

## SkinDNA Test Results

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**DOB**

**ID**

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**REPORT DATE**

**EXPLORE** 



Thank you for taking the SkinDNA Genetic Test

**You are about to become one of thousands who are experiencing a better skin future.**

Your DNA results are used to scientifically create a personalised guide provide you with a unique regime tailored specifically to you. This allows you to advance beyond the 'one-size-fits-all' suggestions - using the right skincare ingredients targeted to your own genetic blueprint.

skindna Team ❤️  
XY

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**Do I need to take this test again?****No - your DNA results do not change.**

Instead use this report to allow you to determine the best course of action to combat any unfavourable genetic outcomes.

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**How dependable are the results?**

If we talk about dependability as the scientific accuracy of the process, it's as predictable as can be, currently 99.96%. There is that small margin for error however we have technical measures in place to ensure very high accuracy.

Your genes play a big role on skin outcomes, it's also important to realize that genes are not the only determinate, one's lifestyle and diet can also play a role too. For example, based on a client's SkinDNA® results if they are more prone to wrinkling it does not necessarily mean that they will definitely come across this problem in later years - if they are also careful with their lifestyle choices.

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**I scored low risk but I have all the visible signs?**

We identify genetic factors only - what you do on the outside also impacts your skin. For example you may be genetically low risk in Collagen Breakdown, but how is your lifestyle? do you run or jog or cycle? These types of motions can cause gravity to strike faster.

Low risk in Skin Sensitivity? External factors to consider - are you using active skincare products that can strip the skin? Are you over exfoliating the skin?

These are the types of things to consider if you score Low but have all the symptoms.

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**I am high risk but I have no signs?**

Genetically your results are accurate. SkinDNA can help to identify risk factors at a DNA level. What you do on the outside matters too.

For example high risk in Wrinkling / Glycation and no visible signs? Things to consider - do you have a low sugar diet? Have you been a regular skincare user? What sort of interventions have you experienced.

These are the types of things to consider if you score Low but have all the symptoms.

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**How to select recommendations****At the end of this report you will be presented with a list of recommendations based on Higher and Medium Risk categories.**

While there may be several recommendations we suggest speaking with your skincare professional and selecting 2-3 from each category.

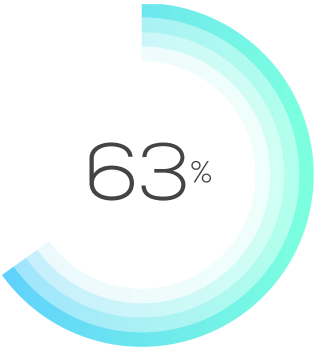
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**Why don't you recommend for low risk?****SkinDNA was developed to allow patients to understand what skin areas they should focus on as a priority.**

While Low Risk categories are still of importance, our algorithms determine that the lower risk categories should be something as a secondary step to be discussed with a professional at a time when you have targeted the higher priority categories.

# How to read your report

You are  
**Medium Risk**



### Average

81 %



### Similarity

12 %

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### Overall risk in this category

We recommend paying closer attention to categories that are Medium or Higher Risk

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### Your proprietary skindna score in this category

The higher the number the better the outcome

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### Population Average

This number represents what the average person scored compared to your score

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### Similarity score

The number of people in our database that have the same outcome as you

# Internal and Visible Signs

## Skin ages from the inside out

This means that the internal signs begin to occur before the visible signs begin to show.

### Internal Signs

→ These signs generally occur  
**BEFORE** the age of 30

- **COLLAGEN PRODUCTION ISSUES**

Increased collagen breakdown as well as less collagen production

### Visible Signs



#### SKIN LAXITY & SAGGING

- Hollowing under eyes
- Loss of volume

# Scientifically Selected Recommendations

**SELECT**  
2 minimum

**SELECT**  
1 minimum

**SPEAK TO A**  
skin care professional

#### TOPICAL INGREDIENTS

- Epidermal Growth Factors**  
Increases and maintains collagen fibres
- L-ascorbic Acid 15%+**  
Promotes Collagen Production
- Palmitoyl Oligopeptide**  
Peptide - Promotes Collagen Production
- Panthenol Vitamin B5**  
Assists in collagen healing

#### INTERNAL SUPPLEMENTS

- Alpha Lipoic Acid**  
Raises collagen protective mechanisms
- Coenzyme Q10**  
Reduces collagen breakdown activities
- N-Acetyl Cysteine**  
Amino Acid shown to reduce collagen damage
- Vitamin C + E**  
Boosts collagen production while reducing collagen breakdown

#### PROFESSIONAL

- Radiofrequency Laser**  
Increases collagen production
- Sculptra or Radiesse**  
Stimulates collagen growth
- Skin Needling**  
Increases collagen production without laser

# Gene Outcomes

## Normal



Indicates that you do not have any genetic variations and that the gene is functioning optimally.



