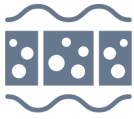


Skin

This section examines on markers that influence the functionality of genes associated with different skin traits. By analyzing these markers, the test allows you to personalize your skincare routine and discover the optimal combination of products that cater to your specific skin type. The test helps you gain a deeper understanding of the genetic factors underlying your skin, empowering you to make informed choices that enhance your skin wellness.





Skin - General

Cellulite

Cellulite is a common skin condition characterized by dimpled and uneven skin, often described as having a "cottage cheese" or "orange peel" appearance, typically on the thighs, buttocks, and hips. It affects an estimated 80% to 90% of postpubertal females of all races, though Caucasian women may be more susceptible than Asian or African American women. While not physically painful, its appearance can cause significant psychosocial distress and impact quality of life. The exact causes are complex and not fully understood but involve skin structure, fat distribution, and genetic factors, including variations in the HIF1A gene. Effective long-term treatments remain difficult to achieve.



About your result



LOWER RISK



NORMAL RISK



HIGHER RISK

Your genetic profile suggests a typical predisposition to developing cellulite.

Our Recommendations



Skincare



PERSONALIZE RECOMMENDATION

You can explore topical products with caffeine or retinol for mild, short-term improvements in skin texture, but remember to maintain realistic expectations about results.

Topical skincare products for cellulite often contain active ingredients such as caffeine and retinol. These compounds aim to improve microcirculation, encourage lipolysis, and increase dermal thickness. Some small studies suggest these treatments may lead to mild, short-term improvements in skin texture or thigh circumference. However, clinical evidence remains limited, and no topical treatment is currently approved by the FDA for cellulite reduction. Oral supplements like collagen peptides and massage techniques are also used to support skin structure and lymphatic flow. Still, their effectiveness is not well established. Overall, non-invasive skincare methods tend to provide modest, temporary results. Realistic expectations are important when using consumer-level products.

Source:

Gabriel et al. (2023). Cellulite: Current Understanding and Treatment. Aesthetic Surgery Journal Open Forum, 5. <https://doi.org/10.1093/asjof/bjad05037424836>



Monitoring



PERSONALIZE RECOMMENDATION

Cellulite is a common cosmetic concern. If its appearance causes you significant distress, you should consult a dermatologist to discuss professional treatment options.

Cellulite is a common cosmetic concern, especially among post-pubertal females. It typically appears as a dimpled or uneven texture on the thighs and buttocks. While it poses no medical risk, it can cause psychosocial distress in some individuals. Monitoring should include regular self-assessment of emotional well-being related to body image. A consultation with a dermatologist or aesthetic specialist is recommended if dissatisfaction becomes significant. Professional treatments, such as energy-based devices (radiofrequency, laser, acoustic wave), target fat and collagen to improve appearance. Multiple sessions are usually needed, and results may be temporary. More invasive options, including subcision or injectables, are available but vary in effectiveness and duration. Informed discussions with providers help set realistic goals for treatment outcomes.

Source:

Gabriel et al. (2023). Cellulite: Current Understanding and Treatment. Aesthetic Surgery Journal Open Forum, 5. <https://doi.org/10.1093/asjof/bjad05037424836>



Lifestyle



PERSONALIZE RECOMMENDATION

You can improve your skin's texture by combining regular aerobic and strength exercises with a balanced diet and proper hydration, as well as by avoiding smoking.

Incorporating a consistent exercise regimen that combines aerobic activities with strength training may help reduce body fat and enhance muscle tone. This can potentially lessen the visible appearance of cellulite. A balanced diet rich in fiber and low in processed foods and added sugars supports healthy weight management, which is important in addressing cellulite. While weight loss often leads to an improvement in cellulite severity, particularly for individuals with a higher starting body mass index, its effects can be variable and may sometimes worsen its appearance. Maintaining adequate hydration by drinking sufficient water daily and avoiding lifestyle toxins such as smoking contribute to overall skin health and may help manage factors contributing to cellulite.

Source:

Smalls et al. (2006). Effect of Weight Loss on Cellulite: Gynoid Lipodystrophy. Plastic and Reconstructive Surgery, 118(2), 510-516. <https://doi.org/10.1097/01.prs.0000227629.94768.be>





Gene Details

Your Gene Table

Level of scientific evidence

1 Highest

2 Moderate

3 Lowest

Gene	rsID	Genotype	Reference
HIF1A	rs11549465	CC	3 PMID: 20059631

This report was validated and generated automatically. No signature is required. Recommendations given in this report are made using a lab developed test which should not supersede clinical judgement or medical expertise.



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Date of Birth : 01 January 2000

Order ID : #2131-998435
Report Date : 08 September 2025



Skin - General

Dry Skin

Dry skin, also known as xeroderma, is a common condition in which the skin lacks sufficient moisture and natural oils. This leads to roughness, tightness, flaking, and often, itching. While it can affect anyone, it is more prevalent with age and often appears on the lower legs and hands. Dry skin usually results from an impaired outer layer of skin that allows too much water to escape due to factors such as cold weather, harsh soaps, certain medical conditions, or some medications. A primary factor in age-related dryness is a decline in the skin's natural hydration abilities. Specifically, the activity of genes that produce important water channel proteins, called aquaporins (notably AQP3), decreases with age. The reduction of aquaporins decreases the skin's water content, which contributes significantly to dryness, discomfort, and an increased risk of skin infections. Moisturizers are the primary approach to managing dry skin.



About your result



Your genetic profile indicates an increased predisposition to having dry skin.

Our Recommendations



Skincare



PERSONALIZE RECOMMENDATION

To manage your tendency for dry skin, always use a thick, fragrance-free cream after short, warm showers and avoid products containing alcohol or retinoids.

Managing dry skin effectively begins with gentle bathing practices. This includes taking short, 5- to 10-minute showers or baths in warm water and using mild, fragrance-free cleansers to preserve natural skin oils. Immediate moisturization following washing proves crucial, with ointments or creams being preferable to lotions. Products containing beneficial ingredients such as hyaluronic acid, glycerin, shea butter, or petrolatum help trap essential moisture within the skin. Selecting skincare products carefully involves avoiding potential irritants, including alcohol and fragrances (even those labeled "unscented"). Sometimes, retinoids should be avoided as well, as they may exacerbate dryness. Comprehensive skincare involves taking additional protective measures. These include regularly applying lip balm, wearing gloves in cold weather or during wet activities, and choosing soft fabrics and hypoallergenic laundry detergents. Doing so minimizes potential skin irritation and maintains an optimal skin barrier.

Source:

*American Academy of Dermatology Association. (n.d.). Dermatologists' top tips for relieving dry skin. Retrieved June 20, 2025, from <https://www.aad.org/public/everyday-care/skin-care-basics/dry/dermatologists-tips-relieve-dry-skin> **



Dietary



PERSONALIZE RECOMMENDATION

To help improve your skin's hydration, focus on a diet rich in omega-3s from fish oil and consider adding probiotics to support your skin barrier.

Certain dietary choices can support the skin's barrier function, which is essential for maintaining hydration and preventing dryness, flaking, and irritation. Research suggests that consuming omega-3 fatty acids, found in sources such as flaxseed oil and fish oil, may improve skin hydration and reduce transepidermal water loss. Emerging evidence points towards the potential benefits of prebiotics and probiotics (e.g., in yogurt, kimchi), which influence the gut microbiome and may positively impact skin barrier integrity and hydration levels. Additionally, consuming an adequate amount of nutrients such as L-histidine, an amino acid found in meat, fish, nuts, and grains that is crucial for skin protein formation, promotes skin barrier health and strength.

Source:

Excessive sweating (Hyperhidrosis). (2017, December 20). NHS.Uk. <https://www.nhs.uk/conditions/excessive-sweating-hyperhidrosis/33614213>





Gene Details

Your Gene Table

Level of scientific evidence 1 Highest 2 Moderate 3 Lowest

Gene	rsID	Genotype	Reference
CRIP1	rs79885808	TT	3 PMID: 35313536
PLEKHG1	rs7764084	CA	3 PMID: 35313536
PKD1L1	rs75043305	TT	3 PMID: 35313536

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Skin - General

Excessive Sweating

Excessive sweating (hyperhidrosis) occurs when the body sweats more than needed to regulate temperature, often due to overactive sweat glands. It affects an estimated 1–6.1% of people worldwide, including about 3% in the U.S., with some populations (e.g., European individuals) reporting higher rates than others (e.g., Japanese populations). Primary hyperhidrosis typically begins early in life, runs in families, and often follows a dominant genetic pattern. While the exact genes involved are still under study, some research suggests overactivity of genes like Nrg-1, which affects nerve function. Secondary hyperhidrosis is caused by underlying medical conditions or medications. The condition commonly targets the palms, soles, underarms, or face and can severely impact daily life and emotional well-being.



About your result



Your genetic profile suggests a typical predisposition to perspiration.

Our Recommendations



Lifestyle



PERSONALIZE RECOMMENDATION

You can enjoy greater daily comfort by wearing loose, natural-fiber clothing and using moisture-absorbing socks and powders to effectively manage normal sweating.

Excessive sweating can be managed by making several lifestyle modifications to reduce symptoms and improve comfort. Choosing the right clothing is crucial. Loose-fitting garments made from natural fibers are preferable. Tight clothing and synthetic fabrics like nylon should be avoided to prevent moisture retention. Proper foot care involves wearing moisture-absorbing socks and changing them at least twice daily, as well as selecting breathable leather footwear over enclosed boots or sports shoes, which can exacerbate sweating. Habits that can help manage the condition include using stronger antiperspirants, using armpit shields to protect clothing, and applying foot powders to enhance comfort and control moisture levels throughout the day. If you are expected to shake hands, you may want to keep handkerchiefs or tissues handy to dry your hands regularly.

