

Nuruddin ansari gh's Skin Analysis Report

1. Overall skin condition summary

Overall condition

Nuruddin, you describe your skin type as **neutral** and **quite sensitive**, which usually means your skin is not very oily or very dry, but it can react easily to stronger products or environmental changes. Your scores show **acne**, **redness**, and **dark circles** as the key concerns, while most other dimensions are around average or better.

Main strengths and concerns

Your strengths are **pores**, **wrinkles**, and **spots**: your pore (83) and wrinkle (94) scores are strong for your age, meaning you do not need aggressive anti-aging or pore treatments. Dark spots are also relatively controlled (71). The main concerns are **acne (20)**, **redness (30)**, and **dark circles (40)**, plus a moderate need to improve **overall tone and smoothness**.

Possible factors affecting skin condition

As a **13-year-old male**, hormones can drive breakouts and occasional redness. Your **neutral but quite sensitive skin** means strong exfoliants and harsh routines may easily irritate you. Lifestyle factors like **sleep, stress, studying late, screen time, and inconsistent sun protection** can worsen acne, redness, and dark circles.

2. Analysis of each skin dimension

Skin Indicator	Score	Key focus and details
Acne	20	<p>Very low score - main priority. This suggests frequent or obvious pimples/comedones. At your age, hormones play a big role. Focus on gentle oil control and pore-clearing, not harsh scrubbing. Helpful ingredients: low-dose salicylic acid (BHA) to clear pores and reduce acne, niacinamide for oil balance and barrier support, and soothing agents (allantoin, panthenol) to reduce irritation.</p>
Redness	30	<p>Low score - possible sensitivity and irritation tendency. Redness may come from inflammation around pimples, sensitive skin, or barrier weakness. Avoid over-exfoliating and very strong actives. Look for soothing, barrier-supporting ingredients such as panthenol, ferments (Bifida, Lactobacillus), niacinamide at moderate levels, and calming plant extracts. Always pair actives with barrier repair.</p>
Dark Circle	40	<p>Below average - secondary concern. Dark circles can be linked to genetics, thin skin, eye rubbing, allergies, or lack of sleep. Skincare can only help a bit; lifestyle is very important. Gentle hydration and brightening around the eye area (from overall brightening serums, not strong acids directly on the eye) and good sleep habits are key.</p>
Color uniformity	51	<p>Slightly below average. This suggests mild uneven tone or dullness, possibly from post-acne marks, sun exposure, or mild pigmentation. Focus on brightening and anti-inflammatory ingredients such as tranexamic acid, niacinamide, and hydrating agents that support a more even, healthy-looking skin tone. Daily sunscreen (not listed among products, but essential) is very important.</p>

Skin Indicator	Score	Key focus and details
Smooth	61	<p>Around average. Skin texture is generally okay, with some roughness likely from acne or mild congestion. Gentle chemical exfoliation at low strength (like low-dose salicylic acid) plus hydration and barrier support can smooth the surface over time. Avoid physical scrubs that may worsen sensitivity and redness.</p>
Spot	71	<p>Better than average. Dark spots and hyperpigmentation are present but not your main issue. The focus should be preventing new marks from acne and slowly improving existing uneven tone. Tranexamic acid and niacinamide are great to keep in your routine, together with sun protection.</p>
Pore	83	<p>Strong area. Pores are relatively refined and not a major concern. You only need light pore maintenance via gentle BHA and oil control, mainly to prevent worsening acne, not to shrink pores aggressively. Over-treating pores could irritate your sensitive skin, so keep it gentle.</p>
Wrinkle	94	<p>Excellent - very low concern at your age. Fine lines or wrinkles are not an issue now. Strong anti-aging actives (like retinoids) are not necessary as a focus. Your priority should remain on acne, redness, and tone, plus gentle barrier care, rather than intensive anti-aging.</p>

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 you, this is the best first active serum because it directly targets your **main problem: acne (20)**, while still being **gentler** and more barrier-friendly than stronger exfoliant options. It helps with:

- **Acne & congestion** (Acne, Smooth)
- Mild **oil control** without over-drying
- Supporting your **sensitive, redness-prone skin** rather than irritating it

Key ingredients and how they help

- **Salicylic Acid 0.15%**: A low-dose BHA that gently exfoliates inside pores, helping prevent and treat pimples and blackheads. This level is appropriate for **quite sensitive** skin and your age when used correctly.
- **Niacinamide 2%**: Balances oil, supports the skin barrier, and helps reduce redness and post-acne marks over time.
- **Allantoin 0.1%**: Soothing and anti-inflammatory, which is important for your **low redness score (30)** and sensitivity.
- **1,3-Propanediol / Propylene Glycol**: Provide base-level hydration so the serum is less drying.

Overall, PR13 focuses on **gentle, long-term control of acne and texture** while respecting your sensitivity.

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

Why it suits you and what it improves

R9+ is ideal for your "**quite sensitive**" skin and low **redness score (30)**. It does not directly treat acne or pigmentation but is very important to:

- **Strengthen your skin barrier**
- **Reduce irritation** from actives like salicylic acid
- Improve your skin's **tolerance over time**, helping you continue acne care without triggering more redness or stinging

For you it supports:

- **Redness**, sensitivity and barrier stability
- Indirectly helps with **acne** by keeping the barrier healthy so you can stay consistent with treatment

Key ingredients and how they help

- **Panthenol 5%**: A high level of provitamin B5 that strongly **repairs and soothes** the skin barrier, reduces irritation, and helps calm redness.
- **Butylene Glycol 12% / Propylene Glycol 2.715%**: Deep hydration and help other ingredients penetrate more evenly.
- **Bifida Ferment Lysate & Lactobacillus/Soybean Ferment Extract 0.05% each**: Ferment ingredients that support **barrier defense and microbiome balance**, very beneficial for sensitive and problem-prone skin.
- **Kalanchoe Spathulata Extract (Andrographis-type soothing)**: Antioxidant and soothing benefits, suitable for sensitive and problem skin.

