

# Skin Analysis Report

## Overall Skin Condition Description

Dear 王小美,

Based on your self-assessment, you have combination skin with minor sensitivity, and your test results show that your skin currently has **more concerns in acne, pores, wrinkles (early lines), redness, spots, and dark circles**, while **color uniformity and smoothness are relatively better**. Your skin is not in bad condition overall, but it is under some stress and would benefit from focused care to improve texture, control breakouts, protect the barrier, and prevent early aging.

Your main **strengths** are:

- **Color uniformity (66)**: Overall complexion is fairly even, without severe patchy discoloration.
- **Smoothness (52)**: Skin texture is around average; not extremely rough, though some unevenness and small bumps may exist.

Your main **concerns** are:

- **Wrinkles (20)**: Early fine lines and decreased firmness may be starting; this is a key area to address preventively.
- **Acne (23) & Pores (30)**: Congestion, blackheads/whiteheads, visible pores and breakouts are important issues.
- **Dark circles (34) & Spots (40)**: Signs of fatigue and early pigmentation need attention.
- **Redness (45)**: Mild barrier fragility and potential hidden sensitivity; redness suggests your skin may be **more sensitive than you think**, especially with your “minor sensitivity” self-rating.

Possible factors influencing your skin:

- **Gender (female)**: Hormonal fluctuations (cycle, stress) can trigger acne, worsen redness, and affect dark circles.
- **Combination skin**: T-zone is likely oily with larger pores and acne; cheeks may be normal to dry, more prone to redness and early lines if dehydrated.

- **Minor sensitivity + redness:** Your barrier is likely a bit weakened; strong acids or over-cleansing can easily cause flushing, stinging, and more breakouts.
- **Lifestyle (likely):** Screen time, late nights, UV exposure, and stress often contribute to dark circles, fine lines, and pigmentation, especially at your life stage.

## Skin Attribute Analysis

Skin Indicator	Score	Key Focus & Details
Wrinkle	20	This low score suggests <b>early fine lines and reduced firmness</b> , especially around the eyes and smile lines. For combination, slightly sensitive skin, you should use <b>gentle anti-aging</b> rather than aggressive retinoids. Look for <b>retinyl palmitate (Vitamin A derivative)</b> and <b>peptides</b> to stimulate collagen and smooth lines, plus <b>hydrating and barrier-supportive ingredients</b> like glycerin and emollients. Daily sun protection is essential to prevent these lines from deepening.
Acne	23	This indicates <b>frequent breakouts, clogged pores, or inflammatory acne</b> , particularly in the T-zone. As you have combination skin with minor sensitivity, you need <b>oil-controlling yet barrier-friendly care</b> . Ingredients to prioritize: <b>salicylic acid (BHA)</b> to clean pores and reduce blackheads, <b>niacinamide</b> to regulate oil and strengthen the barrier, and <b>soothing agents</b> like allantoin and plant extracts to calm inflammation. Avoid harsh scrubs or over-washing, which can worsen both acne and redness.

Skin Indicator	Score	Key Focus & Details
Pore	30	Enlarged, visible pores and congestion are evident. This usually goes hand-in-hand with your acne score. <b>BHA (salicylic acid)</b> is ideal to clear out sebum and dead skin, while <b>niacinamide</b> helps refine and tighten pores over time. Consistent, gentle exfoliation and thorough makeup/sunscreen removal are crucial. Hydration (not just oil-control) also visually minimizes pores by plumping the skin surface.
Dark Circle	34	This suggests <b>noticeable under-eye darkness</b> , likely from lack of sleep, screen exposure, or vascular/genetic factors. While the provided products are not eye-specific, <b>overall skin health, barrier repair, and anti-aging</b> (like peptides and Vitamin A derivatives) can indirectly help. You should also rely on <b>sleep optimization</b> , gentle massage, and strict sun protection around the eye area to prevent further darkening.
Spots	40	You have <b>mild to moderate pigmentation or post-acne marks</b> . This can be from past breakouts, sun exposure, or hormonal changes. Look for <b>brightening and anti-spot ingredients</b> such as <b>tranexamic acid, niacinamide</b> , and <b>hydrating agents</b> that support barrier repair. Consistent use over weeks to months plus <b>daily sunscreen</b> will gradually fade spots and prevent new ones.

Skin Indicator	Score	Key Focus & Details
Redness	45	Redness is slightly below average and, together with your “minor sensitivity,” suggests <b>a reactive barrier</b> . You may experience flushing after heat, spicy foods, or strong skincare. You should use <b>barrier-repairing, soothing ingredients</b> such as <b>panthenol (Vitamin B5), fermented ingredients</b> (to support the microbiome), and calming plant extracts, and avoid overuse of high-strength acids. This also means introducing active serums slowly and paying attention to any stinging or burning.
Smoothness	52	This is close to average, meaning your skin feels <b>moderately smooth but not refined</b> , with some roughness, tiny bumps, or texture from acne and pores. Gentle, regular exfoliation with <b>low-percentage salicylic acid and/or AHA</b> , plus good hydration and barrier support, will gradually refine the skin surface and enhance radiance.
Color Uniformity	66	This is one of your better aspects. Your overall complexion is <b>relatively even</b> , though local issues like spots and dark circles still exist. To maintain and further improve this, focus on <b>pigmentation control (tranexamic acid, niacinamide)</b> and <b>consistent sun protection</b> . Hydration and barrier strengthening will help keep your tone stable and reduce blotchiness.

