

Nuruddin ansari gh's Skin Analysis Report

1. Overall skin condition summary

Overall condition

Nuruddin ansari gh, you describe your skin as **neutral** and **quite sensitive**. Your skin health indices show that your **main tendencies** are toward **acne and redness**, with relatively **stable pores and good anti-aging status** for your age.

Main strengths and concerns

Your **pore (83)** and **wrinkle (94)** scores are strong, meaning your pores are in good shape and you do not need to worry about aging lines now. **Smoothness (61)** and **spot (71)** are around average to slightly above, suggesting generally okay texture and pigmentation.

Your **lowest scores** are **acne (20)**, **redness (30)**, and **dark circle (40)**. This means your **main concerns** are: breakouts, a tendency to **sensitivity/redness**, and some **under-eye tired look**.

Possible factors affecting your skin

Being **male** with **neutral but quite sensitive skin** means oil is not extremely high, but inflammation (acne and redness) can easily show. At your age, **hormonal changes** can drive breakouts. Sensitivity plus acne means you need **gentle, barrier-supporting** products instead of harsh, stripping care. Daily habits such as **screen time, sleep schedule, sun exposure**, and cleansing practices will strongly influence your acne, redness, and dark circles.

2. Analysis of each skin dimension

Skin Indicator	Score	Key focus and details
Acne	20	<p>Very low score – acne is your top priority. This indicates frequent or noticeable pimples/comedones. You need gentle exfoliation and anti-inflammatory care without over-drying. Helpful directions: low-dose salicylic acid, niacinamide, and soothing ingredients like allantoin and barrier-supporting hydrators.</p>
Redness	30	<p>Indicates a clear tendency to sensitivity and irritation, possibly from inflammation, breakouts, or barrier weakness. Focus on barrier repair, soothing, and avoiding strong acids or over-exfoliation. Look for panthenol, ferment extracts, soothing botanicals, niacinamide at moderate levels, and hydrating humectants.</p>
Dark Circle	40	<p>Below average – suggests visible under-eye darkness or tired look. While none of the given products is eye-specific, overall brightening (even tone) and better sleep, less eye strain, and sun protection can help. Ingredients that support tone and circulation around the face, such as tranexamic acid and niacinamide, can indirectly improve the overall dullness that makes dark circles more obvious.</p>
Color uniformity	51	<p>Slightly below average – some uneven tone, post-acne marks, or mild dullness. Focus on brightening and anti-inflammatory ingredients that are gentle enough for your sensitivity: tranexamic acid, niacinamide, and hydrating agents are suitable directions.</p>

Skin Indicator	Score	Key focus and details
Smooth	61	Around average - skin texture is okay but not perfect . Minor roughness may be related to acne and mild congestion. Gentle turnover and good hydration are key. Useful directions: very mild BHA/AHA , plus hydrators like glycerin, sodium hyaluronate , and barrier-supporting ingredients.
Spot	71	Above average - you may have some marks or spots , but they are not your main issue now. Maintaining this with non-irritating brightening (niacinamide, tranexamic acid) and good sun protection will prevent worsening.
Pore	83	Good - pores are relatively well controlled . There may be some oil in the T-zone, but overall this is a strength. Gentle maintenance with light BHA and niacinamide is enough; avoid very strong exfoliation that can upset your sensitive skin.
Wrinkle	94	Excellent - at your age, no real wrinkle issue . Anti-aging actives like strong retinoids are not a priority now. Focus on protecting your barrier and avoiding irritation , which will naturally support long-term skin health.

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

Why it suits you / which dimensions it improves

Your lowest scores (acne 20, redness 30) show both **inflammation and sensitivity**. R9+ is designed as a **high-concentration repair and stabilizing base**, which is ideal for **quite sensitive, acne-prone** skin. By strengthening your barrier and calming irritation, it supports improvement in:

- **Redness** (30): by reducing irritation and helping your skin tolerate other actives.
- **Acne** (20): calmer, stronger skin is less reactive and handles mild exfoliation better.
- **Smoothness and color uniformity**: stable, well-hydrated skin renews more evenly.

