



# Your Skincare Summary

Report Guide

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## Personal advice

**Water level** CHECK FULL ADVICE

**Apply Moisturizer Regularly (and use a Humidifier, if needed)**

Dry skin is a leading cause of wrinkles, flaky skin, sagging skin, and aging skin. Dermatologists from the AAD recommend that people of all ages and genders regularly use a facial moisturizer...

**Water level** **HIGH RISK**

**Apply Moisturizer Regularly (and use a Humidifier, if needed)**

Dry skin is a leading cause of wrinkles, flaky skin, sagging skin, and aging skin. Dermatologists from the AAD recommend that people of all ages and genders regularly use a facial moisturizer. However, you should be aware that there are different types of moisturizers for different types of skin. People with oily skin should find an oil-free moisturizer, while people with dry skin can use an oil-based moisturizer. Either way, there are a few good tips for using any moisturizer product....

**Sensitivity** CHECK FULL ADVICE

**Protect Your Skin from The Environment**

Chemicals, dirt, and oils can clog your pores, cause acne, and even damage your overall skin health. The American Academy of Dermatology recommends wearing gloves when gardening, working on your car, or when engaging...

**Sun sensitivity** CHECK FULL ADVICE

**Avoid UV Exposure (including the Sun and Tanning Beds)**

The #1 recommendation from the American Academy of Dermatology across all age groups and genders is to protect your skin from harmful UV radiation. UV radiation causes DNA damage that can lead to wrinkles, freckles, moles...

## Traits in Depth

**Texture, elasticity & firmness** CHECK GENETIC PROFILES

**HIGH RISK** 5 traits

There are many skin traits that can determine the texture, elasticity, and firmness of your skin. What most people don't know is that many of these traits are affected by the genetic variants you carry...

<b>Cellulite</b>	<b>Sagging Eyelids</b>	<b>Facial Wrinkles</b>	<b>Facial Skin Youthfulness</b>	<b>Facial Telangiectasia</b>
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**Sensitivity**

**Your DNA score is** **HIGH RISK**

There are many skin traits that can determine the texture, elasticity, and firmness of your skin. What most people don't know is that many of these traits are affected by the genetic variants you carry.

For example, certain mutations in the **ACE** and **HIF1A** genes are related to an increased risk for cellulite - a condition that leaves your skin textured like an orange peel.

[Learn more](#)

Likewise, variants of the **TGFB** gene have been shown to be risk factors for sagging eyelids. This section of the Skincare Report details many different traits related to texture, elasticity, and skin firmness that have been specifically correlated to genetic variants that you carry.

Specifically, we'll take a look at cellulite, sagging eyelids, facial wrinkles, facial skin youthfulness, and facial telangiectasia (spider veins).

[Learn more](#)

In general, the American Academy of Dermatology (AAD) recommends that you keep your skin highly moisturized to maintain your skin's texture, elasticity, and firmness. Highly moisturized skin will minimize wrinkles and prevent damage to your skin.



**Sagging Eyelids**

**Your skin sensitivity risk score is High**

Based on genotype and evidence-based rating

You are more prone to developing sagging eyelids in old age

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**Description**

Collagen is an important protein for determining skin texture. One of the genes involved in generating collagen is associated with the condition of severe eyelid sagging. Besides genetic factors, smoking is a well-established risk factor for severe sagging eyelids.

**Scientific Details**

**EFG**

Gene	SNP/Variant	Genotype	Evidence
XYZ	rs12345	GG	Strong

\*SNP importance is based on the location and consequence of the SNP and how it affects the function of the protein it encodes

**Water level** CHECK GENETIC PROFILES

**HIGH RISK** 2 traits

Oily skin and dry skin are on opposite ends of the same spectrum, and both conditions are undesirable. Ideally, you want skin that retains high amounts of water but is not excessively oily...

**Advice available!**

<b>Transepidermal Water Loss</b>	<b>Excessive Sweating</b>			
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**Inflammations** CHECK GENETIC PROFILES

**MEDIUM RISK** 3 traits

Believe it or not, certain genes can affect how easily your skin will develop an inflammatory reaction...

<b>Rosacea</b>	<b>Contact dermatitis</b>	<b>Acne</b>		
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**Sensitivity** CHECK GENETIC PROFILES

**MEDIUM RISK** 1 traits

We all know that some people's skin is more sensitive to allergens and environmental irritants compared to other people's skin. While some of this is caused by the environments we are exposed to, there are also many traits influenced by genetics that modify skin sensitivity...

**Advice available!**

<b>Dermal Sensitivity</b>				
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**Pigmentation** CHECK GENETIC PROFILES

**LOW RISK** 2 traits

Genes controlling pigments in your skin tone, but they can also determine traits like age spots, skin pigmentation, and dark circles. In this section of the report, we analyze your genes to see the variants you carry may affect these traits...

<b>Age Spots</b>	<b>Skin Pigmentation</b>			
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**Sun sensitivity** CHECK GENETIC PROFILES

**LOW RISK** 2 traits

The AAD recommends that all people, regardless of skin tone, propensity for tanning, or any other trait, avoid the sun as much as possible. Sunlight contains damaging UV rays that can cause freckles, skin blemishes, age spots, and even skin cancer...

**Advice available!**

<b>Tanning</b>	<b>Freckles</b>			
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