How to use (mixing with PR13)

- After opening R9+, **pour the entire bottle of R9+ into your PR13 Pore Refining Serum bottle**.
- This gives a **serum : R9+ = 2 : 1** ratio (optimal).
- Close and **shake well** so they are fully mixed.
- You will then use this **mixed serum** as your main treatment serum.

This mixed serum becomes your **daily “acne-control + repair + soothing”** product, well-suited to your sensitive teenage skin.

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

Why it suits you and what it improves

After acne and barrier stability, your next concern is **color uniformity (51)** and **dark circle (40)**, plus prevention of future spots. RV24 focuses on:

- Improving **overall brightness and even tone**
- Helping reduce **post-acne marks** and dullness
- Supporting **hydration and mild barrier repair**

This helps your **Color uniformity**, **Spot**, and slightly benefits **Dark circle** appearance (when used generally on the face; avoid close to the eyes if your skin is very sensitive there).

Key ingredients and how they help

- **Tranexamic Acid 3%**: A strong but well-tolerated **brightening ingredient** that helps fade dark marks, uneven tone, and prevents excess melanin production.
- **Niacinamide 2%**: Adds extra brightening, supports barrier repair, provides antioxidant benefits, and helps reduce redness and post-inflammatory marks from acne.
- **Sodium Hyaluronate 0.2% + Glycerin / Propylene Glycol / 1,3-Propanediol**: Multi-layer hydration, which keeps your skin plump and supports a healthier barrier.
- **Ceramide NP (0.005%) + soothing plant extracts (Chamomilla, etc.)**: Light barrier support and soothing, good for your sensitivity.

You can introduce RV24 slowly (e.g., a few evenings per week) once your skin is stable and used to your **PR13 + R9+ mixed serum**.

4. Skincare routine and lifestyle suggestions

Morning Routine

1. Cleanser

- Use a mild, non-stripping cleanser suitable for neutral/sensitive skin.
- Avoid scrubs or very foamy, drying washes.

2. Treatment Serum (**PR13 + R9+ mixed serum**)

- After cleansing, on dry skin, apply the **mixed PR13 + R9+ serum** (a pea-sized amount or a thin layer over the face, avoiding the eye area and any broken skin).
- This helps control acne and support your barrier at the same time.

3. Moisturizer + Sunscreen

- Apply a **light, non-comedogenic moisturizer** suitable for sensitive skin.

- In the final step, use a **broad-spectrum sunscreen** every morning (SPF as recommended for your region and age), especially important if you are outdoors at school or playing sports.
- The Skin Beauty Pal App's **UV reminder** can help you remember to reapply when needed.

Evening Routine

1. Gentle Cleanser

- Wash your face with the same mild cleanser (especially important after sweating, sports, or wearing sunscreen).

2. Treatment Serum

- Use your **mixed PR13 + R9+ serum** again after cleansing, unless your skin feels very irritated that day—in that case, you may skip actives for one night and just moisturize.
- Once your skin is stable and less reactive, you can **add RV24** on certain evenings:
 - Option A: On nights you use RV24, apply **RV24 after cleansing**, let it absorb, then follow with moisturizer.
 - Option B (for sensitive skin): Use **RV24 on different nights** than your PR13 + R9+ serum to see how your skin tolerates it.

3. Moisturizer

- Finish with a mild, fragrance-free moisturizer to lock in hydration and support overnight repair.

Lifestyle Suggestions

Diet and hydration

- Aim for **balanced meals** with enough vegetables, fruit, and protein; very oily, sugary, or heavily processed foods can make acne worse for some people.
- Drink enough water throughout the day; your body (and skin) need it for repair and balance. You can use the **Skin Beauty Pal App's hydration reminder** to help you remember to drink water regularly.

Sun protection and environment

- UV exposure can **worsen redness, dark marks, and uneven tone**, even at a young age.
- Try to:
 - Use sunscreen daily (especially when outdoors for school, sports, or activities).
 - Wear a hat or seek shade during strong midday sun.
 - Avoid staying in very hot, stuffy, or polluted environments for long periods when possible, as these can aggravate redness and acne.
- The **UV reminder** in the Skin Beauty Pal App can help you time your sunscreen use.

Sleep and habits

- **Late nights and too little sleep** can make acne and **dark circles (40)** worse. Try to keep a regular sleep schedule as much as possible.
- Avoid rubbing or picking at pimples; this can increase redness, scarring, and uneven tone.
- Keep your **pillowcases, towels, and phone screen clean**, as they touch your face daily and can contribute to breakouts.
- Take occasional photos and use the **Skin Beauty Pal App's AI analysis** to track changes in acne, redness, and tone over time; this helps you see what habits and routines work best for your skin.

By focusing on **gentle acne control, strong barrier repair with R9+**, and gradual **brightening with RV24**, you support both your current concerns and your long-term skin health.

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.