Source:

[Excessive sweating \(Hyperhidrosis\). \(2017, December 20\). NHS.Uk. https://www.nhs.uk/conditions/excessive-sweating-hyperhidrosis/](https://www.nhs.uk/conditions/excessive-sweating-hyperhidrosis/) *



Monitoring



PERSONALIZE RECOMMENDATION

If you experience regular, unexplained sweating that interferes with daily life, you should consult your doctor to discuss potential causes and appropriate management options.

When sweating occurs regularly without a clear cause, such as physical activity or high temperatures, it may signal an underlying issue. Initial coping strategies, such as stronger antiperspirants, are available from a pharmacist. It is important to note if the sweating persists for over six months, occurs at least weekly, includes night sweats, or significantly hinders daily activities despite self-care attempts. In these cases, or if there is a family history or other medications are being taken, a visit to a GP is recommended to investigate potential underlying causes. If these approaches do not yield results, a referral to a dermatologist may be necessary to explore advanced treatments, such as iontophoresis, prescribed tablets, Botox injections, or surgical interventions.

Source:

Excessive sweating (Hyperhidrosis). (2017, December 20). NHS.Uk. <https://www.nhs.uk/conditions/excessive-sweating-hyperhidrosis/> *

Dietary



PERSONALIZE RECOMMENDATION

You can help regulate your body temperature by including water-rich foods like cucumber in your diet while being mindful of caffeine and spicy foods.

Research suggest that certain foods may trigger or intensify excessive sweating, while others may have a mitigating effect. Reducing the consumption of stimulants such as caffeine and alcohol, as well as spicy foods containing capsaicin and highly processed or sugary items, can help reduce sweat gland activation and increases in body temperature. Prioritizing foods with high water content, such as cucumbers, watermelon, and various fruits and vegetables, aids in maintaining hydration and regulating internal body temperature effectively. Incorporating whole grains to stabilize blood sugar levels and consuming omega-3 fatty acids, found in fatty fish and flaxseeds, can provide anti-inflammatory benefits.

Source:

Diet for hyperhidrosis—Mr. Marco scarci. (2024, October 22). <https://marcoscarci.co.uk/diet-for-hyperhidrosis/> *

Skincare



PERSONALIZE RECOMMENDATION

To effectively manage sweat, you can use over-the-counter antiperspirants. If you experience skin irritation, switch products or consult a pharmacist.

The first line of defense in treating excessive sweating is typically topical treatments, such as over-the-counter antiperspirants containing high concentrations of aluminum chloride hexahydrate (e.g., 20%). Prescription options include cloths containing glycopyrronium tosylate or gels containing aluminum chloride, which primarily function by occluding sweat gland pores, often through keratin denaturation, to reduce sweat output. It is important to be aware of potential side effects. Skin irritation frequently occurs with aluminum chloride, and other agents may cause sensitization or temporary skin discoloration. Topical anticholinergics, such as glycopyrrolate, are another option, but they carry a risk of side effects, such as dryness. Therefore, careful use and monitoring under professional guidance are required.



Source:

*Brackenrich, J., & Medeus, C. F. (2025). Hyperhidrosis. In StatPearls. StatPearls Publishing. <http://www.ncbi.nlm.nih.gov/books/NBK459227/> **





Gene Details

Your Gene Table

Level of scientific evidence 1 Highest 2 Moderate 3 Lowest

Gene	rsID	Genotype	Reference
PPP1CB	rs56089836	CC	3 PMID: 29895819

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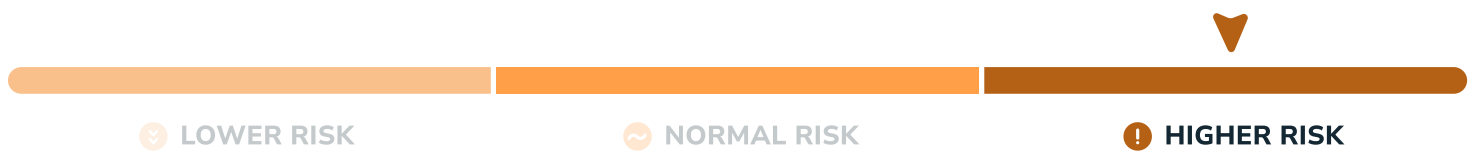
Skin - General

Freckles

Freckles, scientifically known as ephelides, are small, flat, pigmented spots that typically appear on sun-exposed skin, particularly in individuals with lighter skin tones. They are commonly observed in European and Asian populations, and some research indicates that females may have a higher likelihood of developing freckles compared to males. The predisposition to freckles is largely genetically determined, with variations in several genes playing a significant role, most notably the MC1R gene, along with other genes influencing skin pigmentation. While genetics lay the groundwork, sunlight acts as a crucial trigger, inducing or darkening the freckles. Freckles are primarily a cosmetic characteristic, viewed differently across cultures, and can also be a target for DNA-based physical appearance prediction in forensic science.



About your result



Your genetic profile indicates an increased tendency to develop freckles with sun exposure.

Our Recommendations



Skincare



PERSONALIZE RECOMMENDATION

With your higher likelihood of freckles, you can discuss professional treatments like retinoid creams or chemical peels with a dermatologist to manage their appearance.

Freckle appearance can be addressed through several skincare interventions. A good place to start is with topical agents such as fading creams containing hydroquinone and retinoid creams derived from vitamin A. Hydroquinone functions by suppressing melanin production, while retinoids help improve sun damage and may provide photoprotective benefits, though both treatments can cause adverse effects including irritation, redness, and skin dryness. Chemical peels offer a professional treatment option, utilizing acids such as glycolic acid to exfoliate damaged skin layers, but require a substantial healing period with strict sun avoidance protocols during recovery. Natural remedies, such as buttermilk or lemon juice, are sometimes used for their perceived lightening properties. However, there is little scientific evidence supporting their effectiveness, and they may still result in skin irritation or sensitivity reactions in some individuals.

Source:

[How to get rid of freckles: 7 ways. \(2017, January 3\). Healthline. https://www.healthline.com/health/beauty-skin-care/how-to-get-rid-of-freckles *](https://www.healthline.com/health/beauty-skin-care/how-to-get-rid-of-freckles)





Lifestyle



PERSONALIZE RECOMMENDATION

Since you have a higher likelihood of developing freckles, strict, year-round sun protection using at least SPF 30 sunscreen is essential to prevent new spots.

Since freckles are directly triggered by ultraviolet (UV) radiation, careful sun protection is critical to preventing new spots. Consistent, year-round application of a broad-spectrum sunscreen is crucial because UV exposure occurs on cloudy days too, and it can stimulate melanin production. Use a sunscreen with an SPF of 30 or higher and apply it to all exposed skin at least 15 minutes before going outdoors. To maintain protection, reapply sunscreen every two hours or more frequently after swimming or heavy sweating.

Source:

*How to get rid of freckles: 7 ways. (2017, January 3). Healthline. <https://www.healthline.com/health/beauty-skin-care/how-to-get-rid-of-freckles> **



Dietary



PERSONALIZE RECOMMENDATION

To support your skin's health alongside your increased likelihood of freckles, ensure your diet is rich in vitamin C from sources like citrus and broccoli.

Vitamin C, or ascorbic acid, is an essential nutrient known for its potent antioxidant properties and its significant role in maintaining skin health, including influencing pigmentation. Research indicates that vitamin C can inhibit the action of tyrosinase, a key enzyme in melanin synthesis. This could potentially reduce the formation of hyperpigmented spots, such as freckles. While often applied topically in dermatology for depigmentation and photoprotection, obtaining sufficient Vitamin C through diet supports overall skin structure and cellular functions. Incorporating Vitamin C-rich foods such as citrus fruits, strawberries, bell peppers, and broccoli into the diet is advisable to support the body's natural skin health mechanisms.

Source:

Sanadi et al. (2020). The effect of Vitamin C on melanin pigmentation – A systematic review. Journal of Oral and Maxillofacial Pathology, 24(2), 374. https://doi.org/10.4103/jomfp.jomfp_207_20_33456250





Gene Details

Your Gene Table

Level of scientific evidence 1 Highest 2 Moderate 3 Lowest

Gene	rsID	Genotype	Reference
IRF4	rs12203592	CC	2 PMID: 25705849
RALY/ASIP	rs6059655	GG	2 PMID: 25705849
IRF4	rs1540771	CT	2 PMID: 17952075
TYR	rs1393350	AA	2 PMID: 17952075
TYR	rs1042602	CC	2 PMID: 17952075

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Skin - General

Skin Revitalization

Skin revitalization encompasses strategies that counteract the visible signs of aging, which is a complex process influenced by natural, time-dependent (intrinsic) changes, as well as environmental damage (extrinsic). Common signs of aging include dryness, fine or coarse wrinkles, loose skin, and an uneven skin tone or pigmentation. Chronic sun exposure (photoaging) is a major environmental factor that accelerates the breakdown of collagen and impairs its repair. Other influences, such as air pollution and smoking, also speed up the aging process, with manifestations varying by ethnicity. For example, pigmentation issues may be more prevalent in individuals of East Asian ancestry, while wrinkling is more common in individuals of European ancestry. Various approaches, including topical treatments like retinoids, aim to improve the appearance and health of the skin by addressing these age-related changes.



About your result



LOWER POTENTIAL



NORMAL POTENTIAL



HIGHER POTENTIAL

Your genetic profile suggests a decreased natural capacity for skin revitalization and repair.

Our Recommendations



Skincare



PERSONALIZE RECOMMENDATION

To support your skin's natural revitalization capacity, use skincare with antioxidants like vitamin C to protect against environmental damage and maintain brightness.

