

Your Personalized Skincare Genetics Report

Summary

Found 15 relevant genetic markers for skincare analysis.

Detailed Report

=== PERSONALIZED SKINCARE REPORT ===

GENETIC RISK ASSESSMENT

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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

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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

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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

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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

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- 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 SNPs

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