Helpful ingredients: tranexamic acid, niacinamide, antioxidants and proper sunscreen to keep spots under control.</p>
Pore	83	<p>Good. Pores are generally not a major concern, though combination skin may still show some T-zone visibility. Keeping pores clear and oil balanced will help maintain this good score. Helpful ingredients: niacinamide for pore appearance and oil control, gentle salicylic acid to keep pores clear, light hydrators to avoid pore-clogging heaviness.</p>

Skin Indicator	Score	Key focus and details
Wrinkle	94	Excellent. Very few visible lines; skin is youthful and firm . This is a strength to maintain with preventive care. Helpful ingredients: retinyl palmitate for long-term anti-aging, peptides such as acetyl hexapeptide-8, and consistent hydration and sun protection to prevent early aging.

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 and what it improves

With very low **acne (20)** and a sensitivity tendency (low **redness 30**), you need **gentle but effective acne and oil control**. PR13 is designed exactly for **acne, blackheads, pores, and oiliness**, but at a **mild salicylic acid level (0.15%)**, making it more suitable for potentially reactive skin than a stronger acid serum. It directly targets your **acne dimension**, helps maintain your already good **pore** score, and supports barrier health so redness does not worsen.

Key ingredients and how they help

- Salicylic Acid 0.15%** – Oil-soluble BHA that **gently exfoliates inside pores**, reduces clogged pores, blackheads, and inflammatory lesions without being overly harsh.
- Niacinamide 2%** – Helps **regulate sebum, refine pore appearance, and strengthen the skin barrier**, also mildly evens tone, supporting your **color uniformity**.

3. **Allantoin 0.1%** – **Soothing and anti-inflammatory**, ideal for your low redness score and to calm acne-related irritation.
 4. **1,3-Propanediol / Propylene Glycol** – Provide **lightweight hydration**, suitable for combination skin and helping maintain a healthier barrier.
-

2. B5 Yeast Extreme Repair Serum R9+ (to mix with PR13)

Why it suits you and what it improves

Your **redness 30** indicates a **sensitivity/breakout-prone barrier**. R9+ is a **high-concentration repair and stabilizing base serum** specifically meant to pair with active serums like PR13. Mixing R9+ with PR13 will help you **control acne while actively repairing the barrier and reducing irritation**, making the routine much more comfortable and sustainable.

This combination mainly improves **acne, redness/sensitivity**, and indirectly supports **smoothness and color uniformity** by allowing consistent, tolerable treatment.

Key ingredients and how they help

1. **Panthenol 5%** – A high dose of vitamin B5 that **strengthens the skin barrier, soothes, and reduces irritation** from exfoliating ingredients, ideal for your low redness score.
2. **Butylene Glycol 12% + Propylene Glycol 2.715%** – Provide **deep hydration and enhance penetration** of other actives while still feeling light enough for combination skin.
3. **Bifida Ferment Lysate & Lactobacillus/Soybean Ferment Extract (0.05% each)** – **Barrier and microbiome support**, helping skin recover from inflammation and maintain resilience.
4. **Kalanchoe Spathulata (Andrographis-like) extract 0.135%** – Offers **antioxidant and soothing benefits**, supporting problem and sensitive skin.

How to mix with PR13

- After opening R9+, **pour the entire 10ml bottle into your PR13 serum bottle**.
- This achieves the ideal **serum : R9+ ratio of about 2:1**.
- Close the bottle and **shake well** to mix thoroughly.
- You will then use this **mixed PR13 + R9+ serum** in your routine.

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

Why it suits you and what it improves

Your **color uniformity (51)** and **dark circle (40)** scores show mild dullness and visible tiredness. RV24 focuses on **even tone, dullness, and spots**, which fits your needs without being too aggressive for your sensitivity tendency. It also provides **hydration and barrier support**, complementing your acne/barrier care and helping your skin look more even and luminous.

This serum primarily improves **color uniformity**, helps maintain your fairly good **spot** score, and can indirectly support a brighter overall look that reduces contrast with **dark circles**.