Topical skincare regimens are a central part of revitalizing the skin. These regimens use scientifically validated active ingredients to repair existing damage and encourage dermal renewal. Retinoids are highly effective at reducing wrinkles and hyperpigmentation by stimulating new collagen synthesis and regulating skin cell turnover. Prescription tretinoin is considered the clinical gold standard. Peptides, including matrikines such as palmitoylated KTTKS (Matrixyl®), act as signaling molecules that stimulate the production of collagen and other essential matrix proteins. Potent antioxidants, such as vitamin C and niacinamide (vitamin B3), play a crucial role in protecting against environmental damage, improving barrier function, and achieving a brighter, more even skin tone.

Source:

[Griffiths, T. W., et al. \(2023\). Skin ageing and topical rejuvenation strategies. British Journal of Dermatology, 189\(Supplement_1\), i17-i23. https://doi.org/10.1093/bjd/ljad282.37903073](https://doi.org/10.1093/bjd/ljad282.37903073)





Lifestyle



PERSONALIZE RECOMMENDATION

To preserve your skin's strong ability to revitalize, you should diligently protect it from key aging factors like UV radiation, smoking, and pollution.

A basic lifestyle plan for revitalizing your skin requires actively mitigating the main external factors that accelerate aging and degrade skin quality. Consistent and rigorous protection from ultraviolet (UV) radiation is paramount because chronic sun exposure is the main driver of photoaging, which leads to collagen breakdown and coarse wrinkling. Another critical intervention is discontinuing tobacco smoking, as it is a well-recognized independent risk factor with a dose-dependent relationship to premature skin aging. Minimizing exposure to environmental air pollutants and managing other factors, such as chronic stress and sleep deprivation, can also help preserve skin health and support revitalization efforts.

Source:

Griffiths, T. W., et al. (2023). Skin ageing and topical rejuvenation strategies. British Journal of Dermatology, 189(Supplement_1), i17-i23. <https://doi.org/10.1093/bjd/ljad282> 37903073



Dietary



PERSONALIZE RECOMMENDATION

To optimize your skin's natural ability to repair itself, continue to eat a nutrient-dense diet rich in antioxidants, healthy fats, and provitamin A.

A well-planned diet can help repair and revitalize aging skin by providing essential nutrients that combat damage and support cellular function. Consuming a variety of antioxidant-rich fruits and vegetables, such as green and yellow ones, provides essential vitamins and polyphenols that protect against free radical damage. Incorporating anti-inflammatory omega-3 fatty acids from oily fish and nuts is crucial for maintaining skin cell membrane integrity. Additionally, dietary carotenoids, such as beta-carotene found in carrots and sweet potatoes, provide provitamin A, which stimulates collagen and elastin synthesis. Combining these nutrient-dense foods with adequate water intake and limiting sugar intake is a comprehensive approach to enhancing skin revitalization.

Source:

Ahmed, I. A., & Mikail, M. A. (2024). Diet and skin health: The good and the bad. Nutrition, 119, 112350. <https://doi.org/10.1016/j.nut.2023.112350> 38232577





Gene Details

Your Gene Table

Level of scientific evidence

1 Highest

2 Moderate

3 Lowest

Gene	rsID	Genotype	Reference
MC1R	rs1805007	CC	1 PMID: 28502801
MC1R	rs1805008	CC	1 PMID: 28502801
IRF4	rs12203592	CC	1 PMID: 28502801
MMP16	rs6469206	TT	3 PMID: 33669802
OVOL1	rs478304	GT	3 PMID: 24927181
FST	rs38055	GG	3 PMID: 24927181
TGFB2	rs1159268	GG	3 PMID: 24927181

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Skin - General

Stretch Marks

Stretch marks, scientifically known as striae distensae, are common skin changes that initially appear as reddish or purplish lines (striae rubrae) and later fade to whiter, scar-like lines (striae albae). They frequently occur on areas like the abdomen, thighs, buttocks, and breasts, affecting an estimated 50-80% of people, particularly during periods of rapid growth such as puberty or pregnancy, and are more common in females than males. Stretch marks may also appear more prominent in individuals with darker skin tones. Stretch marks result from dermal scarring caused by skin stretching, hormonal influences, and a significant genetic predisposition, with research linking variations near genes like ELN, which is crucial for skin elasticity, to their development. While generally not medically harmful, stretch marks can be a source of cosmetic concern and distress, and effective treatments are often challenging.



About your result



Your genetic profile indicates an increased risk of developing stretch marks.

Our Recommendations



Lifestyle



PERSONALIZE RECOMMENDATION

With a higher likelihood of stretch marks, you should aim for gradual weight changes and consider products with centella or hyaluronic acid for some protection.

Stretch marks commonly arise from rapid skin stretching or shrinking, such as during puberty, pregnancy, or significant weight changes, causing collagen and elastin fibers to rupture. While hormonal influences and genetic predispositions are significant, lifestyle considerations like aiming for gradual rather than rapid weight gain or loss may influence their occurrence. Although many traditional home remedies lack proven preventative efficacy, some research suggests products containing centella or hyaluronic acid might offer a degree of protection. Sun exposure can accentuate stretch marks because they usually don't tan. However, self-tanning products can effectively camouflage both early and mature stretch marks.

Source:

[American Academy of Dermatology Association. \(n.d.\). Stretch marks: Why they appear and how to get rid of them. Retrieved June 20, 2025, from https://www.aad.org/public/cosmetic/scars-stretch-marks/stretch-marks-why-appear *](https://www.aad.org/public/cosmetic/scars-stretch-marks/stretch-marks-why-appear)





Skincare



PERSONALIZE RECOMMENDATION

With your increased likelihood, it's best to address new stretch marks early. Consistently massaging creams with retinoids into the skin may improve their appearance.

The goal of skincare interventions for stretch marks is to reduce their visibility, not to achieve complete removal. These treatments are generally more effective on early, colored marks. onsistent daily application of topical creams or gels, accompanied by gentle massage into the affected areas for several weeks, is suggested for potentially improving the appearance of recent stretch marks. Prescription ingredients like hyaluronic acid and retinoids, such as tretinoin or retinol, have demonstrated some success in making early stretch marks less noticeable, though their use requires caution, especially during pregnancy. For marks that do not respond to topical care, dermatological procedures like chemical peels, laser therapy, or radiofrequency may be explored to diminish their appearance, with professional consultation.

Source:

*American Academy of Dermatology Association. (n.d.). Stretch marks: Why they appear and how to get rid of them. Retrieved June 20, 2025, from <https://www.aad.org/public/cosmetic/scars-stretch-marks/stretch-marks-why-appear> **



Dietary



PERSONALIZE RECOMMENDATION

To help manage your increased likelihood of stretch marks, prioritize a diet rich in protein, zinc, and vitamins, while staying hydrated and limiting caffeine.

Staying well-hydrated by drinking enough water is an important dietary habit. It supports skin elasticity and may help reduce the likelihood of developing stretch marks. While adequate water intake is crucial, high caffeine consumption from coffee or tea may increase the likelihood of developing stretch marks. Eating a balanced diet that supports skin health can help prevent stretch marks. Include foods rich in zinc, such as nuts and fish, and get enough vitamins A, C, and D from items like carrots, oranges, and milk. Protein from lean meats, lentils, and beans also provides the building blocks for collagen, which helps keep skin strong and prveent the formation of stretch marks.

Source:

*Stretch marks: Causes, treatment options & prevention. (n.d.). Cleveland Clinic. Retrieved June 20, 2025, from <https://my.clevelandclinic.org/health/diseases/10785-stretch-marks> **





Gene Details

Your Gene Table

Level of scientific evidence 1 Highest 2 Moderate 3 Lowest

Gene	rsID	Genotype	Reference
ELN	rs7787362	TC	3 PMID: 23633020

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Skin - Ageing

Antioxidant Deficiency

Antioxidants are substances that protect skin cells by neutralizing highly reactive molecules, often called free radicals or reactive oxygen species. These molecules are produced during normal cellular processes and in response to external factors like sun exposure or pollution. A skin antioxidant deficiency or imbalance occurs when the production of these damaging free radicals overwhelms the body's natural antioxidant defense systems, which include certain enzymes and vitamins like C and E, leading to a state of oxidative stress. This oxidative stress can damage vital cell components such as DNA, lipids, and proteins, contributing to premature skin aging (like wrinkles and collagen loss), sun-induced damage, an increased risk of skin cancers, and can worsen inflammatory skin conditions such as melasma or psoriasis. Factors like prolonged UV radiation and pollution increase free radical load, while the body's natural antioxidant capacity can decline with age, emphasizing the importance of this protective balance.



About your result



LOWER RISK


NORMAL RISK


HIGHER RISK

Your genetic profile suggests a typical risk of developing a skin antioxidant deficiency.

Our Recommendations



Dietary



PERSONALIZE RECOMMENDATION

You can support your skin's health by eating a wide variety of antioxidant-rich foods like berries, leafy greens, whole grains, nuts, and colorful vegetables.

Antioxidants are important compounds, mainly obtained through diet, that help protect skin cells from oxidative stress caused by free radicals. This damage can lead to premature aging and impaired cellular function. A varied intake of plant-based foods is essential for obtaining a broad range of antioxidants, each playing a distinct role in supporting skin health. Fruits such as berries (e.g., Aronia and strawberries), apples, especially with the peel, and grapes are rich sources of phenolics and flavonoids, which help counteract oxidative damage. Vegetables like carrots, spinach, and tomatoes provide carotenoids, while red beets contain betalains, both of which contribute to the skin's natural defense system. Whole grains provide phytochemicals, such as lignans and ferulic acid. Nuts, including pecans and walnuts, offer tocopherols and other phenolic compounds. Seeds, such as sesame, also provide antioxidant benefits. Beverages such as coffee and dark chocolate contain polyphenols and flavonoids, respectively. Spices such as turmeric (with curcumin) and ginger can increase dietary antioxidant intake. Regular consumption of these diverse foods ensures a steady supply of antioxidants (including vitamins C and E, carotenoids, and various polyphenols) can support overall skin health.



