

sandhya jain's Skin Analysis Report

1. Overall skin condition summary

Overall condition

sandhya jain, you describe your skin as **combination**. Your scores show **very good pores and wrinkle status**, with more challenges in **acne, redness, color uniformity, and dark circles**. There is no self-reported sensitivity, but your redness score suggests a tendency that you should still treat your barrier gently.

Main strengths and concerns

Your main **strengths** are:

- **Wrinkles (94)**: excellent, low visible aging concerns right now.
- **Pores (83)** and **Smoothness (61)**: relatively well-controlled, not a major weakness.

Your key **concerns** are:

- **Acne (20)**: the weakest dimension; breakouts and congestion need priority care.
- **Redness (30)**: indicates potential **sensitivity/inflammation** or reactive skin.
- **Dark circles (40)** and **Color uniformity (51)**: suggest dullness, uneven tone, and tired appearance.

Possible factors affecting your skin

As a **27-year-old woman with combination skin**, you are likely dealing with both **oiliness in the T-zone** and some **dryness/normal areas**. Combination skin plus low acne and redness scores often reflect **clogged pores, inflammation, and barrier stress**. Lifestyle factors such as **screen time, irregular sleep, stress, and UV exposure** can further worsen dullness, dark circles, and uneven tone. Supporting your **barrier, oil balance, and pigmentation control** together will give the best long-term results.

2. Analysis of each skin dimension

Skin Indicator	Score	Key focus and details
Acne	20	This is your lowest score , meaning acne and congestion are a priority. For combination skin, this often shows as T-zone breakouts and clogged pores. Focus on gentle but consistent exfoliation and anti-inflammatory care . Ingredient directions: low-dose salicylic acid , niacinamide, soothing agents like allantoin and barrier-supporting hydrators.
Redness	30	A low redness score suggests inflammation and a tendency toward sensitivity , even if you do not strongly feel sensitive. Acne, harsh products, or over-exfoliation can aggravate this. Focus on barrier repair and calming , avoiding overly strong acids as a first step. Ingredient directions: panthenol, ferment extracts, soothing botanicals, niacinamide in moderate levels, and non-stripping routines .
Dark Circle	40	Dark circles may be due to pigmentation, thin skin, or lifestyle (sleep, screens) . While there is no dedicated eye product in the current list, improving overall tone, circulation, and barrier can help the eye area indirectly. Ingredient directions: brightening actives like tranexamic acid and niacinamide , plus consistent UV protection and better sleep habits.
Color uniformity	51	This score is slightly below average, indicating mild uneven tone, post-acne marks, or dullness . This often connects with your acne and redness situation, as inflammation can leave pigmentation. Ingredient directions: tranexamic acid (for spots and melanin control), niacinamide (tone-evening and antioxidant), gentle hydration and barrier support to prevent new marks.

Skin Indicator	Score	Key focus and details
Smooth	61	Around average. Your skin texture is generally okay but could be refined further , especially given acne issues. Aim for smoother, more refined skin without over-exfoliating. Ingredient directions: low-level BHA (salicylic acid) and supportive moisturizers that keep the surface supple and resilient.
Spot	71	Above average; you may have some spots or post-inflammatory pigmentation , but it is not your worst concern. Keeping acne and redness controlled will prevent new spots. Ingredient directions: tranexamic acid and niacinamide to control melanin and fade marks over time, with sun protection to maintain results.
Pore	83	Very good pore score. Even with acne issues, your pores are not a major visible concern. Maintaining oil balance and gentle exfoliation is enough. Ingredient directions: light BHA, niacinamide for oil/texture balance, and non-comedogenic hydration.
Wrinkle	94	This is excellent. Aging signs and fine lines are minimal at your age. Focus is on prevention and maintenance , not aggressive anti-aging. Ingredient directions: gentle vitamin A derivatives (like retinyl palmitate), peptides, and hydrating emollients if/when you want to start preventive care.

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

Given your **very low Acne score (20)** and combination skin, you need **controlled exfoliation and oil regulation** without irritating your already **redness-prone (30)** skin. PR13 is a **gentler BHA option**, suitable for ongoing use to:

- Help **reduce acne, blackheads, and congestion**
- Maintain your already good **pore score (83)** and improve **smoothness (61)**
- Support the **barrier** while managing oil, reducing the risk of further redness

Key ingredients and how they help

- **Salicylic Acid 0.15%**: Oil-soluble BHA that gently penetrates pores to **dissolve sebum plugs, reduce comedones, and minimize breakouts** without being overly harsh.
- **Niacinamide 2%**: Helps **control oil**, supports **barrier function**, and has mild **brightening and anti-inflammatory** effects, helpful for acne-related redness and post-blemish marks.
- **Allantoin 0.1%**: Soothing and **anti-inflammatory**, ideal for calming irritation associated with acne and redness.
- **1,3-Propanediol / Propylene Glycol**: Provide **lightweight hydration**, preventing over-drying, which is important for combination skin.

2. B5 Yeast Extreme Repair Serum R9+ (Mixing Repair Serum)

Why it suits you and what it improves

With low **Redness (30)** and active acne concerns, your skin needs **repair, calming, and tolerance-building**. R9+ is designed as a **repair and stabilizing base** to pair with other active serums, making it ideal for your profile. It helps to:

- **Reinforce your barrier**, easing inflammation that contributes to redness and post-acne marks
- **Reduce irritation** from exfoliating/brightening steps (like PR13 and future brightening serums)

- Support **long-term skin resilience**, especially important for combination skin prone to both oiliness and sensitivity

Key ingredients and how they help

- **Panthenol 5%**: A high level of B5 that **repairs the barrier, soothes irritation, and improves skin resilience**, directly supporting your low redness score.
- **Butylene Glycol 12% & Propylene Glycol 2.715%**: Provide **deep hydration and help other actives absorb effectively**, keeping skin comfortable while using actives.
- **Bifida Ferment Lysate & Lactobacillus/Soybean Ferment Extract (0.05% each)**: Support **microbiome balance and barrier defense**, helpful for irritated, acne-prone, or reactive skin.
- **Andrographis Paniculata Extract**: Known for **antioxidant and soothing** properties, suitable for problem and sensitive-prone skin.