Key ingredients and how they help

- **Panthenol 5%**: Classic **barrier-repair and soothing** ingredient; helps reduce redness, supports healing of irritated areas from acne.
- **Butylene Glycol 12% + Propylene Glycol 2.715%**: Strong **hydrating humectants**, improve water content and help other ingredients penetrate more evenly without harshness.
- **Bifida Ferment Lysate 0.05% & Lactobacillus/Soybean Ferment Extract 0.05%**: Ferment ingredients that help **support the skin barrier and microbiome**, which is helpful for sensitive, problem-prone skin.
- **Kalanchoe/Andrographis-type extract (0.135%)**: **Antioxidant and soothing**, suitable for problem and sensitive skin and indirectly beneficial for redness and acne-prone areas.

R9+ will be your **core base serum**, mixed with another serum below to balance activity and comfort.

2. Pore Refining Serum PR13 - Gentle anti-acne & oil/breakout control

Why it suits you / which dimensions it improves

With **acne (20)** as your lowest score, you need **direct anti-acne action**, but your "quite sensitive" skin cannot tolerate very strong acids easily. PR13 is a **gentle**

serum for acne, blackheads, pores, and oiliness that also includes barrier-supportive ingredients. It targets:

- **Acne (20)**: salicylic acid to unclog pores and reduce comedones.
- **Smoothness (61)**: gentle exfoliation improves roughness from breakouts.
- **Color uniformity (51)**: better turnover and reduced new pimples means fewer post-acne marks over time.

Because your skin is sensitive, PR13 is **safer than a stronger acid serum** at this stage.

Key ingredients and how they help

- **Salicylic Acid 0.15%**: A **low-strength BHA** that can help clear pores, reduce blackheads and pimples, and gently refine skin texture with less irritation risk compared to high-dose acids.
- **Niacinamide 2%**: Helps **control oil, support barrier**, and has **anti-inflammatory and brightening** benefits that can calm redness and post-acne marks.
- **Allantoin 0.1%**: A **soothing, anti-inflammatory** ingredient that helps offset irritation from acids and supports sensitive skin.
- **Hydrators (1,3-Propanediol 3%, Propylene Glycol 0.965%)**: Provide **moisture** so the formula doesn't overly dry your skin while treating acne.

How to combine with R9+

For you, PR13 is the best partner serum for R9+. After opening **R9+**, pour the **entire 10 ml bottle into PR13** (20 ml). This gives a serum:R9+ mixing ratio close to **2:1**, as recommended. **Shake well** so the two blend completely. You'll then use this **mixed serum** in your routine instead of using PR13 alone.

3. Ultra Renovating Serum RV24 - Gentle brightening & tone evening

Why it suits you / which dimensions it improves

You have **color uniformity 51** and **dark circle 40**, indicating some **uneven tone and overall dullness**, plus potential post-acne marks. RV24 is focused on **even**

tone, dullness, spots, and brightening while also supporting hydration and the barrier, which is important for your sensitivity. It can improve:

- **Color uniformity (51)** and **spot (71)**: helps fade uneven patches and post-acne marks.
- **Dark circle (40)**: while not an eye cream, better overall facial brightness and reduced pigmentation can make under-eye darkness less obvious.
- **Redness and sensitivity (indirectly)**: niacinamide, hydrators, and ceramide NP support the barrier.

Key ingredients and how they help

- **Tranexamic Acid 3%**: A well-known **brightening ingredient** that helps **inhibit melanin production** and fade spots and uneven pigmentation, suitable for tone correction.
- **Niacinamide 2%**: Multi-functional – **brightens, supports barrier, and has antioxidant and anti-inflammatory** benefits, helpful for both tone and sensitivity.
- **Sodium Hyaluronate 0.2% + Glycerin 1.0925% + Propylene Glycol 1.8% + 1,3-Propanediol 1.5%**: A strong **hydration system** that keeps skin plump and comfortable, supporting smoothness and barrier recovery.
- **Allantoin 0.1% & Dipotassium Glycyrrhizate 0.1%**: **Soothing ingredients** that help calm irritation and support sensitive skin.
- **Ceramide NP 0.005%**: A **barrier lipid** that helps reinforce the skin's protective layer.