Source:

Rahaman et al. (2023). Natural antioxidants from some fruits, seeds, foods, natural products, and associated health benefits: An update. Food Science & Nutrition, 11(4), 1657–1670. Portico. <https://doi.org/10.1002/fsn3.3217> 38539815



Skincare



PERSONALIZE RECOMMENDATION

You can help protect your skin from environmental damage by incorporating serums or creams containing antioxidants like vitamin C, vitamin E, or coenzyme Q10.

Topical antioxidants play a key role in skincare routines aimed at protecting skin cells from oxidative stress and environmental damage. These active ingredients are applied directly to the skin and work by neutralizing reactive oxygen species (ROS), which can cause premature aging, inflammation, and sun-related skin damage. Common cosmetic formulations include powerful antioxidants such as vitamin C, vitamin E, coenzyme Q10, and lipoic acid, all known for their beneficial effects on skin health. Regular use of products containing these compounds may help maintain skin elasticity and reduce the visible signs of aging by preventing oxidative damage to structural proteins like collagen.

Source:

Oresajo et al. (2012). Antioxidants and the skin: Understanding formulation and efficacy. Dermatologic Therapy, 25(3), 252–259. <https://doi.org/10.1111/j.1529-8019.2012.01505.x> 22913443





Gene Details

Your Gene Table

Level of scientific evidence 1 Highest 2 Moderate 3 Lowest

Gene	rsID	Genotype	Reference
SOD2	rs4880	AG	3 PMID: 27271305
NQO1	rs1800566	GG	3 PMID: 21774831
CAT	rs1001179	CT	3 PMID: 16775184

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Order ID : #2131-998435
Report Date : 08 September 2025



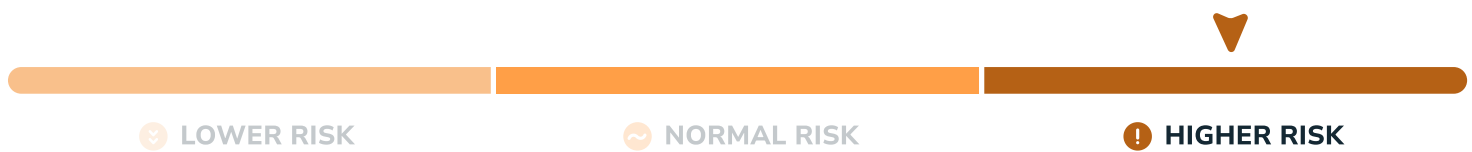
Skin - Ageing

Crow's Feet

Crow's feet, also known as lateral canthal lines, are the fine lines that form at the corners of your eyes. Initially, these lines appear with expressions like smiling or squinting, but over time, they become visible even when the face is at rest. They often begin to appear in an individual's 30s or 40s as a natural part of the aging process, though studies suggest they might develop earlier and be deeper in men compared to women. Researchers have identified variations in specific genes, like BNC2, that are associated with the formation of crow's feet. These lines are due to a combination of repeated muscle contractions from facial expressions, the age-related decrease of skin proteins such as collagen and elastin, sun exposure, and an individual's genetic makeup. While not physically harmful, crow's feet can be an aesthetic concern for some.



About your result



Your genetic profile indicates an increased predisposition to developing crow's feet wrinkles.

Our Recommendations



Lifestyle



PERSONALIZE RECOMMENDATION

To manage your increased likelihood of crow's feet, be very strict with sun protection, using daily sunscreen, wide-brimmed hats, and polarized sunglasses.

Proactive lifestyle choices can help reduce the severity and slow the development of crow's feet. Sun protection is the most essential measure. This includes daily use of broad-spectrum sunscreen with SPF 30 or higher, wearing wide-brimmed hats, and using polarized sunglasses to protect the sensitive skin around the eyes from UV exposure. A diet rich in fruits, vegetables, and healthy fats supplies antioxidants that help defend against free radical damage. Regular physical activity supports circulation and overall skin health. Avoiding smoking is also important, as it promotes wrinkle formation through oxidative stress. Tanning beds should be avoided, as they contribute to premature skin aging and increase the risk of developing fine lines around the eyes.

Source:

Crow's feet: Treatment, prevention, cover-up, and more. (2017, September 29). Healthline. <https://www.healthline.com/health/beauty-skin-care/crows-eyes>





Skincare



PERSONALIZE RECOMMENDATION

With a higher likelihood of crow's feet, you could consider using a prescription retinoid cream to help stimulate new skin cells and reduce fine lines.

Topical skincare products are a common first step in addressing the fine lines characteristic of crow's feet, with options ranging from over-the-counter anti-aging moisturizers to prescription creams. Tretinoin (Retin-A) stimulates new skin cell production, and eye creams containing collagen and antioxidants, such as vitamin C, support skin health. While these topical treatments may diminish the appearance of superficial lines over several weeks, they are typically ineffective against deeper, more established crow's feet. Applying a moisturizing eye cream followed by a silicone-based primer and light foundation can temporarily conceal and smooth the appearance of these wrinkles.

Source:

Crow's feet: Treatment, prevention, cover-up, and more. (2017, September 29). Healthline. <https://www.healthline.com/health/beauty-skin-care/crows-eyes>



Monitoring



PERSONALIZE RECOMMENDATION

With your increased likelihood of developing crow's feet, a dermatologist can help you create a personalized plan using treatments like botox, peels, or lasers.

Keeping an eye on crow's feet means knowing the difference between wrinkles that appear when you move your face and wrinkles that are there even when your face is at rest. This helps decide what to do about it. Consulting a dermatologist is advisable when topical treatments prove insufficient or when a more significant improvement to these wrinkles is desired, though it is often temporary. For dynamic crow's feet, botulinum toxin (Botox) injections are a common clinical option. They effectively relax the targeted muscles around the eyes for approximately three months. Other procedures a specialist might discuss include chemical peels for skin resurfacing, dermal fillers to address static lines, and laser treatments to promote collagen production and skin tightening.

Source:

Crow's feet: Treatment, prevention, cover-up, and more. (2017, September 29). Healthline. <https://www.healthline.com/health/beauty-skin-care/crows-eyes>



Dietary



PERSONALIZE RECOMMENDATION

To help your skin manage a higher likelihood of crow's feet, prioritize a diet full of diverse antioxidants from fruits, vegetables, and spices.

A healthy diet is important for supporting skin health and reducing the appearance of crow's feet. Consuming foods rich in antioxidants helps neutralize free radicals, which are unstable molecules that contribute to skin aging due to environmental exposure and natural processes. A varied diet that includes fruits such as berries, apples (with peel), and grapes provides phenolic compounds and flavonoids that protect against oxidative damage. Vegetables rich in carotenoids, such as carrots, spinach, and tomatoes, as well as red beets containing betalains, also offer protective benefits. Whole grains, nuts (e.g., pecans and walnuts), seeds, and foods such as dark chocolate, coffee, and spices like turmeric and ginger can also enhance antioxidant intake. These nutrients, including vitamins C and E, polyphenols, and carotenoids, support collagen integrity and overall skin resilience, which can reduce the formation of fine lines around the eyes.

Source:

[How to prevent wrinkles: 8 tips to limit skin aging. \(2019, September 19\). Healthline. https://www.healthline.com/health/skin/how-to-prevent-wrinkles#22913443](https://www.healthline.com/health/skin/how-to-prevent-wrinkles#22913443)





Gene Details

Your Gene Table

Level of scientific evidence 1 Highest 2 Moderate 3 Lowest

Gene	rsID	Genotype	Reference
AHR	rs2066853	GA	3 PMID: 28057405
SHC4	rs28392847	GG	3 PMID: 31522824
IRF4	rs1540771	CT	3 PMID: 36437544
OCA2	rs74653330	CC	2 PMID: 35421404

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Skin - Ageing

General Wrinkles

Wrinkles are visible creases or folds in the skin, ranging from fine lines to deeper ones, commonly appearing on sun-exposed areas like the face. They are the result from intrinsic factors (e.g., natural aging and hormonal changes), and extrinsic factors (e.g., smoking, air pollution, and sun exposure or UV radiation as major cause of skin photodamage leading to wrinkles). Wrinkle appearance and severity vary, often developing earlier and more prominently in individuals with lighter skin (e.g., of European ancestry) compared to those with more pigmented skin, where onset may be delayed, as seen in some Asian populations (by about 10 years). Furthermore, genetic factors also strongly influence an individual's susceptibility to wrinkling, such as IRF4 and MMP16. Though not a medical illness, wrinkles can impact self-esteem and quality of life due to concerns about physical appearance.



About your result



Your genetic profile suggests a typical predisposition to the formation of general wrinkles.

Our Recommendations



Lifestyle



PERSONALIZE RECOMMENDATION

Maintain wrinkle-free skin by incorporating simple daily habits such as wearing sunscreen when outdoors, avoiding smoking, and considering your sleep position to prevent facial creases.

Daily sun protection is one of the most effective lifestyle measures for minimizing wrinkle formation. This includes applying broad-spectrum SPF 30+ sunscreen every day, wearing wide-brimmed hats, and using UV-protective sunglasses to shield facial skin from sun damage. Sleep posture may also influence skin aging. For example, sleeping on the back or frequently changing positions can reduce pressure on the face, and using silk pillowcases may help minimize friction. Avoiding smoking is essential, as cigarette smoke accelerates skin aging and reduces levels of vitamin D, which supports skin health. Managing stress effectively and being mindful of repetitive facial expressions, such as squinting or frowning, can further help prevent the early onset of certain types of wrinkles.