## Impaired



Indicates that you have one variant (SNP) and that the gene's processes are functioning less than optimally.

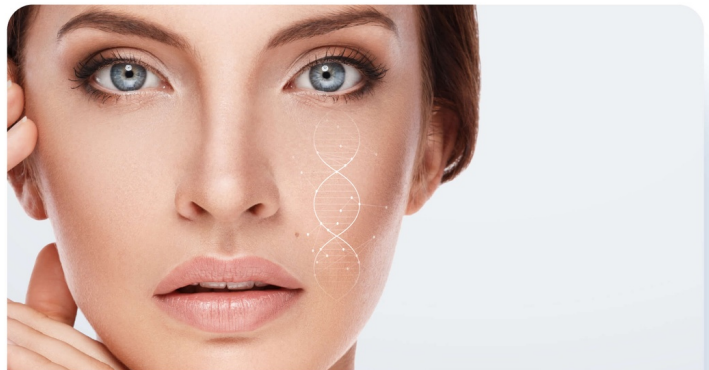
50 | 50

## Deficient



Indicates that you have two or more variants (SNPs) and that the gene's processes are functioning minimally.





## Your SkinDNA Profile

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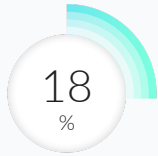
This section will provide a summary of all the results and what they mean for you

EXPLORE 

# Your SkinDNA Profile



Thank you for taking the SkinDNA Genetic Test. Below is a summary of our findings.



## Collagen Breakdown

### Higher Risk

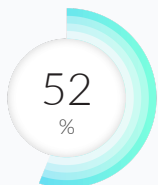
Genetically, you are at risk in this category. Your results indicate that more collagen is breaking down and less is being produced. Leading an unhealthy lifestyle can further increase your risk.



## Wrinkling / Glycation

### Lower Risk

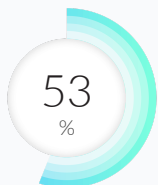
Genetically, your body has the ability to efficiently break down glucose. Excess glucose has been linked to a number of age related traits, amongst them - wrinkles.



## Sun Damage & Pigmentation

### Higher Risk

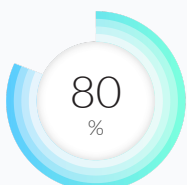
Genetically, you may have a higher probability to experience irregular pigmentation & burning. Your results indicate that there may be a number of vulnerabilities in the production of melanin and other processors that aim to protect your skin from the sun. Explore the gene data below to find out more about this result.



## Free Radical Damage

### Higher Risk

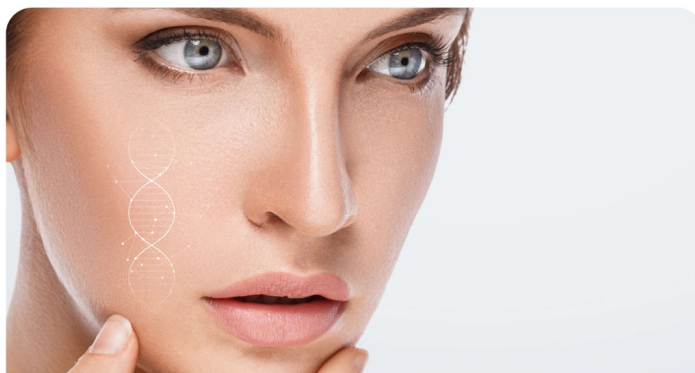
Genetically, you may have a reduced ability to produce essential antioxidants. Your results also suggest that you are likely to be sensitive to Environmental Pollutants. By living an unhealthy lifestyle that includes smoking & stress will ultimately increase your lifetime free of radical production. Explore the gene data below to find out more about this result.



## Skin Sensitivity

### Lower Risk

Genetically, your body is producing normal levels of inflammatory proteins. Your results indicate that you have a normal risk factor to chemical sensitivity issues and skin inflammatory responses. You may still at times experience skin irritations when using a highly active or highly chemical product.



