

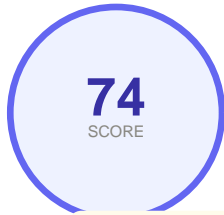
Skin Diagnosis

Comprehensive facial skin analysis · May 10, 2026



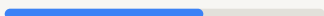
SKIN TYPE
Combination
Oily T-zone, normal cheeks

UNDERTONE
Neutral-warm
Beige with warm cast



GOOD FOUNDATION

HYDRATION
62%



BARRIER
71%



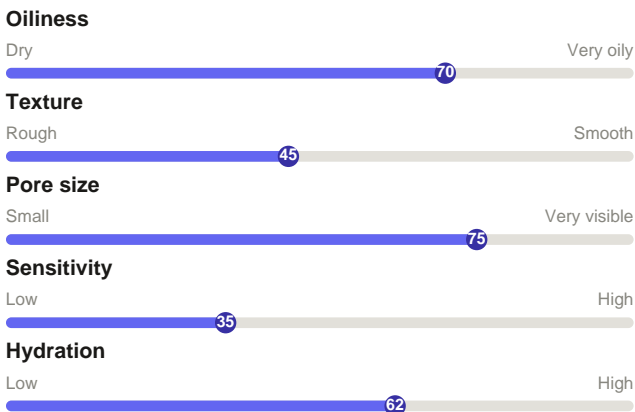
FACIAL ZONE MAP

Forehead	Smooth texture, minor fine lines beginning	MILD
Under-eye	Early fine lines, slight hollowness and dryness	MODERATE
Nose / T-zone	Minimal oiliness, slightly visible pores	MILD
Cheeks	Dry patches on cheeks, uneven skin tone visible	MODERATE
Chin & Jawline	Good definition, minor hormonal breakout tendency	MILD
Lips	Mild dryness, natural fullness, good condition	MILD

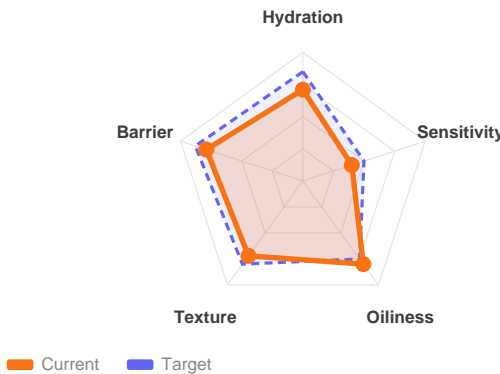
CONCERNS DETECTED

Enlarged pores SEVERE	Oiliness SEVERE	Dark circles MODERATE	Uneven texture MODERATE
Redness MODERATE	Dry lips MODERATE	Congestion MILD	Puffiness MILD

SKIN DIMENSIONS



RADAR CHART



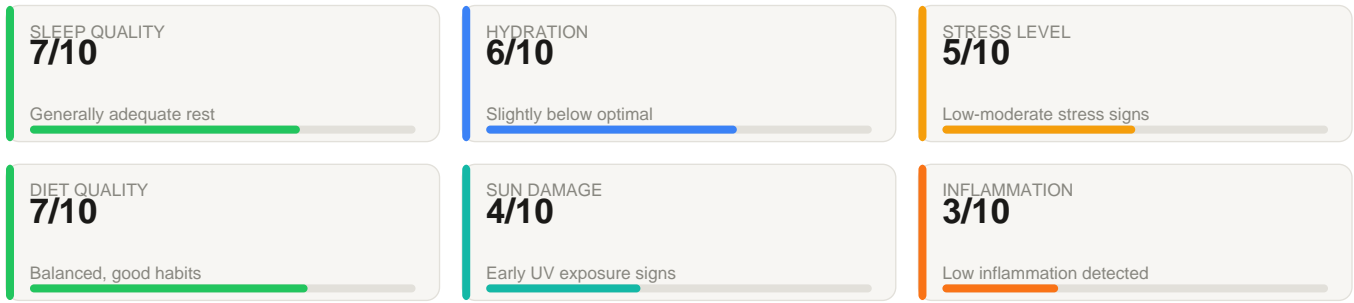
#1 Priority: Deep hydration and fine line prevention

Your skin is dry and showing early signs of dehydration lines. Consistent moisture and SPF will transform your skin in 30 days.

