

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	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.
Redness	30	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.
Dark Circle	40	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.
Color uniformity	51	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.

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.
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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.
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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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