Source:

[How to prevent wrinkles: 8 tips to limit skin aging. \(2019, September 19\). Healthline. https://www.healthline.com/health/skin/how-to-prevent-wrinkles *](https://www.healthline.com/health/skin/how-to-prevent-wrinkles)





Skincare



PERSONALIZE RECOMMENDATION

Despite not having an increased risk for wrinkles, using a daily moisturizer and a retinoid product can significantly improve your skin's texture and health.

Skincare routines designed to help prevent and reduce the appearance of general wrinkles often include products with well-researched active ingredients that support skin health and elasticity. Retinoids, compounds derived from vitamin A, are especially effective due to their ability to stimulate collagen production, which can improve skin texture and create a smoother, more even appearance. Regular moisturizing is also important, particularly as skin tends to become drier with age. Keeping the skin hydrated helps maintain its flexibility and may make fine lines less noticeable. Moisturizers containing ingredients such as hyaluronic acid, peptides, and glycerin offer deep hydration and can contribute to a more youthful-looking complexion when used consistently.

Source:

*How to prevent wrinkles: 8 tips to limit skin aging. (2019, September 19). Healthline. <https://www.healthline.com/health/skin/how-to-prevent-wrinkles> **



Dietary



PERSONALIZE RECOMMENDATION

You can support your skin from within by staying well-hydrated and eating a diet rich in colorful fruits, vegetables, and healthy fats like olive oil.

Dietary habits can significantly impact the aging of the skin and the development of wrinkles. Internal hydration plays a major role in maintaining skin health. Adequate water intake is essential for overall bodily functions and contributes to supple skin. It can also support improved skin barrier integrity from the inside out. Studies have found that diets rich in fruits and colorful vegetables are associated with fewer facial wrinkles due to their high content of anti-inflammatory compounds and protective antioxidants. Incorporating foods such as green tea, olive oil, salmon, avocados, and various brightly colored vegetables into one's diet can enhance skin elasticity and protect against premature aging.

Source:

*How to prevent wrinkles: 8 tips to limit skin aging. (2019, September 19). Healthline. <https://www.healthline.com/health/skin/how-to-prevent-wrinkles> **





Gene Details

Your Gene Table

Level of scientific evidence 1 Highest 2 Moderate 3 Lowest

Gene	rsID	Genotype	Reference
LOC105374069	rs322458	CC	3 PMID: 23223146
COL17A1	rs805698	TT	3 PMID: 33669802
MMP16	rs6469206	TT	3 PMID: 33669802
TNFRSF8	rs6690493	AG	3 PMID: 33669802
IRF4	rs12203592	CC	3 PMID: 33959940

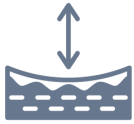
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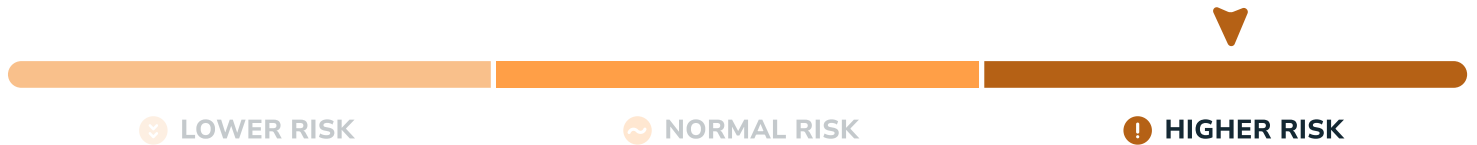
Skin - Ageing

Premature Collagen Breakdown

Collagen is the body's most abundant protein, providing essential structure, strength, and elasticity to skin, bones, muscles, and other connective tissues. Premature collagen breakdown refers to an accelerated loss or degradation of this vital protein occurring earlier or more extensively than through normal chronological aging, leading to earlier signs of skin aging like wrinkles and sagging, and potentially weakening other tissues. Lifestyle habits such as smoking and excessive sun exposure can significantly influence this premature decline. UV exposure triggers increased activity of enzymes called matrix metalloproteinases (MMPs), which break down collagen and impair its renewal. A diet high in sugar can also make collagen brittle. Additionally, certain medical conditions, including autoimmune diseases or specific genetic mutations like those causing Ehlers-Danlos syndrome, can also lead to the premature breakdown of collagen, impacting overall skin health and structural integrity.



About your result



Your genetic profile indicates an increased tendency for premature collagen breakdown.

Our Recommendations



Lifestyle



PERSONALIZE RECOMMENDATION

To manage your increased risk of premature collagen loss, it is essential for you to use daily sunscreen and avoid smoking to protect your skin's structure.

The prevention of premature collagen loss is largely dependent on lifestyle choices. Chronic sun exposure is a major external factor that contributes to collagen breakdown. Daily use of broad-spectrum sunscreen and wearing protective clothing help shield the skin from UV damage and preserve collagen structure. Smoking should be avoided, as it introduces harmful free radicals that speed up collagen degradation. Reducing contact with environmental pollutants is also beneficial for skin health. In addition, maintaining a balanced diet rich in nutrients and practicing effective stress management can support overall skin integrity and help sustain natural collagen levels.

Source:

Ganceviciene, R., Liakou, A. I., Theodoridis, A., Makrantonaki, E., & Zouboulis, C. C. (2012). Skin anti-aging strategies. Dermato-Endocrinology, 4(3), 308–319. https://doi.org/10.4161/derm.22804_23467476





Skincare



PERSONALIZE RECOMMENDATION

With your increased risk of collagen loss, consider a routine with retinoids to boost production and antioxidants like vitamin C to protect existing collagen.

Topical skincare products offer effective strategies for addressing premature collagen loss. These products aim to protect existing collagen and stimulate new fiber synthesis. Potent antioxidants, such as vitamins C and E and niacinamide (vitamin B3), are commonly used to reduce collagen degradation by neutralizing damaging free radicals. Cell regulators, especially retinoids (i.e., retinol and tretinoin), play a important role in influencing collagen metabolism directly and boosting its production to improve skin structure. Furthermore, polypeptides support these efforts by promoting collagen synthesis and improving overall dermal health for better skin firmness.

Source:

Ganceviciene, R., Liakou, A. I., Theodoridis, A., Makrantonaki, E., & Zouboulis, C. C. (2012). Skin anti-aging strategies. Dermato-Endocrinology, 4(3), 308-319. <https://doi.org/10.4161/derm.22804>



Dietary



PERSONALIZE RECOMMENDATION

To help your body manage an increased risk of collagen loss, you might explore oral hydrolyzed collagen supplements, which may improve skin elasticity.

Dietary interventions can support skin health and prevent premature collagen loss by supplying compounds that promote elasticity and hydration. Systematic reviews have shown that oral hydrolyzed collagen supplements may improve skin elasticity and hydration and reduce wrinkles with consistent use. Other dietary components, such as hyaluronic acid supplements or genistein-rich foods like soy, are being studied for their roles in maintaining skin moisture and firmness. Additionally, research suggests that the daily intake of cocoa flavanols, which are naturally occurring compounds found in dark chocolate, can improve skin elasticity and reduce the appearance of wrinkles.

Source:

13 science-backed ways to improve skin elasticity. (2019, August 29). Healthline. <https://www.healthline.com/health/beauty-skin-care/skin-elasticity>





Gene Details

Your Gene Table

Level of scientific evidence 1 Highest 2 Moderate 3 Lowest

Gene	rsID	Genotype	Reference
MMP2	rs243865	CC	1 PMID: 33373134
TNF	rs1800629	GA	3 PMID: 37763073

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Skin - Ageing

Saggy Facial Skin

Facial sagging is a common sign of aging, characterized by features like drooping cheeks (loss of firmness, downward shift) and sagging eyelids (dermatochalasis, or excess skin). These changes primarily occur due to natural, age-related processes, including the loss of subcutaneous fat, thinning skin (especially around the eyes), and the degradation of essential structural proteins like collagen and elastin. Some factors that can accelerate this process include significant sun exposure, smoking, and changes in body mass index. Studies have also noted male sex and lighter skin color as potential risk factors, particularly for eyelid sagging. Genetics play a crucial role in facial sagging, with significant heritability estimated at around 61% for the eyelids. There are also links to various genes, such as SLC30A8 and DLGAP1. Very rarely, severe sagging can be part of genetic syndromes, but it is mostly of an aesthetic concern. Even so, significant facial sagging can sometimes cause functional issues, such as impaired vision from droopy eyelids.



About your result



Your genetic profile suggests a typical predisposition to facial skin sagging with age.

Our Recommendations



Skincare



PERSONALIZE RECOMMENDATION

You can improve your skin's firmness by using creams containing ingredients like retinoids or vitamin C. These creams may provide subtle improvements with consistent daily use.

Topical skincare products, such as firming creams, can offer a supportive role in addressing sagging facial skin, potentially providing subtle tightening effects and improving overall skin appearance. Formulations often include ingredients like retinoids (retinol, retinoic acid) and topical collagen, aimed at enhancing skin structure and promoting a firmer look. Antioxidants, especially Vitamin C, are also valuable in skincare for their capacity to repair damaged skin cells, protect against free radicals, and assist in collagen production. Consistent daily use of these creams alongside a regular skin care regimen that includes daily sun protection is important. However, noticeable improvements may take time, and results may vary.

Source:

*Skin firmness: How to reverse the aging process. (2020, March 20). Healthline. <https://www.healthline.com/health/firmness-skin> **



Dietary



PERSONALIZE RECOMMENDATION

Despite not having increased risk of sagging skin, you may want to support your skin's structure from within by exploring oral supplements like collagen peptides or ensuring you get adequate dietary vitamin C.

Some dietary supplements are being studied for their potential to support skin structure and address concerns related to sagging facial skin by working from the inside out. One such supplement is oral collagen peptides, which are suggested to help replenish the body's natural collagen. Over time, this can improve skin firmness and elasticity. Taken as a supplement, vitamin C acts as a powerful antioxidant that can aid in repairing damaged skin cells, protecting against free radicals, and assisting in natural collagen production.

