

Personalized Skincare Report

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Analysis Summary

Found 15 relevant genetic markers for skincare analysis.

Detailed Analysis

=== PERSONALIZED SKINCARE REPORT === GENETIC RISK ASSESSMENT
----- Gene: CAT (Antioxidant) Risk Level: Medium Affects: Antioxidant Capacity
Gene: CLOCK (Circadian) Risk Level: Low Affects: Circadian Rhythm Response Gene:
COL1A1 (Collagen) Risk Level: Medium Affects: Collagen Production, Elastin Quality Gene:
CYP17A1 (Acne) Risk Level: Low Affects: Sebum Production Gene: CYP26A1 (Sensitivity)
Risk Level: Low Affects: Product Sensitivity Gene: ERCC2 (DNA Repair) Risk Level: Medium
Affects: DNA Repair Capacity Gene: FLG (Barrier Function) Risk Level: High Affects: Barrier
Function, Hydration Level Gene: IL6 (Inflammation) Risk Level: High Affects: Immune Activity,
Inflammatory Response Gene: MC1R (Pigmentation) Risk Level: High Affects: Melanin
Production, UV Sensitivity Gene: SLC45A2 (Pigmentation) Risk Level: High Affects: Melanin
Production Gene: SOD2 (Antioxidant) Risk Level: Medium Affects: Antioxidant Capacity
Gene: TNF- α (Inflammation) Risk Level: High Affects: Immune Activity, Inflammatory
Response Gene: TYR (Pigmentation) Risk Level: High Affects: Melanin Production DAILY
SKINCARE ROUTINE ----- Cleanser: Primary Options: Arbutin, Azelaic Acid,
Centella Asiatica, Ceramides, Colloidal Oatmeal, Hyaluronic Acid, Niacinamide, Retinoids,
Tranexamic Acid, Vitamin C (L-Ascorbic Acid), Vitamin E (Tocopherol), Zinc Oxide Alternative
Options: Aloe Vera, Bakuchiol, Beta Glucan, Green Tea Extract, Kojic Acid, Peptides,
Polyglutamic Acid, Squalane Notes: Gentle cleansing based on skin characteristics
Treatment: Primary Options: Arbutin, Azelaic Acid, Centella Asiatica, Ceramides, Colloidal
Oatmeal, Hyaluronic Acid, Niacinamide, Retinoids, Tranexamic Acid, Vitamin C (L-Ascorbic
Acid), Vitamin E (Tocopherol), Zinc Oxide Alternative Options: Aloe Vera, Bakuchiol, Beta
Glucan, Green Tea Extract, Kojic Acid, Peptides, Polyglutamic Acid, Squalane Notes: Target
specific skin concerns Moisturizer: Primary Options: Arbutin, Azelaic Acid, Centella Asiatica,
Ceramides, Colloidal Oatmeal, Hyaluronic Acid, Niacinamide, Retinoids, Tranexamic Acid,
Vitamin C (L-Ascorbic Acid), Vitamin E (Tocopherol), Zinc Oxide Alternative Options: Aloe
Vera, Bakuchiol, Beta Glucan, Green Tea Extract, Kojic Acid, Peptides, Polyglutamic Acid,
Squalane Notes: Barrier support and hydration Sun Protection: Primary Options: Arbutin,
Azelaic Acid, Centella Asiatica, Ceramides, Colloidal Oatmeal, Hyaluronic Acid, Niacinamide,
Retinoids, Tranexamic Acid, Vitamin C (L-Ascorbic Acid), Vitamin E (Tocopherol), Zinc Oxide
Alternative Options: Aloe Vera, Bakuchiol, Beta Glucan, Green Tea Extract, Kojic Acid,
Peptides, Polyglutamic Acid, Squalane Notes: UV protection based on sensitivity
RECOMMENDED INGREDIENTS ----- Vitamin C (L-Ascorbic Acid): Benefits:
Antioxidant Capacity, Collagen Production, Elastin Quality, Melanin Production, UV Sensitivity
Evidence Level: Strong Vitamin E (Tocopherol): Benefits: Antioxidant Capacity Evidence

Level: Strong Retinoids: Benefits: Collagen Production, Elastin Quality Evidence Level: Strong
Ceramides: Benefits: Barrier Function, Hydration Level Evidence Level: Strong Colloidal
Oatmeal: Benefits: Barrier Function, Hydration Level Evidence Level: Strong Hyaluronic Acid:
Benefits: Barrier Function, Hydration Level Evidence Level: Strong Niacinamide: Benefits:
Immune Activity, Inflammatory Response, Melanin Production, UV Sensitivity Evidence Level:
Strong Tranexamic Acid: Benefits: Melanin Production, UV Sensitivity Evidence Level: Strong
Arbutin: Benefits: Melanin Production, UV Sensitivity Evidence Level: Strong Zinc Oxide:
Benefits: Immune Activity, Inflammatory Response, Melanin Production, UV Sensitivity
Evidence Level: Strong Azelaic Acid: Benefits: Immune Activity, Inflammatory Response
Evidence Level: Strong Centella Asiatica: Benefits: Immune Activity, Inflammatory Response
Evidence Level: Strong **INGREDIENTS TO AVOID/USE WITH CAUTION**

----- Sodium Lauryl Sulfate (Avoid): Reason: Disrupts barrier function,
particularly risky with FLG mutations Alternatives: Gentle sulfate-free cleansers Denatured
Alcohol (Avoid): Reason: Can severely compromise impaired skin barrier Alternatives:
Glycerin, Butylene Glycol Bergamot Oil (Avoid): Reason: Can cause photosensitivity and
irregular pigmentation Alternatives: Photostable botanical extracts Unstable Antioxidants
(Avoid): Reason: Can become pro-oxidant in certain conditions Alternatives: Stable
antioxidant formulations Benzoyl Peroxide (Use with Caution): Reason: Can cause increased
inflammation in sensitive skin Alternatives: Azelaic Acid, Niacinamide Hydroquinone (Use with
Caution): Reason: May cause paradoxical hyperpigmentation in some individuals Alternatives:
Kojic Acid, Vitamin C, Arbutin Retinol (Use with Caution): Reason: May cause increased
irritation in individuals with retinoid metabolism variants Alternatives: Bakuchiol, Peptides
Synthetic Fragrances (Use with Caution): Reason: Common trigger for sensitive skin
reactions Alternatives: Fragrance-free formulations Tretinoin (Use with Caution): Reason:
Higher risk of irritation in retinoid metabolism variant carriers Alternatives: Bakuchiol,
Niacinamide High-concentration Vitamin C (Use with Caution): Reason: May cause oxidative
stress in sensitive individuals Alternatives: Lower concentrations, stable derivatives Chemical
Sunscreen Filters (Use with Caution): Reason: May cause reactions in sensitive individuals
Alternatives: Mineral sunscreens Essential Oils (Use with Caution): Reason: May irritate
sensitive or barrier-compromised skin Alternatives: Fragrance-free alternatives
High-concentration AHAs (Use with Caution): Reason: May trigger excessive inflammation in
sensitive individuals Alternatives: PHAs, low concentration lactic acid **ADDITIONAL NOTES**
----- - Always patch test new products before full application - Introduce new products
one at a time - Monitor skin response and adjust routine as needed - Consider seasonal
adjustments to your routine

Analyzed Genetic Markers

rs61816761, rs1801260, rs16891982, rs1800629, rs361525, rs4880, rs1800795, rs2068888,
rs743572, rs1001179, rs1126809, rs2228479, rs1805007, rs1800012, rs13181

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