Health Signals

What your face reveals about your internal health and wellbeing

LIFESTYLE SCORE



FACE-BODY MAP — WHAT EACH ZONE REVEALS

Forehead Digestive system / Liver Breakouts or oiliness here often signal digestive stress or high-fat diet.	Nose Heart / Circulation Redness or broken capillaries on or around the nose link to blood pressure and circulation.
Left cheek Liver / Stomach Congestion or sensitivity on left cheek can indicate sluggish liver function.	Right cheek Lungs / Respiratory Right cheek redness or breakouts are often linked to lung health and air quality.
Chin Hormones / Reproductive Chin breakouts are strongly linked to hormonal fluctuations and stress cortisol.	Jaw Lymphatic system Jaw congestion or swelling can indicate lymphatic sluggishness or dietary excess.
Under-eye Kidneys / Adrenals Dark circles and puffiness under eyes are classic signs of kidney stress and dehydration.	Temples Gallbladder Tension lines and breakouts at temples can signal gallbladder or fat digestion issues.

NUTRIENT DEFICIENCY SIGNALS DETECTED

Omega-3 Dry flaky patches and inflammation visible LIKELY	Zinc Acne-prone zones and slow-healing marks present POSSIBLE	Iron Mild pallor and dark circles detected POSSIBLE
Vitamin D Slight dull grayish tone on cheeks LOW RISK	B12 No cracked mouth corners, low concern UNLIKELY	Vitamin C Skin brightness moderate, some dullness noted LOW RISK

Fatigue and Sleep Debt Analysis

Eye hollowness: Mild — slight volume loss under eyes, normal for age range
Skin brightness: Good overall — mild dullness on cheeks from dryness
Fine lines: Early crow feet and under-eye lines beginning to form
Overall vitality: Good — face appears healthy, rested, and well-nourished

Diet & Nutrition Plan

Personalized food prescription based on your facial analysis

MORNING PROTOCOL — FIRST HOUR AFTER WAKING

- 1 **500ml warm water + collagen peptides**
Kick-starts collagen synthesis, hydrates skin from within, reduces fine line depth
- 2 **Omega-3 rich breakfast**
Salmon, avocado, or walnuts — directly targets your skin dryness and barrier repair
- 3 **Vitamin C rich food**
Berries, kiwi or citrus — boosts collagen, brightens uneven tone, reduces dullness
- 4 **Hyaluronic-boosting foods**
Bone broth, leafy greens, sweet potato — plumps skin and improves moisture retention

EAT MORE

+ Fatty fish and avocado
Omega-3 and healthy fats — repairs your skin barrier and restores moisture

+ Collagen-rich foods (bone broth)
Directly supports elasticity and reduces early fine line formation

+ Sweet potato and pumpkin
Beta-carotene converts to vitamin A — renews skin cells and evens tone

+ Berries and citrus fruits
Vitamin C — boosts collagen synthesis and brightens dull complexion

+ Fermented foods (kefir, yogurt)
Gut health directly impacts skin moisture and tone consistency

+ Leafy greens (spinach, kale)
Iron and folate — fixes dullness and supports healthy skin cell turnover

EAT LESS

– Sugar and refined carbs
Glycation breaks down collagen — accelerates fine lines and dullness

– Alcohol
Major dehydrator — directly worsens skin dryness and accelerates aging

– Excess caffeine
Dehydrating effect on skin — worsens dryness and under-eye hollowness

– High-sodium processed foods
Draws water from skin cells — worsens dryness and uneven texture

– Seed oils and fried foods
Inflammatory omega-6 excess — disrupts skin barrier and moisture retention

– Low-fat diet foods
Healthy fats are essential for your dry skin type — never cut them out

PRIORITY SUPPLEMENT STACK

1ST Collagen peptides 10g Most impactful for your profile — reduces fine lines and improves moisture within 4-6 weeks

2ND Omega-3 2000mg Repairs skin barrier, restores moisture, reduces dryness-related dullness significantly

3RD Hyaluronic acid 200mg Oral HA supplements increase skin moisture retention and reduce fine line depth

4TH Vitamin C 500mg Boosts collagen synthesis, brightens uneven tone, and protects against UV oxidative stress

5TH Vitamin E 400 IU Works with vitamin C to protect skin lipids, strengthens barrier and reduces dryness

Attractiveness & Enhancement

Personalized beauty and grooming recommendations for your face

FACE SHAPE ANALYSIS

Detected Face Shape: Oval-heart

Oval-heart shape with slightly wider forehead tapering to a soft chin. Very feminine and versatile.