Key ingredients and how they help

1. **Tranexamic Acid 3%** – A well-studied brightening active that **targets melanin pathways**, helps **fade spots and post-inflammatory marks**, and improves **overall uneven tone**.
2. **Niacinamide 2%** – Supports **tone-evening, barrier repair, and antioxidant defense**, beneficial for your **color uniformity, spot**, and **redness** tendencies.
3. **Sodium Hyaluronate 0.2% + multiple humectants (Glycerin, Propylene Glycol, 1,3-Propanediol)** – Provide **multi-layer hydration**, keeping skin plump and helping maintain your good **smoothness**.
4. **Ceramide NP + soothing extracts (Chamomilla Recutita, Veronica Officinalis, etc.)** – Offer extra **barrier support and calming**, compatible with combination skin with sensitivity tendency.

4. Personalized skincare routine and lifestyle suggestions

Morning Routine

1. **Cleanser**
 - Use a **gentle, low-foaming cleanser** suited for combination skin. Avoid harsh scrubs or high-foam washes that strip the barrier and worsen redness.

2. Tone & Treat (Brightening focus)

- After cleansing, apply your **RV24 Ultra Renovating Serum** to the face and neck.
- Let it absorb; this supports **overall brightening and tone uniformity** during the day.

3. Moisturizer + Sunscreen

- Apply a **light, non-comedogenic moisturizer**, especially on drier areas (cheeks).
 - Follow with **broad-spectrum sunscreen (SPF 30 or higher)** every morning, even indoors near windows. This is crucial to keep your **spots, color uniformity, and dark circles** from worsening.
 - You can use the **Skin Beauty Pal App's UV reminder** to help you remember reapplication and adjust protection on high-UV days.
-

Evening Routine

1. Cleanser

- Double cleanse if you wear makeup or sunscreen: first an **oil or balm cleanser**, then your **gentle water-based cleanser**. This helps prevent clogged pores and breakouts.

2. Treatment for acne + barrier (mixed serum)

- On clean, dry skin, apply your **mixed PR13 + R9+ serum** (remember, R9+ is poured entirely into the PR13 bottle and shaken).
- Use it mainly on the **T-zone and acne-prone areas**, and lightly on other areas if tolerated.
- This step works on **acne and oil control**, while **R9+ repairs and soothes** to reduce irritation and redness.

3. Brightening / Hydrating layer

- After the mixed serum has absorbed, apply **RV24 Ultra Renovating Serum** to the whole face and neck.
- This supports **even tone, dullness, and post-acne marks** without being overly heavy.

4. Moisturizer (if needed)

- Finish with a **light cream or gel moisturizer**, adjusting amount by area:
 - **Less on oily T-zone,**
 - **More on drier cheeks.**

If your skin feels more sensitive or irritated at any time, you can temporarily:

- Use the **mixed PR13 + R9+ serum less frequently** (e.g., every other night),
 - Focus more on **RV24 and a simple moisturizer** until your skin feels stable again.
-

Lifestyle Suggestions

1. Diet and hydration

- Aim for **balanced meals** with plenty of vegetables, fruits, and healthy fats; reduce **high-sugar, deep-fried, and highly processed foods**, which can worsen breakouts.
- Keep **regular hydration** (small, frequent sips of water throughout the day) to support overall skin function. You can use the **Skin Beauty Pal App's hydration reminder** to help you maintain consistent water intake.

2. Sun protection and environment

- Limit direct midday sun exposure and **reapply sunscreen every 2-3 hours** when outdoors. UV protection is essential to maintain your good **spot and wrinkle scores** and improve **color uniformity**.
- When possible, **avoid heavy pollution and smoky environments**, and cleanse thoroughly after exposure.
- The **Skin Beauty Pal App's UV reminder** can alert you on high-UV days so you can be extra careful with protection.

3. Sleep and habits

- Aim for **7-8 hours of consistent sleep**; irregular or short sleep contributes to **dark circles, dullness, and slower acne healing**.
- Reduce prolonged **screen time before bed** and take breaks to rest your eyes during the day to help with **under-eye fatigue**.

- Manage stress with **gentle exercise, stretching, or relaxation techniques**, as stress can trigger breakouts and redness.
- Avoid **picking or squeezing pimples**, which worsens **acne, redness, and post-acne marks**.

If at any point your acne or redness becomes severe or rapidly worsens, consider using the **Skin Beauty Pal App's doctor consultation/clinic booking features** for professional, in-person assessment.

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.