Note: A score of 100 indicates perfect skin quality; a score of 60 indicates average.

## Personalized Recommendations

Based on your skin concerns, these products are listed by priority. For best results, use the full routine.

## 1. Ultra Youth Activating Serum A18 (Primary Anti-Aging & Overall Repair)

### Why it's suitable for you:

Your **wrinkle score is the lowest (20)**, which means early aging signs need priority care. As a combination, mildly sensitive skin type, you need **gentle, well-balanced anti-aging** rather than harsh retinoids. A18 focuses on **fine line reduction, elasticity, and long-term prevention** while also supporting moisture and barrier function.

### Key ingredients & benefits for your skin:

- **Retinyl Palmitate (0.5%)**: A gentler Vitamin A derivative that supports **cell turnover, collagen production, and wrinkle reduction** with lower irritation risk—suitable for your minor sensitivity when introduced gradually.
- **Dual peptides (including Acetyl Hexapeptide-8)**: Help **smooth dynamic fine lines** (forehead, eye area, smile lines) and improve firmness.
- **Babassu Oil Glycereth-8 Esters (7%) + Hydrogenated Polyisobutene (0.9%)**: Provide **nourishing, non-occlusive emollient**, improving skin softness without being too heavy for combination skin.
- **Glycerin (5%) + Allantoin + Dipotassium Glycyrrhizate**: Offer **hydration and soothing**, supporting your mildly sensitive, redness-prone barrier.

This serum will help with **wrinkles, smoothness, and overall resilience**, indirectly improving unevenness and dullness over time.

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## 2. Ultra Blemish Defense Serum BD14 (Acne, Pores & Texture Control)

### Why it's suitable for you:

With **very low acne (23) and pore (30) scores**, you need a targeted product to **unclog pores, reduce breakouts, and refine texture**. BD14 provides a **stronger exfoliating/anti-acne action**, which is effective for your congestion, but must be used carefully due to your minor sensitivity.

**Key ingredients & benefits for your skin:**

- **Salicylic Acid (1.5%)**: Penetrates deep into pores to **dissolve excess sebum and dead skin**, reducing blackheads, whiteheads, and inflammatory acne. It also helps improve rough texture.
- **Glycolic Acid (0.5%)**: An AHA that gently **exfoliates the skin surface**, helping with post-acne marks and improving overall smoothness and glow.
- **Niacinamide (0.5%)**: Helps **regulate oil production, refine pores, improve uneven tone**, and support your skin barrier—very suitable for combination, acne-prone skin.
- **Allantoin + Houttuynia Cordata Extract + Corallina Officinalis Extract**: Provide **soothing and anti-inflammatory** effects, which are beneficial for your redness and minor sensitivity.

Because of the relatively high salicylic acid content, you should **start every other evening**, watching for irritation, and always pair with sunscreen during the day.

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### 3. B5 Yeast Extreme Repair Serum R9+ (Barrier Repair & Sensitivity Care / Mixable Booster)

**Why it's suitable for you:**

Your **redness (45)** and “minor sensitivity,” along with active exfoliation needs, mean your barrier needs strong, ongoing support. R9+ is ideal to **soothe, deeply hydrate, and repair both the physical and microbiome barrier**, which is crucial when you're using actives like salicylic acid and retinyl palmitate.

**Key ingredients & benefits for your skin:**

- **Panthenol (Vitamin B5, 5%)**: Powerful **barrier-strengthening and soothing** agent; reduces redness, irritation, and dryness while improving moisture retention.
- **Bifida Ferment Lysate + Lactobacillus/Soybean Ferment**: Support the **skin's microbiome**, helping skin become **less reactive over time** and more resilient to environmental and product stress.
- **Kalanchoe Extract**: Offers **anti-inflammatory and antioxidant** benefits, calming redness and helping repair after breakouts.
- **Humectant base (Butylene Glycol, Propylene Glycol)**: Draw moisture into the skin, assisting in plumping and improving smoothness.

You can use R9+ **alone as a repairing essence** or **mix it with a corrective serum** (e.g., A18) following the provided 2:1 ratio for a convenient, barrier-friendly active blend.

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## Personalized Skincare Routine & Lifestyle Guidance

### Morning Routine

#### 1. **Cleanse (gentle, low-foam cleanser)**

- Use a mild, non-stripping cleanser suited for combination skin.
- Focus on the T-zone (forehead, nose, chin) where oil and pores are more prominent; be gentler on the cheeks to avoid over-drying.

#### 2. **Ultra Youth Activating Serum A18**

- After patting your skin dry, apply **a small amount** of A18 to the entire face and neck.
- For your minor sensitivity, start with **once a day (morning or night)**; if your skin tolerates well after 1–2 weeks (no stinging, peeling, or obvious redness increase), you can use **morning and evening**.
- Avoid direct application too close to the eyes at first; build up gradually.