Source:

*Skin firmness: How to reverse the aging process. (2020, March 20). Healthline. <https://www.healthline.com/health/firmness-skin> **

Monitoring



PERSONALIZE RECOMMENDATION

Despite not having an increased risk of sagging skin, you should consult a dermatologist if you desire more significant improvements than at-home care can provide.

Monitoring sagging facial skin involves assessing the effectiveness of self-care practices and recognizing when professional guidance is needed. If at-home treatments and lifestyle changes do not lead to noticeable improvements in skin firmness, consulting a board-certified dermatologist is advised. A dermatologist can evaluate skin condition and discuss medical-grade treatments, such as chemical peels for surface texture or laser resurfacing to stimulate collagen in deeper layers. Advanced procedures like ultrasound-based skin tightening, which uses targeted heat to encourage collagen production and lift sagging areas, may also be considered after a specialist's review and personalized risk-benefit assessment.

Source:

*Skin firmness: How to reverse the aging process. (2020, March 20). Healthline. <https://www.healthline.com/health/firmness-skin> **

Exercise



PERSONALIZE RECOMMENDATION

To support facial muscle tone, you can try practicing daily facial exercises or using tools like a jade roller, which may provide temporary benefits.

Researchers are studying facial exercises as a non-invasive approach to improving facial muscle tone, which may enhance the appearance of sagging skin. Although scientific evidence is limited, some studies suggest that regularly practicing specific facial movements daily may support skin firmness over time. Traditional tools, such as jade rollers and gua sha stones, are also used to promote circulation, assist lymphatic drainage, and relax facial muscles. Though there is minimal clinical support for these methods, they may provide short-term benefits by increasing blood flow and temporarily improving skin tone and texture when used consistently.

Source:

*American Academy of Dermatology Association. (n.d.). Many ways to firm sagging skin. Retrieved June 20, 2025, from <https://www.aad.org/public/cosmetic/younger-looking/firm-sagging-skin> **





Gene Details

Your Gene Table

Level of scientific evidence 1 Highest 2 Moderate 3 Lowest

Gene	rsID	Genotype	Reference
LOC105374069	rs322458	CC	3 PMID: 23223146
DLGAP1	rs11876749	TT	3 PMID: 24869959
SLC30A8	rs6980503	GG	3 PMID: 35587111

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Skin - Ageing

Skin Glycation

Skin glycation is a natural, ongoing process where sugars (e.g., glucose) react with essential skin proteins, mainly collagen and elastin, without the help of enzymes. This reaction forms harmful compounds known as Advanced Glycation End Products (AGEs). These AGEs accumulate in the skin tissues over time, often becoming noticeable around age 30, and their levels can be increased by high-sugar diets and tobacco use. AGEs contribute significantly to skin aging by cross-linking collagen and elastin fibers, which makes them stiff and brittle. This process is difficult to reverse and leads to wrinkles and loss of elasticity. AGEs also increase oxidative stress and inflammation, which further damages the skin and contributes to a dull or yellowish tone. This entire process can be significantly amplified by sun exposure. At the molecular level, high levels of sugar and AGEs can alter the expression of key genes (such as p16, p21, and p53), driving cells toward premature aging (senescence) and activating inflammatory pathways (such as NF-kB). As a result, inflammation increases.



About your result



Your genetic profile indicates a typical risk of skin aging due to glycation.

Our Recommendations



Skincare



PERSONALIZE RECOMMENDATION

You can help protect your skin from glycation-related damage by using skincare with powerful antioxidants like vitamins C, E, and green tea extract.

Topical skincare products can play a supportive role in addressing skin glycation, a process that contributes to visible signs of aging, such as wrinkles and reduced elasticity. Certain formulations aim to inhibit the formation of advanced glycation end products (AGEs) in the skin or counteract their damaging effects on vital proteins, such as collagen. Antioxidants, such as vitamins C and E and botanical extracts rich in polyphenols (e.g., green tea), protect against oxidative stress, which promotes AGE formation. Although research on specific topical anti-glycation agents is ongoing, skincare products that focus on antioxidant protection and barrier support can help mitigate glycation-induced changes.

Source:

Wang et al. (2024). The effects of advanced glycation end-products on skin and potential anti-glycation strategies. Experimental Dermatology, 33(4). Portico. <https://doi.org/10.1111/exd.15065>



Dietary



PERSONALIZE RECOMMENDATION

You can support healthier skin aging by limiting sugary and fried foods and using gentler cooking methods like steaming instead of high-heat grilling.

Research shows that dietary choices significantly contribute to the body's levels of advanced glycation end products (AGEs), with certain foods and preparation methods increasing their presence. A high intake of processed foods, fried foods, sugary snacks, and red meat cooked at high temperatures contributes to elevated AGE levels. A diet low in added sugars and gentler cooking methods, such as steaming or boiling instead of grilling or frying, can reduce AGE formation. Including antioxidant-rich foods such as berries (which contain resveratrol), apples (which contain quercetin), vegetables, green tea, and spices like turmeric may also support the body's defense against glycation and promote healthier aging of the skin.

Source:

Wang et al. (2024). The effects of advanced glycation end-products on skin and potential anti-glycation strategies. Experimental Dermatology, 33(4). Portico. <https://doi.org/10.1111/exd.15065>



Lifestyle



PERSONALIZE RECOMMENDATION

Despite not having an increased risk from glycation, avoiding smoking and using daily sun protection are key lifestyle habits for preventing premature skin aging.

Advanced Glycation End-products (AGEs) are compounds that accumulate in the body and contribute to skin aging and structural damage. Exposure to external sources such as tobacco smoke and environmental pollutants can accelerate AGE formation, making avoidance an important preventive step. UV radiation also plays a role in promoting glycation, so consistent sun protection is recommended to reduce its impact on skin health. Limiting exposure to these stressors, along with managing factors like chronic stress, may help support the body's natural defenses against AGE buildup and promote healthier skin aging.

Source:

Wang et al. (2024). The effects of advanced glycation end-products on skin and potential anti-glycation strategies. Experimental Dermatology, 33(4). Portico. <https://doi.org/10.1111/exd.15065>





Gene Details

Your Gene Table

Level of scientific evidence 1 Highest 2 Moderate 3 Lowest

Gene	rsID	Genotype	Reference
NAT2	rs1495741	GA	1 PMID: 24934506
GLO1	rs1049346	GA	1 PMID: 23201419

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Skin - Ageing

Sunspots

Sunspots, also known as solar lentigines or lentigo senilis, are flat, tan-to-dark brown areas of pigmentation that appear on skin chronically exposed to the sun. They commonly appear on the face, hands, and shoulders. While very common in adults over 50, they can occur in younger individuals. Though they can be seen in all skin types, they are more frequent in adults with lighter skin that get sunburns easily. Unlike freckles, sun spots do not fade without sun exposure. These spots primarily result from long-term exposure to ultraviolet (UV) radiation, which leads to changes in skin structure. These changes might include elongated rete ridges and an accumulation of melanin (which signifies a considerable photodamage). Additionally, genetic factors also contribute significantly, with several studies linking variations in genes such as IRF4, MC1R, and TERT to sunspots development. Although generally benign, sunspots can indicate a history of high sun exposure and are often a cosmetic concern.



About your result



Your genetic profile indicates an increased tendency to develop sunspots from UV exposure.

Our Recommendations



Lifestyle

PERSONALIZE RECOMMENDATION

To manage your increased likelihood of sunspots, it is essential to limit peak sun exposure and be very consistent with daily, broad-spectrum sunscreen application.

Preventing sunspots primarily involves consistent protection against ultraviolet (UV) A and B radiation. It is strongly advised to limit direct sun exposure during peak hours, typically from 10 a.m. to 3 p.m., when UV intensity is highest. Using broad-spectrum sunscreen daily before outdoor activity and reapplying it every two hours helps provide effective defense against UV-induced pigmentation. Wearing protective clothing, such as wide-brimmed hats and tightly woven fabrics, provides an additional layer of protection. Using cosmetic products that include sunscreen provides additional long-term protection and reduces the risk of developing sunspots.

Source: [Removing sunspots on face: Treatment and at-home remedies. \(2018, June 18\). Healthline. https://www.healthline.com/health/sunspots-on-face *](https://www.healthline.com/health/sunspots-on-face)



Monitoring



PERSONALIZE RECOMMENDATION

With your increased likelihood of sunspots, it is crucial to monitor your skin for changes and see a dermatologist to rule out serious conditions.

Although true sunspots are generally benign, monitoring skin changes and seeking professional dermatological evaluation is crucial for any new or evolving pigmented lesion to rule out serious conditions. Medical consultation is advised if a spot darkens significantly, grows in size, develops an irregular border, or becomes itchy, painful, red, or starts to bleed. For cosmetic reduction of confirmed sunspots, procedures performed by trained professionals include laser resurfacing, Intense Pulsed Light (IPL) therapy to target melanin, and cryotherapy to freeze the spots. Other clinical options such as chemical peels and microdermabrasion can also lessen their appearance; a dermatologist can determine the most appropriate treatment strategy.

Source:

*Removing sunspots on face: Treatment and at-home remedies. (2018, June 18). Healthline. <https://www.healthline.com/health/sunspots-on-face> **



Skincare



PERSONALIZE RECOMMENDATION

To help reduce the appearance of sunspots given your higher likelihood, look for skincare with active ingredients like topical vitamin C or licorice extract.

A variety of at-home skincare treatments can potentially fade or reduce the appearance of sunspots by utilizing natural and formulated active ingredients. Natural compounds such as aloe vera, licorice extract, topical vitamin C, and lactic acid (found in milk or buttermilk) are recognized for their potential to lighten hyperpigmented skin. Over-the-counter creams containing glycolic acid, hydroxy acids, or kojic acid are also available. These creams are designed to exfoliate the skin and reduce pigmentation. While these options may provide some improvement, results vary from person to person, and acidic substances like lemon juice should be used with caution due to the risk of skin irritation.