How to mix it (with PR13)

For your current focus (acne + redness), the best pairing is **R9+ mixed into PR13** to create a **buffered, repairing anti-acne serum**.

- After opening **R9+**, **pour the entire bottle into the PR13 serum**.
 - This creates an approximate **serum : R9+ = 2 : 1** ratio.
 - **Shake well** after mixing.
- Use this **mixed PR13 + R9+ serum** as your main treatment step to tackle acne while protecting your barrier.

3. Ultra Renovating Serum RV24 (Brightening / Tone-Evening Serum)

Why it suits you and what it improves

Your **Color uniformity (51)** and **Dark circle (40)** scores show that **uneven tone, dullness, and marks** are secondary but important concerns, likely linked to past or current acne and mild pigmentation. RV24 targets:

- **Uneven tone and spots (71)**, including post-acne marks
- General **brightness and clarity**, improving how even and fresh your skin looks
- **Barrier and hydration**, which also helps calm redness over time

Key ingredients and how they help

- **Tranexamic Acid 3%:** A strong brightening ingredient that helps **inhibit melanin production**, supporting the fading of **spots and uneven tone** and helping prevent new pigmentation from inflammation.
 - **Niacinamide 2%:** Reinforces **barrier**, provides **antioxidant** protection, and helps **even skin tone**, supporting both your color uniformity and post-acne pigmentation.
 - **Sodium Hyaluronate 0.2% + Glycerin / Propylene Glycol / 1,3-Propanediol:** A hydrating complex that **plumps and moisturizes**, helping maintain a smoother, more even surface and supporting overall comfort.
 - **Allantoin 0.1% and botanical extracts:** Add **soothing and conditioning**, complementing your redness and barrier needs.
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4. Personalized skincare routine and lifestyle suggestions

Morning Routine

1. Cleanser

- Use a **gentle, low-foam cleanser** suitable for combination skin. Avoid harsh scrubs or high-foam cleansers that can worsen redness and dryness in some areas.

2. Brightening / Hydrating Serum (RV24)

- After cleansing and (optional) toner, apply **Ultra Renovating Serum RV24** to the entire face and neck.
- This helps improve **color uniformity, spots, and dullness**, and supports barrier hydration.

3. Moisturizer + Sunscreen

- Follow with a **lightweight, non-comedogenic moisturizer**.
- Finish with a **broad-spectrum sunscreen (SPF 30 or above)** every morning, even on cloudy days. This is crucial to protect against **worsening of dark circles, redness, and pigmentation**.

- You can use the Skin Beauty Pal App's **UV reminder** to help you remember when UV is high and reapplication is needed.

Evening Routine

1. Cleanser

- Use the same **gentle cleanser** to remove sunscreen and daily impurities. If you wear heavier makeup, use a mild **makeup remover** first, then cleanse.

2. Anti-acne + Repair Serum (Mixed PR13 + R9+)

- On clean, dry skin, apply the **mixed PR13 + R9+ serum** (remember: R9+ entire bottle was poured into PR13 and shaken well).
- Use mainly on **acne-prone or congested areas** (T-zone, breakout zones), but it can be used over the full face if tolerated.
- This step targets your **Acne (20)** and helps **calm redness (30)** while maintaining hydration and barrier strength.

3. Brightening Serum (RV24) or Moisturizer

- If your skin feels comfortable and not easily irritated, you may apply a **thin layer of RV24** after the mixed serum on the full face to support **tone-evening and spots**.
- If your skin feels sensitive or tight on some days, **skip RV24 at night** and just apply a **simple, non-comedogenic moisturizer** instead. Listen to your skin's comfort level.

Lifestyle Suggestions

1. Diet and hydration

- Aim for **balanced meals** with enough **vegetables, fruits, and lean proteins**, and moderate intake of **very sugary, spicy, or greasy foods**, which can sometimes aggravate acne.
- Maintain **regular hydration** (small amounts of water throughout the day) to support skin function and help with overall glow.
- Use the Skin Beauty Pal App's **hydration reminder** to nudge you to drink water consistently, especially if you tend to forget.

2. Sun protection and environment

- Daily **sunscreen** is essential to prevent **darkening of spots, uneven tone, and worsening redness**. Reapply every **2-3 hours** if you are outdoors.
- Wear **hats or seek shade** during strong midday sun.
- Avoid long, unprotected exposure to **polluted air or cigarette smoke**, which can increase inflammation and dullness.
- The App's **UV reminder** can help you time your protection and be more aware of high-UV periods.

3. Sleep and habits

- Aim for **7-8 hours of consistent sleep**, ideally sleeping before midnight. Lack of sleep can make **dark circles and dullness** worse.
- Try to **reduce stress** with light exercise, stretching, or relaxation techniques; chronic stress can aggravate acne and redness.
- Avoid **frequent touching or picking** at your face, as this worsens acne, increases redness, and leads to more spots.
- Keep your **phone, pillowcases, and makeup brushes clean**, as these contact points can contribute to breakouts.

With steady use of the **mixed PR13 + R9+ serum** for acne and barrier, and **RV24** for tone and brightness, alongside good habits, you should see clearer, more even, and calmer skin over time. You can also use the Skin Beauty Pal App to track changes in your skin indices and adjust usage frequency based on how your skin responds.

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.