## Detailed Results

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This next section will go into depth for each category that we test

EXPLORE ▶

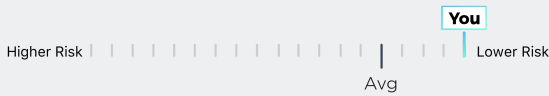




# Wrinkling / Glycation

**Average**  
64%

**Similarity**  
38%

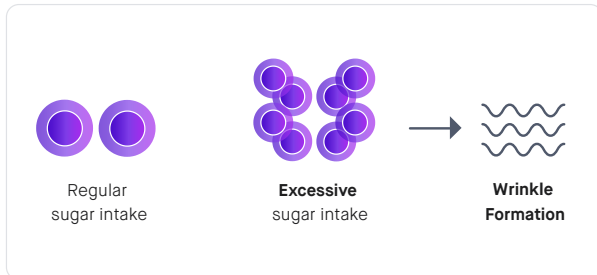


## What is Glycation?

**How your body processes sugar is determined in part by your genes.**

Glycation occurs when excess bodily glucose molecules link to the skin's Collagen and Elastin fibers. This cross-linking can form chemical bridges between these proteins. Glycated collagen fibers can become rigid, less elastic and have reduced regenerative ability which can lead to damage such as laxity, cracking and thinning skin.

Variations in these genes can alter the functioning of normal glucose and energy metabolism. In addition, by consuming higher amounts of sugar intake with your lifestyle can override your genetic risk and can in turn create skin glycation issues



You are

**Lower Risk**

### What this means for you:

Genetically, your body has the ability to efficiently break down glucose. Excess glucose has been linked to a number of age related traits, amongst them - wrinkles.

### Internal Signs

→ These signs generally occur BEFORE the age of 30

- **STIFFENED COLLAGEN FIBERS**  
Leading to decreased elasticity. This is similar to rusty springs in a mattress, overtime it doesn't quite bounce back as much
- **WEAK DERMAL EPIDERMAL JUNCTION**  
Support structures within the skin begin to weaken losing their ability to support the dermis. Overtime, areas begin to collapse inwards Eg. Wrinkles

### Visible Signs



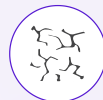
#### HEAVY WRINKLES & FOLDS

- Upper lip and chin lines
- Vertical lines across cheeks
- Fine Lines



#### AGING EYES

- Dryness and lines



#### UNEVEN SKIN TEXTURE

- Rough surface area
- Leathery looking skin
- Crepey skin

### DID YOU KNOW?

Skin ages from the inside out. Biological effects that are not seen by the human eye must occur before the visible signs become apparent. A small change such as watching your sugar intake can mean the difference between wrinkles and flawless skin.

## Technicals

Wrinkle Factor



Genetically, your body's ability to efficiently breakdown glucose is normal. However, a diet high in carbohydrates and sugars can reduce your body's ability to metabolise excess sugar. A high sugar diet can ultimately lead to the formation of wrinkles, thinning and skin structural damage.









## Recommendations

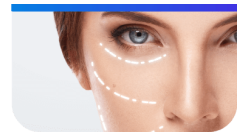
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This next section will provide you with your scientifically selected recommendations

EXPLORE ▶

CATEGORY ONE

# Collagen Breakdown



YOU ARE

**Higher Risk**

YOUR SCORE  
**18%**

Genetically, you are at risk in this category. Your results indicate that more collagen is breaking down and less is being produced. Leading an unhealthy lifestyle can further increase your risk.

### TOPICAL INGREDIENTS

- EPIDERMAL GROWTH FACTORS**  
Increases and maintains collagen fibres
- PANTHENOL VITAMIN B5**  
Assists in collagen healing
- RETINOL**  
Stimulates skin cell reproduction

### INTERNAL SUPPLEMENTS

- ALPHA LIPOIC ACID**  
Raises collagen protective mechanisms
- COENZYME Q10**  
Reduces collagen breakdown activities
- N-ACETYL CYSTEINE**  
Amino Acid shown to reduce collagen damage
- VITAMIN C + E**  
Boosts collagen production while reducing collagen breakdown

### PROFESSIONAL

- LED 590NM**  
Temporarily reduces collagen breakdown activities allowing for more effective treatment and skincare use
- RADIOFREQUENCY LASER**  
Increases collagen production
- SCULPTRA OR RADIESSE**  
Stimulates collagen growth
- ULTRASOUND**  
Increases collagen production

CATEGORY TWO

# Wrinkling / Glycation



YOU ARE

**Lower Risk**

YOUR SCORE  
**100%**

Genetically, your body has the ability to efficiently break down glucose. Excess glucose has been linked to a number of age related traits, amongst them - wrinkles.