#### 3. **B5 Yeast Extreme Repair Serum R9+ (optional booster step in the morning)**

- If your skin feels tight or easily red in the morning, apply a thin layer of R9+ after A18, or
- **Mixing option:** You may mix R9+ with A18 in a clean bottle at a **2:1 ratio (R9+:A18)** as allowed, then use that blend as your main serum. This softens the impact of Vitamin A and peptides while boosting repair.
- Do not try to mix in your palm (difficult to control); follow the bottle-mixing method only.

#### 4. **Moisturizer (lightweight, non-comedogenic)**

- Choose a gel-cream or light lotion to **balance hydration without clogging pores**.

- Apply more on the drier cheek area and a little less on the T-zone.

## 5. Sunscreen (essential, SPF 30 or above, broad spectrum)

- Apply generously every morning, even on cloudy days.
  - This protects against **worsening wrinkles, spots, redness, and dark circles** and is especially important because:
    - You're using **exfoliating acids (BD14)** at night.
    - You're using **Vitamin A derivative (A18)**.
  - Reapply every 2–3 hours if outdoors.
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## Night Routine

### 1. Cleanse (double-cleanse if wearing makeup/sunscreen)

- If you use heavy sunscreen or makeup, start with an **oil/cleansing balm**, then follow with your gentle cleanser.
- This helps prevent clogged pores and acne without harsh scrubbing.

### 2. Ultra Blemish Defense Serum BD14 (exfoliating/anti-acne step)

- After cleansing and drying your face, apply a **thin, even layer** of BD14 to acne-prone and pore-congested areas (usually T-zone and jawline).
- Because your skin shows minor sensitivity:
  - **First 2 weeks:** Use **every other night**.
  - If well tolerated (no excessive redness, stinging, flaking), you can increase to **once daily at night** as needed.
- Avoid using it right up to the eye area or on very irritated, broken skin.

### 3. B5 Yeast Extreme Repair Serum R9+ (key night repair step)

- After BD14 has absorbed (wait about 5–10 minutes), apply R9+ generously over the whole face and neck.
- This helps **calm any potential irritation**, supports the microbiome, and restores the barrier after acids.
- On nights when your skin feels more sensitive, consider **skipping A18** and focusing only on **BD14 + R9+ + moisturizer**, or even just **R9+ + moisturizer**.



#### 4. Ultra Youth Activating Serum A18 (alternate with BD14 when needed)

- To avoid over-irritation, you can:
  - Use **A18 on nights when you skip BD14**, or
  - If your skin adapts well, use **BD14 first, then A18 after a short wait**, followed by R9+ and moisturizer.
- Observe your skin carefully; if you notice increased redness, tightness, or sensitivity, **reduce frequency** of one or both active serums.

#### 5. Moisturizer

- At night, you may choose a **slightly richer cream** than in the morning on your drier areas, especially cheeks and under the eyes, to combat early lines and dryness.
  - Still keep the T-zone lighter to prevent congestion.
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## Lifestyle Guidance

#### 1. Hydration Habits

- Aim for roughly **1.5-2 liters of water per day**, adjusting for your body weight, exercise level, and climate.
- Try to **sip regularly** throughout the day (e.g., 1 glass every 1-2 hours) instead of drinking a lot at once.
- You can use the **Skin Beauty Pal App's Hydration Reminder**:
  - It helps calculate your personal water needs based on **gender, weight, environment, and cup size**, and
  - Sends **regular reminders** so you stay consistent—this supports skin plumpness, smoothness, and helps reduce dullness and dark circles.

#### 2. Sun Protection & Environmental Factors

- UV exposure worsens **wrinkles, spots, redness, and uneven tone**, especially when you're using actives like salicylic acid and Vitamin A derivatives.
- Besides daily sunscreen, consider:
  - Wearing **hats, sunglasses, and seeking shade** during midday sun.
  - Avoiding prolonged direct sun exposure, particularly the day after strong exfoliation.

- The **Skin Beauty Pal App's UV Protection Alert** can:
  - Track the **UV index in your area**,
  - Combine it with your **skin tone, sunscreen SPF, and outdoor time**, and
  - Remind you **when to reapply sunscreen**, helping prevent new spots and premature aging.

### 3. **Sleep & Daily Routine Adjustments**

- Aim for **7-8 hours of quality sleep** each night; try to sleep before **11:00 pm** when skin repair activity peaks.
- Reduce screen time **1 hour before bed** or use night mode to help with both **dark circles and overall recovery**.
- Manage stress with light exercise, stretching, or breathing exercises—chronic stress can trigger acne and redness.
- Avoid frequent touching or picking at your face; this worsens **acne, redness, and post-inflammatory spots**.

If you'd like more detailed, one-on-one guidance, adjustments based on your real-life product reactions, or evaluation of specific cleansers/moisturizers you're using, you can **book a consultation with a dermatologist directly through the Skin Beauty Pal platform**. A dermatologist can also assess your redness and sensitivity in more depth and fine-tune your active usage.

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.

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