Forehead width: Slightly wider than jaw — well balanced

Face length: Longer than wide — ideal oval ratio

Jawline: Rounded, soft definition

Cheekbones: Widest point — good bone structure

GROOMING RECOMMENDATIONS

Haircut Styles

- Soft layers frame the face beautifully
- Middle or side part both work well
- Beachy waves suit your face shape perfectly
- Avoid heavy blunt cuts that hide bone structure
- Current length and wave is ideal — keep it

Brow Recommendation

Natural full brow suits your face shape perfectly. Adds jaw definition. Avoid full beard on oval face.

Feature Enhancement Tips

Lips

Your lips have natural fullness. Keep them hydrated with peptide lip balm — avoids the need for fillers.

Eyes

Retinol eye cream PM for early fine lines. Cold jade roller morning for lymphatic drainage and brightness.

Skin glow

Vitamin C serum AM + SPF 50 daily. Chemical exfoliant weekly. Hyaluronic acid serum under moisturizer.

Eyebrows

Natural full brows detected — perfect for your face. Clean only stray hairs, preserve the natural arch.

PHOTOGRAPHY & LIGHTING TIPS

Best angle

3/4 profile at 45 degrees. Emphasizes cheekbones, softens jaw. Avoid dead-on straight angle.

Best lighting

Soft front diffused light or golden hour. Avoid harsh overhead — it accentuates pores.

Best colors

Dusty rose, sage green, soft blue suit your cool-neutral undertone beautifully. Avoid neon.

Posture tip

Chin slightly forward and down. Elongates neck, defines jaw, reduces puffiness in photos.

ENHANCEMENT POTENTIAL

Current attractiveness

7.8 / 10

78%

Potential with routine

8.9 / 10

89%

Potential at 90 days

9.2 / 10

92%

Your 30-Day Plan

Week-by-week transformation roadmap and facial exercise library

30-DAY TRANSFORMATION ROADMAP

Week 1 FOUNDATION	Week 2 ACCELERATE	Week 3 ENHANCE	Week 4 MAINTAIN
<ul style="list-style-type: none"> ● Start AM + PM skincare routines ● Drink 2.5L water daily ● Cut sugar, dairy, high-sodium foods ● Begin zinc + omega-3 supplements ● Fix sleep: 8h, same bedtime nightly 	<ul style="list-style-type: none"> ● Add niacinamide serum to AM routine ● Salicylic acid cleanser 3x per week ● Replace coffee with green tea daily ● Start facial exercises — 5 min daily ● Add probiotic food or supplement 	<ul style="list-style-type: none"> ● Weekly exfoliation with AHA/BHA ● Add vitamin C serum before SPF ● Rescan: compare photo to day 1 ● Cold compress under-eye 3x/week ● Clean up brows and beard line 	<ul style="list-style-type: none"> ● Full routine locked in — stay consistent ● Add magnesium glycinate for sleep ● Add collagen supplement or bone broth ● Final rescan — measure all improvements ● Plan month 2: tackle remaining concerns

FACIAL EXERCISE LIBRARY — 5 MIN DAILY

<p>Jaw Definer 3 sets x 10 reps</p> <p>Clench teeth, hold 2 seconds, release. Move jaw side to side 5 times. Builds masseter for sharper jawline definition.</p>	<p>Under-eye Drainage 2 min daily</p> <p>Use ring fingers to tap gently under eyes from inner to outer corner. Activates lymphatic drainage, reduces puffiness.</p>	<p>Cheek Lift 3 sets x 8 reps</p> <p>Smile wide, press fingers on cheeks, push up against resistance. Lifts and firms the mid-face over time.</p>
<p>Forehead Smoother 1 min daily</p> <p>Place palms flat on forehead, gently pull skin down while raising brows upward. Reduces tension lines.</p>	<p>Chin and Neck Lift 3 sets x 10 reps</p> <p>Tilt head back, push tongue firmly to roof of mouth. Tightens platysma muscle and reduces double chin risk.</p>	

RED FLAGS — SEE A DERMATOLOGIST IF THESE WORSEN

<p>Sudden cystic acne</p> <p>A rapid increase in deep cystic acne beyond what is currently visible warrants professional assessment immediately.</p>	<p>Spreading redness</p> <p>If right cheek redness spreads or flushes regularly, rosacea diagnosis and prescription treatment may be needed.</p>	<p>Changing dark spots</p> <p>Any pigmentation that grows, darkens, or changes shape should be evaluated by a dermatologist promptly.</p>
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This report is AI-generated and is not a substitute for professional medical or dermatological advice. Results are indicative only based on visual analysis. Consult a qualified professional for any medical concerns.