# Sun Damage & Pigmentation



YOU ARE

**Higher Risk**

YOUR SCORE  
**52%**

Genetically, you may have a higher probability to experience irregular pigmentation & burning. Your results indicate that there may be a number of vulnerabilities in the production of melanin and other processors that aim to protect your skin from the sun. Explore the gene data below to find out more about this result.

## TOPICAL INGREDIENTS

- C + FERULIC ACID**  
Provides added support from UVA & UVB damage while reducing pigmentation
- C + PHLORETIN**  
Provides added support from UVA & UVB damage while reducing pigmentation
- RESVERATROL**  
Shown to protect against damage caused by UVB radicals
- VITAMIN B3 (NIACINAMIDE)**  
Reduces irregular pigmentation production

## INTERNAL SUPPLEMENTS

- GRAPE SEED EXTRACT OR PYCNOGENOL**  
Provides added protection against UV light-induced redness/burns
- N-ACETYL CYSTEINE**  
Helps to reduce DNA damage caused from UV-induced free radicals
- VITAMIN D3**  
Suitable if you are receiving minimal sun exposure

## PROFESSIONAL

- IPL**  
Laser to help remove freckles and pigmentation
- MODIFIED JESSNER PEEL**  
A combination peel of salicylic acid, resorcinol, lactic acid and Kojic acid to help lighten and also remove pigmentation
- RESURFACING LASER - FRAXEL, CO2**  
Resurfaces skin to remove layers of sun damaged skin
- TCA PEEL - 10-35%**  
Superficial resurfacing of the skin to improve skin texture and remove pigmentation

# Free Radical Damage



YOU ARE

**Higher Risk**

YOUR SCORE  
**53%**

Genetically, you may have a reduced ability to produce essential antioxidants. Your results also suggest that you are likely to be sensitive to Environmental Pollutants. By living an unhealthy lifestyle that includes smoking & stress will ultimately increase your lifetime free of radical production. Explore the gene data below to find out more about this result.

## TOPICAL INGREDIENTS

- COPPER PEPTIDE**  
Antioxidant that counteract and neutralise free radicals
- COENZYME Q10**  
Protects the mitochondria (the 'powerplant' of the cell)
- VITAMIN C (L-ASCORBIC ACID)**  
Antioxidant that counteract and neutralise free radicals
- VITAMIN E**  
Protects skin against environmental pollutants

## INTERNAL SUPPLEMENTS

- ALPHA LIPOIC ACID**  
Free radical scavenger
- GLISODIN**  
Increases the bodies most essential antioxidant - Superoxide Dismutase
- L-CARNTINE**  
Reduces oxidative stress and increases antioxidant activities
- N-ACETYL CYSTEINE**  
Precursor to one of the bodies most essential antioxidant - Glutathione

## PROFESSIONAL

- ANTIOXIDANT FACIALS**  
Various topicals to infuse the skin with high concentrations of antioxidants
- GLUTATHIONE IV**  
Intravenous drip, helps to neutralise and prevent free radical damage
- MESOTHERAPY INFUSION**  
Miniature injections over the face containing various antioxidants
- VITAMIN C IV**  
Intravenous drip, helps to neutralise and prevent free radical damage



# Skin Sensitivity



YOU ARE

**Lower Risk**

YOUR SCORE

80%

Genetically, your body is producing normal levels of inflammatory proteins. Your results indicate that you have a normal risk factor to chemical sensitivity issues and skin inflammatory responses. You may still at times experience skin irritations when using a highly active or highly chemical product.

## Clinical Notes

Collagen Breakdown

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Wrinkling / Glycation

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Sun Damage & Pigmentation

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Free Radical Damage

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Skin Sensitivity

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# Disclaimers

## General Disclaimer

**This test is not intended to provide medical advice, diagnosis, or treatment.** Specifically, the results of this test are for aesthetic purposes only and are intended to provide information which will help with cosmetic product selection now and in the future.

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## HIPAA Confidentiality Notice and Disclaimer

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## Category Disclaimers

### Sun Damage & Pigmentation

The information in this category is not intended to provide medical advice, diagnosis, or treatment. This information should in no way be interpreted as providing information on recommended sun exposure or skin cancer risk.