Source:

*Removing sunspots on face: Treatment and at-home remedies. (2018, June 18). Healthline. <https://www.healthline.com/health/sunspots-on-face> **





Gene Details

Your Gene Table

Level of scientific evidence 1 Highest 2 Moderate 3 Lowest

Gene	rsID	Genotype	Reference
IRF4	rs12203592	CC	1 PMID: 25705849
MC1R	rs35063026	CC	1 PMID: 25705849
TERT	rs2853672	AA	2 PMID: 36572090

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Skin - Ageing

UV Damage Risk

UV damage risk indicates an individual's susceptibility to photoaging, which is the premature aging of the skin caused by ultraviolet (UVA and UVB) radiation from the sun or artificial sources (e.g., tanning beds). Exposure to UV radiation damages skin cell DNA, leading to visible signs of photoaging, such as wrinkles, loss of elasticity, spider veins, and pigment changes like sun spots. These changes differ significantly from the visible signs of natural chronological aging. While anyone can experience sun damage, it is more likely to occur in individuals with lighter skin, hair, and eye colors, or a family history of skin cancer. However, all skin tones are susceptible to some level of damage. UV exposure triggers complex skin responses, including inflammation and immunosuppression, which accelerate the aging process. Ultimately, significant UV damage increases an individual's long-term risk of developing skin cancer, making sun protection crucial.



About your result



Your genetic profile indicates an increased genetic risk of skin damage from UV radiation.

Our Recommendations



Lifestyle



PERSONALIZE RECOMMENDATION

To manage your significantly increased risk of UV damage, you must prioritize seeking shade, wearing protective clothing, and completely avoiding any artificial tanning beds.

Reducing the risk of UV damage involves consistent lifestyle habits that limit both direct and indirect sun exposure, especially during peak hours. Seeking shade whenever outdoors is advisable, alongside awareness that UV rays can reflect off surfaces such as water, sand, and snow, reaching the skin even indirectly. Wearing protective clothing, including tightly woven fabrics and wide-brimmed hats that shield the face, ears, and neck, along with UV-blocking sunglasses, provides an important physical barrier. Individuals should strictly avoid artificial tanning beds due to their significant skin cancer risks and aim to prevent sunburns by referencing the daily UV Index for guidance.

Source:

D'Orazio et al. (2013). UV Radiation and the Skin. International Journal of Molecular Sciences, 14(6), 12222–12248.
<https://doi.org/10.3390/ijms140612222> 23749111



Monitoring



PERSONALIZE RECOMMENDATION

Given your increased risk of UV damage, monthly self-exams and annual professional skin checks are crucial for the early detection of skin cancer.

Regular skin self-examinations support early detection of potential UV-related damage and abnormal skin changes. Performing a full-body check once a month allows you to monitor moles, growths, and lesions. Use mirrors or enlist the help of someone else for hard-to-see areas. These exams should be supplemented by annual professional skin evaluations conducted by a dermatologist or other healthcare provider. Any new or changing features, such as sores that do not heal or moles that are asymmetrical, have uneven borders, varied color, or increased size, should be promptly reviewed by a medical professional. Early identification of suspicious changes increases the likelihood of effective intervention and better health outcomes.

Source:

D'Orazio et al. (2013). UV Radiation and the Skin. International Journal of Molecular Sciences, 14(6), 12222–12248.
<https://doi.org/10.3390/ijms140612222 23749111>



Skincare



PERSONALIZE RECOMMENDATION

With your increased risk of UV damage, it is critical to diligently apply broad-spectrum sunscreen daily and reapply it often, especially after swimming or sweating.

An important skincare routine for minimizing the risk of UV damage is applying sunscreen correctly and consistently to create a protective barrier against solar radiation. Broad-spectrum sunscreens with an SPF greater than 15 are recommended to ensure defense against both UVA and UVB rays. Thoroughly apply sunscreen to all sun-exposed areas, including often-overlooked spots like the lips, ears, neck, and hands. Reapply sunscreen after swimming or sweating. Although sunless self-tanning products can provide a tan appearance without UV exposure, they generally offer minimal sun protection and should be used alongside sunscreen.

Source:

D'Orazio et al. (2013). UV Radiation and the Skin. International Journal of Molecular Sciences, 14(6), 12222–12248.
<https://doi.org/10.3390/ijms140612222 23749111>





Gene Details

Your Gene Table

Level of scientific evidence 1 Highest 2 Moderate 3 Lowest

Gene	rsID	Genotype	Reference
LOC105374069	rs322458	CC	3 PMID: 23223146
IRF4	rs1540771	CT	1 PMID: 17952075
ERCC2	rs1799793	CC	3 DOI: 10.1111/j.1365-2133.2010.09644.x

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Date of Birth : 01 January 2000

Order ID : #2131-998435
Report Date : 08 September 2025



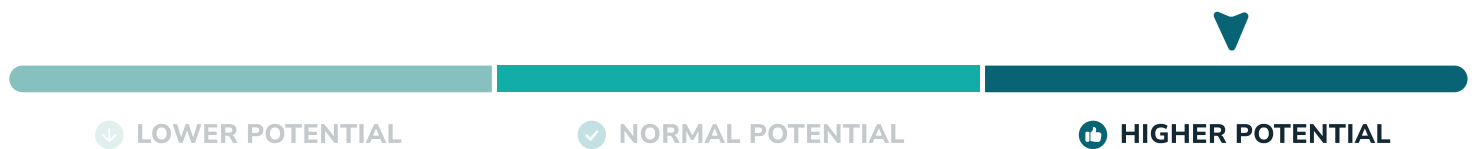
Skin - Ageing

Youthful Skin

Youthful skin is characterized by delayed visible signs of aging, such as firmness, good elasticity, adequate hydration, and an even tone, reflecting overall skin health. Maintaining this appearance involves preserving essential structural proteins like collagen and elastin, and protecting against damage from both internal processes like glycation (the formation of Advanced Glycation End Products or AGEs) and external factors like sun (UV) exposure, which lead to wrinkles and loss of firmness. Genetics play a significant role in an individual's ability to maintain a youthful appearance, and studies have identified specific genes (including NQO1 and EPHX1) that may contribute to a younger look over time. While genetic predisposition serves as a baseline, environmental factors such as consistent sun protection and a healthy diet are important for preventing premature aging and maintaining skin vitality.



About your result



Your genetic profile indicates an enhanced potential for maintaining a youthful skin appearance.

Our Recommendations



Lifestyle



PERSONALIZE RECOMMENDATION

To preserve your natural potential for youthful skin, you should consistently practice sun protection and maintain a healthy lifestyle by avoiding smoking and tanning.

To avoid premature aging and maintain youthful-looking skin, it is important to practice consistent daily sun protection. This includes seeking shade, wearing sun-protective clothing with a UPF label, and applying broad-spectrum SPF 30+ sunscreen. It is crucial to avoid all forms of tanning, including sun exposure and tanning beds. Self-tanners provide a safer alternative. Quitting smoking also significantly slows premature skin aging. A balanced diet rich in fruits and vegetables and low in sugar and refined carbohydrates, as well as moderate alcohol consumption, supports skin health by preventing damage and dehydration. Regular, moderate exercise improves circulation, promoting a youthful appearance. Being mindful of repetitive facial expressions can prevent the formation of permanent lines.

Source:

[11 ways to reduce premature skin aging. \(n.d.\). Retrieved June 24, 2025, from https://www.aad.org/public/everyday-care/skin-care-secrets/anti-aging/reduce-premature-aging-skin](https://www.aad.org/public/everyday-care/skin-care-secrets/anti-aging/reduce-premature-aging-skin) *





Skincare



PERSONALIZE RECOMMENDATION

Given that you have increased genetic potential for youthful skin, you can maintain it by sticking to a gentle cleansing routine and using a daily moisturizer to keep it well-hydrated.

Gentle cleansing is a basic skincare practice for maintaining youthful skin because harsh scrubbing can irritate the skin and accelerate the aging process. For best results, wash your face twice daily and as soon as possible after heavy perspiration to remove pollutants, makeup, and sweat without irritating your skin. Daily application of a facial moisturizer is essential for trapping water within the skin, giving it a plumper, more youthful appearance. It is important to discontinue the use of skincare products that cause stinging or burning, as skin irritation can make it look older. Prescribed treatments are an exception and should be discussed with a dermatologist.

Source:

*11 ways to reduce premature skin aging. (n.d.). Retrieved June 24, 2025, from <https://www.aad.org/public/everyday-care/skin-care-secrets/anti-aging/reduce-premature-aging-skin> **



Dietary



PERSONALIZE RECOMMENDATION

To support your increased genetic potential for youthful skin, continue to eat a balanced diet rich in vitamins C, E, and carotenoids for optimal skin health.

A balanced, nutrient-dense diet plays a crucial role in supporting skin health and maintaining a youthful appearance. It provides essential compounds that counteract the aging process of the skin. Adequate dietary intake of vitamin C, an essential antioxidant that the body does not produce, is vital for collagen production. Vitamin C can be obtained from citrus fruits, berries, and leafy greens. Vitamin E, a fat-soluble antioxidant found in vegetable oils, nuts, and seeds, works with vitamin C to protect skin cells from lipid peroxidation and prevent collagen cross-linking. Incorporating carotenoid-rich foods such as carrots, sweet potatoes, and mangos provides provitamin A and other antioxidants that offer photoprotective benefits and support skin vitality.

