

# Your Personalized Skincare Genetics Report

## Summary

Found 15 relevant genetic markers for skincare analysis.

## Your Genetic Mutations

rsID	Gene	Risk Allele	Effect	Evidence	Category
rs1805007	MC1R	T	Associated with red hair, fair skin, and UV sensitivity	Strong	Pigmentation
rs2228479	MC1R	A	Affects UV response and pigmentation	Strong	Pigmentation
rs1126809	TYR	A	Affects melanin synthesis; linked to hyperpigmentation	Strong	Pigmentation
rs16891982	SLC45A2	G	Influences melanin production and pigmentation	Strong	Pigmentation
rs61816761	FLG	A	Loss-of-function variant linked to eczema and dry skin	Strong	Barrier Function
rs1800795	IL6	C	Influences inflammatory response; linked to acne/rosacea	Strong	Inflammation
rs361525	TNF- $\alpha$	A	Modulates inflammation; impacts conditions like psoriasis	Strong	Inflammation
rs1800629	TNF- $\alpha$	A	Pro-inflammatory variant exacerbates acne severity	Strong	Inflammation
rs13181	ERCC2	C	Impacts DNA repair capacity; linked to melanoma risk	Moderate	DNA Repair
rs1800012	COL1A1	T	Influences collagen type I synthesis; impacts skin elasticity	Moderate	Collagen
rs4880	SOD2	G	Modulates oxidative stress response; impacts UV-induced damage	Moderate	Antioxidant
rs1001179	CAT	A	Affects catalase activity; linked to reduced antioxidant protection	Moderate	Antioxidant
rs743572	CYP17A1	A	Regulates androgen synthesis; influences sebum production	Weak	Acne
rs2068888	CYP26A1	G	Influences retinoic acid metabolism; impacts retinoid efficacy	Weak	Sensitivity
rs1801260	CLOCK	C	Affects skin repair cycles; impacts nighttime product efficacy	Weak	Circadian

# Detailed Report

=== PERSONALIZED SKINCARE REPORT ===

## GENETIC RISK ASSESSMENT

### 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- $\alpha$  (Inflammation)

Risk Level: High

Affects: Immune Activity, Inflammatory Response

Gene: TYR (Pigmentation)

Risk Level: High

Affects: Melanin Production

## DAILY SKINCARE ROUTINE

### 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

### 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

### 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

### 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