

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**, which matches well with your skin index pattern. Overall, your skin is **relatively balanced in oil and water**, with **very good pores and wrinkle scores**, but some **acne, redness, tone unevenness, and dark circles** are showing. At your age, this is common as your skin is still developing and reacting to hormones and daily habits.

Main strengths and concerns

Your main strengths are **pore condition (83)**, **spot control (71)**, and **wrinkle (94)**. This means your skin texture and aging signs are currently in a **healthy range**, and you do not need strong anti-aging products.

Your main concerns are **acne (20)**, **redness (30)**, and **dark circles (40)**, followed by **color uniformity (51)**. These indicate **breakouts, possible inflammation/sensitivity, and slightly uneven tone**, which should be your first focus.

Possible influencing factors

Being **male** with **neutral but quite sensitive skin** suggests your skin can tolerate some actives but still needs **gentle, barrier-supporting care**. The combination of **low acne and redness scores with young age** points to **hormonal changes, possible irritation, sleep, and lifestyle factors** playing a big role. A **simple, mild routine with good sun protection, sleep, and hydration** will be especially important for you.

2. Analysis of each skin dimension

Skin Indicator	Score	Key focus and details
Acne	20	This is a low score , showing that acne and breakouts are your main concern . You may have pimples, clogged pores, or frequent new spots. Focus on gentle oil control, light exfoliation, and calming the skin , not over-drying it. Helpful ingredients: low-dose salicylic acid (for unclogging pores), niacinamide (oil balance and barrier support), and soothing agents like allantoin and panthenol.
Redness	30	This suggests a clear tendency to sensitivity and inflammation (red areas around pimples, cheeks, or irritation from products/environment). Your skin needs barrier repair and calming , and actives should be used in low, controlled strengths . Good ingredients: panthenol, ferments (Bifida, Lactobacillus), gentle niacinamide , and soothing plant extracts . Avoid strong acids or too many new products at once.
Dark Circle	40	This indicates noticeable darkness or tired look around the eyes . For your age, this is often related to sleep, screen time, rubbing the eyes, and genetics rather than deep structural issues. Focus on overall skin health , sun protection, and good habits (sleep, not rubbing eyes). Hydrating and brightening ingredients like niacinamide and tranexamic acid (carefully, away from eyes) can help even overall tone, making dark circles look less obvious.

Skin Indicator	Score	Key focus and details
Color uniformity	51	Slightly below average, meaning mild uneven tone, post-acne marks, or dullness . This is usually due to healing pimples, past sun exposure, or irritation . Ingredients that support brightening and even tone while still being gentle are ideal: niacinamide, tranexamic acid , and hydrating humectants like glycerin and sodium hyaluronate.
Smooth	61	Slightly above average. Your skin texture is generally okay , but acne and mild unevenness may cause some roughness or small bumps . You don't need aggressive resurfacing. Light support from gentle exfoliation (low salicylic acid) plus good hydration and barrier care should be enough to keep skin smoother.
Spot	71	This is a good score , meaning you don't have a serious spot or hyperpigmentation problem right now. You may have some post-acne marks , but they are not severe. The goal here is prevention : protect from sun and prevent dark marks from new pimples. Ingredients like tranexamic acid and niacinamide can help fade marks gradually while you mainly focus on acne and redness control.
Pore	83	A high score – your pores are in good condition , not a major concern. Keeping them clean and not overloading the skin with heavy products is enough. Low-dose salicylic acid can maintain clarity, but you don't need strong pore-shrinking treatments. Focus on gentle cleansing, light serums , and avoiding pore-clogging habits.

Skin Indicator	Score	Key focus and details
Wrinkle	94	Very high – as expected at your age, you have very few or no visible wrinkles . You do not need strong anti-aging products right now. The most important “anti-aging” for you is daily sunscreen, gentle care, good sleep, and avoiding irritation . A heavy retinoid routine is not necessary at this stage.

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

For your **very low acne score (20)** and **sensitivity tendency (redness 30)**, PR13 is the most suitable first active serum. It is designed for **acne, blackheads, and oiliness**, but at a **gentle salicylic acid concentration (0.15%)** that is more appropriate for **quite sensitive, neutral skin** at your age.

It directly supports:

- **Acne (20)** – helps unclog pores and reduce new pimples.
- **Redness (30)** – includes soothing ingredients to calm irritation from breakouts.
- **Smooth (61)** – mild exfoliation improves texture without harshness.
- **Color uniformity (51)** – controlling breakouts prevents new marks and uneven tone.

Key ingredients and how they help

1. Salicylic Acid 0.15%

- Oil-soluble exfoliant that goes into pores, helps remove dead skin and excess sebum.
- Supports acne control while being much **gentler** than high-strength acid products.

2. Niacinamide 2%

- Helps **balance oil**, strengthen the **skin barrier**, and supports more **even tone**.
- Also has a mild **anti-inflammatory** effect, which is good for red, irritated areas.

3. Allantoin 0.1%

- Soothing and **calming**, reduces the feeling of irritation and supports healing.

4. Hydrating agents (1,3-Propanediol 3%, Propylene Glycol 0.965%)

- Provide **light hydration**, helping to keep the skin comfortable and not stripped.

For you, this serum should be used **carefully and consistently**, not aggressively.

2. B5 Yeast Extreme Repair Serum R9+

Why it suits you and what it improves

Your **redness (30)** and self-assessed “**quite sensitive**” skin indicate that your **skin barrier and tolerance** are key priorities. R9+ is designed exactly for **repair, calming, and stabilizing** the skin, and acts as a **buffer** when you use active serums like PR13.

It supports:

- **Redness (30)** – by calming and strengthening the barrier.
- **Acne (20)** – indirectly, by making skin **more tolerant** to acne treatments and reducing inflammation.
- **Color uniformity (51)** and **Smooth (61)** – stable, well-hydrated skin renews more evenly.