You can use RV24 on its own (separate from the R9+ + PR13 mix) to focus on brightening and tone.

4. Skincare routine and lifestyle suggestions

Morning Routine

1. Cleanser

- Use a **very gentle, non-stripping cleanser** with lukewarm water to remove oil and sweat without irritating your sensitive skin.

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

- After cleansing, apply the **mixed PR13 + R9+ serum** (remember: you've poured the entire R9+ bottle into PR13 and shaken well).
- Use a small amount on your whole face, avoiding the immediate eye area. This step helps **control acne** while **protecting and repairing your barrier**.

3. Moisturizer + Sunscreen

- Apply a **light, non-comedogenic moisturizer** suitable for neutral/sensitive skin.
- Follow with a **broad-spectrum sunscreen** (SPF appropriate for your region) every morning, even on cloudy days, to prevent **spots, uneven tone, and redness** from worsening.
- You can use the **Skin Beauty Pal App's UV reminder** to help you remember when UV is high and when to reapply sunscreen.

Evening Routine

1. Gentle Cleanser

- Cleanse with the same **mild cleanser** to remove sweat, dirt, and sunscreen without over-washing. Avoid hot water and strong scrubbing, which can increase redness.

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

- On clean, dry skin, apply your **R9+ + PR13 mixed serum** again. At your age and sensitivity level, **once a day may be enough at first**; if your skin feels comfortable and not more red, you can use it both morning and night.
- If any area becomes more irritated, reduce to **once daily or every other day** on those zones and keep using a thin layer on sturdier areas.

3. Brightening & Tone Serum (RV24)

- After the mixed serum has absorbed, you can apply **RV24** on areas with **uneven tone, post-acne marks, or general dullness**, avoiding the immediate eye area.

- Start with **every other night** to make sure your sensitive skin tolerates it well. If your skin feels comfortable (no extra redness or stinging), you can gradually use it **most nights**.
- Finish with a **simple moisturizer** if your skin feels dry or tight.

Lifestyle Suggestions

1. Diet & Hydration

- Drink enough **water throughout the day**; proper hydration supports barrier function and can help your skin look smoother and less dull.
- Limit **very sugary and extremely oily/junk foods**, as they can sometimes worsen acne for some people. Focus on **fruits, vegetables, and balanced meals**.
- Use the **Skin Beauty Pal App's hydration reminder** to help you drink regularly instead of forgetting until you're very thirsty.

2. Sun Protection & Environment

- Sun exposure can make **redness, acne marks, and dark circles** look worse. Always use **sunscreen in the morning** and reapply if you're outdoors for long.
- Try to avoid long periods in very **hot, humid, or polluted environments** without cleansing afterward, as sweat and pollution can clog pores and irritate your sensitive skin.
- The **Skin Beauty Pal App's UV reminder** can notify you when the UV index is high so you know when protection is extra important.

3. Sleep & Habits

- Aim for **regular, sufficient sleep**; lack of sleep can worsen **dark circles** and skin dullness.
- Limit **late-night screen time**, especially right before sleeping, to improve sleep quality and reduce eye strain, which contributes to under-eye darkness.
- Avoid **picking or squeezing pimples**, as this increases redness, scarring, and uneven tone. Let the **R9+ + PR13 mix and RV24** help your skin heal more cleanly.

- Keep your **pillowcases and face towels clean**, and avoid sharing them; this helps reduce bacteria contact, which is important for acne-prone, sensitive skin.

If any irritation becomes strong or you are unsure about your skin reactions, you can use the **Skin Beauty Pal App** to access **doctor consultation or clinic booking** for professional, in-person evaluation and guidance.

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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