Source:

*Schagen et al. (2012). Discovering the link between nutrition and skin aging. *Dermato-Endocrinology*, 4(3), 298–307. <https://doi.org/10.4161/derm.2287623467449>*





Gene Details

Your Gene Table

Level of scientific evidence 1 Highest 2 Moderate 3 Lowest

Gene	rsID	Genotype	Reference
NQO1	rs1800566	GG	3 PMID: 40319243
EPHX1	rs1051740	TC	3 PMID: 40319243
EPHX1	rs2234922	AG	3 PMID: 40319243

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Skin - Sensitivity

Impaired Skin Barrier Function

The skin barrier refers to the outermost layer of skin (stratum corneum), often described as a "brick wall" where tough skin cells (corneocytes) act as bricks, bound together by natural fats or lipids (like ceramides) serving as mortar. This barrier plays a vital role in preventing excessive water loss and maintaining hydration, as well as shielding the body from environmental threats such as toxins, allergens, and microbes. These functions are supported by its acidic nature (acid mantle). Impaired skin barrier function occurs when this protective wall is disrupted, which can be caused by environmental factors like sun exposure, dry or humid air, harsh soaps, over-washing, or genetic factors predisposing individuals to conditions such as atopic dermatitis or psoriasis. A person's genetic makeup can impact the strength of this barrier, with some individuals being more susceptible to its disruption. Damaged barrier typically leads to symptoms like dry, scaly, itchy, or sensitive skin, increased inflammation, and a higher susceptibility to skin infections.



About your result



Your genetic profile indicates an increased risk of developing an impaired skin barrier function.

Our Recommendations



Dietary



PERSONALIZE RECOMMENDATION

To help support your skin barrier given your increased risk of impairment, focus on a diet with omega-3s and consider probiotics to improve hydration.

Numerous studies have linked the consumption of omega-3 fatty acids, which are readily available in sources such as flaxseed oil, to improved skin hydration, reduced transepidermal water loss, and decreased skin roughness. Oral probiotics, such as certain Lactobacillus strains, and prebiotics, such as galactooligosaccharides, are being investigated for their ability to positively affect skin barrier integrity and hydration. Furthermore, preliminary research on L-histidine supplementation indicates that it may enhance barrier function by promoting the production of filaggrin, a crucial protein for skin structure.

Source:

Parke et al. (2021). Diet and Skin Barrier: The Role of Dietary Interventions on Skin Barrier Function. *Dermatology Practical & Conceptual*, e2021132. <https://doi.org/10.5826/dpc.1101a132.33614213>





Lifestyle



PERSONALIZE RECOMMENDATION

With a higher risk of an impaired skin barrier, it is crucial for you to avoid over-washing, harsh chemicals, and sun exposure to protect your skin.

A strong skin barrier is essential for protecting against environmental stressors and preventing moisture loss. Several lifestyle factors can impact barrier health. Exposure to harsh chemicals, pollutants, allergens, and excessive sun should be minimized to avoid weakening the skin's natural defenses. Over-washing or frequent exfoliation can strip protective lipids and disrupt the skin's pH balance, leading to increased sensitivity and dryness. Psychological stress and extreme environmental conditions, such as high or low humidity, may also affect barrier function. Adopting habits that reduce these stressors, such as using gentle cleansers, wearing protective clothing, and practicing stress reduction techniques, can support better skin resilience and overall barrier maintenance.

Source:

*Skin barrier function and how to repair and care for it. (2022, August 23). Healthline. <https://www.healthline.com/health/skin-barrier> **



Skincare



PERSONALIZE RECOMMENDATION

To help restore your impaired skin barrier, use a simple routine with a gentle cleanser and a moisturizer rich in ceramides, plant oils, and occlusives.

A weakened skin barrier requires specific skincare interventions to restore its protective function and prevent transepidermal water loss. Using fewer well-chosen products minimizes potential irritants while maximizing the effectiveness of restoring the skin barrier. Mild cleansers with a pH between 4.0 and 5.0 support the skin's natural acid mantle (the protective acidic layer on the skin's surface). Certain plant-based oils (e.g., jojoba, argan, and sunflower oil) offer emollient properties that help repair the barrier and reduce water loss. Products containing ceramides (natural lipids that form the skin's protective barrier) or pseudo-ceramides (synthetic versions of ceramides) assist in replenishing lost lipids, improving texture and reducing dryness. Moisturizers with occlusive ingredients (substances that form a protective seal on the skin), such as petrolatum (a petroleum-derived ingredient that prevents water loss), help lock in hydration, while humectants (ingredients that attract moisture from the environment) like glycerin and hyaluronic acid draw moisture into the skin. A well-formulated skincare routine tailored to barrier repair supports long-term skin health and resilience.

Source:

*Skin barrier function and how to repair and care for it. (2022, August 23). Healthline. <https://www.healthline.com/health/skin-barrier> **





Gene Details

Your Gene Table

Level of scientific evidence

1 Highest

2 Moderate

3 Lowest

Gene	rsID	Genotype	Reference
VSTM1	rs612529	AA	1 PMID: 28219444
RETN	rs3745367	GA	2 PMID: 29584687
FLG	rs12144049	TT	2 PMID: 35092857
FLG	rs3126085	GA	2 PMID: 35092857
IL13	rs20541	AG	1 PMID: 32371243
IL4	rs2243250	CC	1 PMID: 28169853

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Skin - Sensitivity

Sun Sensitivity

Sun sensitivity, also known as photosensitivity, is an abnormal skin reaction triggered by exposure to sunlight (UVA, UVB, or visible light) that often involves an immune system response. It can manifest as polymorphous light eruption (PMLE), a common type of "sun allergy" that causes an itchy, red rash, or as photoallergic reactions when sunlight interacts with certain medications or chemicals on the skin. Genetic factors significantly influence an individual's degree of sun sensitivity. For example, variations in genes like MC1R play a key role by controlling skin pigmentation, which is a primary determinant of sensitivity. Reactions can range from mild rashes to severe responses such as blisters or hives. Understanding sun sensitivity is important because it relates to skin damage and potential long-term health implications, including an increased risk of skin cancer.



About your result



Your genetic profile indicates an increased sensitivity to sun exposure (photosensitivity).

Our Recommendations



Lifestyle



PERSONALIZE RECOMMENDATION

To manage your increased sun sensitivity, it is crucial to limit peak sun exposure, wear protective clothing, and be aware of medication-related photosensitivity.

Preventative measures are important for managing sun sensitivity, an immune reaction to sunlight. This includes limiting time outdoors during peak sun hours, typically between 10 a.m. and 3 p.m., and wearing protective clothing such as long sleeves, pants, and wide-brimmed hats. It is also important to be aware that certain oral medications, including some antibiotics and NSAIDs, can cause a photoallergic reaction when exposed to the sun. For individuals with polymorphous light eruption (PMLE), gradually increasing sun exposure over several weeks can lead to a natural "hardening" effect that decreases skin sensitivity.

Source:

Shmerling, R. H. (2018, October 26). Sun allergy (Photosensitivity). Harvard Health Publishing. Harvard Medical School.
https://www.health.harvard.edu/a_to_z/sun-allergy-photosensitivity-a-to-z *





Skincare



PERSONALIZE RECOMMENDATION

With your increased sun sensitivity, it is essential to use broad-spectrum SPF 30+ sunscreen daily and patch-test new products to avoid photoallergic reactions.

For individuals with photosensitivity, protecting the skin from sunlight is the most important preventive measure. The first step is to apply a generous amount of broad-spectrum sunscreen with an SPF of 30 or higher to all exposed areas before going outdoors. Lip balm with equivalent sun protection should also be applied to shield the lips. For mild reactions such as itchy rashes, applying cool compresses or over-the-counter cortisone creams can help soothe the skin. Note that some ingredients in skincare products, sunscreens, and fragrances can trigger photoallergic reactions. Selecting products carefully, including reviewing labels and doing patch tests when appropriate, can help reduce the risk of light-induced flare-ups.

Source:

Shmerling, R. H. (2018, October 26). Sun allergy (Photosensitivity). Harvard Health Publishing, Harvard Medical School.
<https://www.health.harvard.edu/a-to-z/sun-allergy-photosensitivity-a-to-z> *



Monitoring



PERSONALIZE RECOMMENDATION

Given your increased sun sensitivity, promptly seek medical advice for any rash or severe reaction. A dermatologist can perform tests to identify specific triggers.

Common signs of sun sensitivity include an itchy rash that appears on exposed skin shortly after sun exposure. Recognizing these symptoms allows for early self-assessment in mild cases. However, if reactions are severe, such as blistering, hives, or widespread irritation, or if over-the-counter treatments provide no relief, it is recommended that you seek medical advice. A healthcare provider can evaluate potential causes, including medication-induced photosensitivity. Diagnostic methods such as photopatch testing can identify specific chemical triggers. In some cases, phototherapy is used to build tolerance to light exposure. For persistent or intense symptoms, a dermatologist may prescribe stronger treatments, such as corticosteroid creams, oral medications like hydroxychloroquine, or other targeted therapies.

Source:

Shmerling, R. H. (2018, October 26). Sun allergy (Photosensitivity). Harvard Health Publishing, Harvard Medical School.
<https://www.health.harvard.edu/a-to-z/sun-allergy-photosensitivity-a-to-z> *





Gene Details

Your Gene Table

Level of scientific evidence

1 Highest

2 Moderate

3 Lowest

Gene	rsID	Genotype	Reference
MC1R	rs1805007	CC	1 PMID: 16567973
MC1R	rs1805008	CC	1 PMID: 15998953
MC1R	rs1805009	GG	1 PMID: 15998953
SLC45A2	rs16891982	GG	1 PMID: 29974532
IRF4	rs12203592	CC	2 PMID: 23537197
HERC2	rs12913832	GG	2 PMID: 29974532
HLA-DRB1	rs9271006	TC	A clinical and molecular investigation of solar urticaria 3
HLA-DRB1	rs673002	GG	A clinical and molecular investigation of solar urticaria 3

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