Key ingredients and how they help

1. **Panthenol 5%**

- Powerful **barrier repair** and **soothing** ingredient.
- Reduces irritation, helps skin hold moisture, and improves comfort.

2. **Butylene Glycol 12% + Propylene Glycol 2.715%**

- Strong **hydration** and helps other ingredients penetrate efficiently.

3. **Bifida Ferment Filtrate 0.05% & Lactobacillus/Soybean Ferment Extract 0.05%**

- Ferment ingredients that support the **skin barrier and microbiome**, helping the skin become more **resilient** over time.

4. **Andrographis Paniculata / Kalanchoe Spathulata Extract**

- Provide **antioxidant and soothing** benefits; suitable for **problem and sensitive skin**.

How to mix and use with PR13

- After opening R9+, **pour the entire 10 ml bottle into your PR13 serum bottle**.
 - This creates an optimal **serum : R9+ ratio of about 2:1**.
 - Close the PR13 bottle and **shake well** so they mix evenly.
 - You will then use this **mixed serum** as your single main active serum to gently handle acne while protecting your sensitive skin.
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3. Ultra Renovating Serum RV24

Why it suits you and what it improves

RV24 is helpful for your **color uniformity (51)** and **spot (71)**, and can support overall hydration and tone evenness without being too harsh. It's more of a **brightening and tone-correcting** serum, which is a secondary priority after controlling acne and sensitivity.

It supports:

- **Color uniformity (51)** – helps even overall skin tone and reduce dullness.
- **Spot (71)** – can help gradually fade post-acne marks if they appear.
- **Smooth (61)** – hydration and barrier care help maintain smoother texture.

Given your young age and sensitivity, RV24 should be introduced **later** and used gently, focusing more on prevention and mild brightening rather than aggressive spot treatment.

Key ingredients and how they help

1. Tranexamic Acid 3%

- Helps **reduce melanin formation**, supporting **brightening and spot fading**.
- Good for post-acne marks and uneven tone.

2. Niacinamide 2%

- Supports **even tone, barrier repair, and antioxidant protection**.
- Complements tranexamic acid for gentle brightening.

3. Hydrators (Glycerin, Propylene Glycol, 1,3-Propanediol, Sodium Hyaluronate 0.2%)

- Provide **hydration** to keep skin plump and comfortable, important for sensitive skin.

4. Allantoin 0.1% and soothing plant extracts

- Mild **soothing** and conditioning, which is helpful considering your redness tendency.
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4. Personalized skincare routine and lifestyle suggestions

Morning Routine

1. Cleanse

- Use a **mild, non-stripping cleanser** with lukewarm water.
- Gently pat dry with a soft towel; do not rub.

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

- Use the **mixed serum** (PR13 bottle after you poured the entire R9+ into it and shook well).
- Apply a small amount to the whole face or mainly acne-prone/red areas.

- Start with **every other morning**; if your skin feels comfortable after 1-2 weeks, you can slowly increase to daily morning use.

3. Moisturizer + Sunscreen

- Apply a **light, non-comedogenic moisturizer** suited for neutral/sensitive skin.
 - Follow with a **broad-spectrum sunscreen** every morning (even on cloudy days). This is critical to prevent **dark marks and uneven tone** and to protect your already-sensitive skin.
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Evening Routine

1. Cleanse

- Gently cleanse to remove sweat, sunscreen, and pollution. Avoid hot water to reduce redness.

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

- Use the **same mixed serum** in the evening.
- Again, start with **every other night**. If your skin is not stinging or getting more red after 1-2 weeks, you may increase to **once daily at night**, and if still well-tolerated, you can use **morning and night**.
- If your skin feels very irritated or overly dry, reduce to **2-3 times per week** and focus more on gentle moisturizing.

3. Optional Brightening Serum (RV24)

- After your skin is **comfortable** with the mixed PR13 + R9+ (no extra redness or stinging), you can **add RV24** in the evening **on alternate nights** (for example: one night mixed serum, next night RV24 only).
 - Apply a thin layer to face, **avoiding the immediate eye area**.
 - Follow with a simple moisturizer.
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Lifestyle Suggestions

1. Diet and hydration

- Aim to drink **enough water throughout the day**; proper hydration supports your **barrier and healing**, helping acne marks and redness recover better.
- Use the **Skin Beauty Pal App's hydration reminder** to help you remember to drink regularly.
- Maintain a **balanced diet** with fruits, vegetables, and enough protein. Try to avoid very greasy, ultra-processed, or super sugary foods too often, as they can sometimes worsen breakouts in some people.

2. Sun protection and environment

- UV light can **worsen redness, cause new spots, and delay healing** of acne marks, even if you don't feel burned.
- Apply **sunscreen every morning**, reapplying if you are outdoors for long periods.
- Use the **Skin Beauty Pal App's UV reminder** to know when UV is high and when to be extra careful.
- Try to avoid **overheating, hot showers, and harsh wind** on your face, as these can increase redness and sensitivity.

3. Sleep and habits

- Aim for **regular, sufficient sleep**, as lack of sleep can **worsen dark circles**, increase inflammation, and slow skin recovery.
- Try to **limit late-night screen time**, especially close to bedtime, to help sleep quality and reduce eye strain.
- Avoid **rubbing or picking at pimples**; this can increase redness, cause scars or dark marks, and lower your spot and color uniformity scores over time.
- Keep your **pillowcases and face towels clean**, and avoid heavy hair products touching your forehead to reduce acne triggers.

By following a **simple, gentle routine** with focus on **acne control, calming, and protection**, and using your PAL serums thoughtfully, you support your skin's long-term health, especially important at your age and sensitivity level.

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.