



SkinDNA Test Results

DOB ID 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.



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.

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.

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

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.

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.

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

Medium Risk

Overall risk in this category

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



Your proprietary skindna score in this category

The higher the number the better the outcome



Average

81 %

Population Average

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



Similarity

12 %

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 occour 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

PART FOUR

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

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

Cenetically, 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.





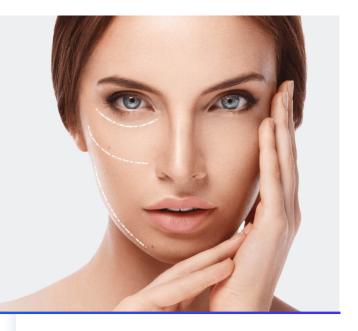
Detailed Results

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

EXPLORE



Collagen Breakdown Average 57% Similarity 3% You Higher Risk



Why do we experience skin sagging?

Collagen makes up 75% of the skins dry weight.

Your genetic predisposition plays a big role in determining both the speed of collagen production and breakdown. When you are younger, your body makes more collagen than it loses, but after about the age of 40, collagen loss can accelerate, leading to a decline in the health and appearance of your skin. This process is precipitated by a protein called MMP1 or Collagenase.

The SkinDNA® Genetic Test can help identify if the production of collagen is in balance, or if the breakdown of collagen is more rapid which can result in the appearance of premature sagging of the skin.

Collagen Balance



In youthful skin, the production and degradation of collagen is in balance.

Collagen Imbalance



Genetic abnormalitiescan lead to an increased rate of collagen breakdown.

DID YOU KNOW?

Most people understand that prevention is better than the cure. Skin care is the only field where most people **do not** use an anti-aging regime or even take any action until they can see the signs.

Technicals

Collagen Breakdown

Deficient

Collagen Protection

Deficient

The enzyme responsible for Collagen Breakdown (known as MMP's) is heightened. As such you may prone to skin laxity and looseness. Other ageing effects may include: Hollowed cheeks, drooping eyelids, as well as a slowdown tissue re-modelling. Combined with the Glutathione Antioxidant (labelled as "Collagen Protection") functioning less than optimal. Genetically your skin may not be receiving optimum support to protect your collagen levels.

YOU ARE

Higher Risk

What this means for you:

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.

Internal Signs



These signs generally occour **BEFORE the age of 30**

SLOWDOWN IN TISSUE REMODELLING

Tissue remodelling is important in maintaining and building a healthy collagen structure to help keep skin firm and plump

COLLAGEN PRODUCTION ISSUES

Increased collagen breakdown as well as less collagen production

Visible Signs



SLOWER HEALING

Slower Healing



SKIN LAXITY & SAGGING

- Hollowing under eyes
- Loss of volume



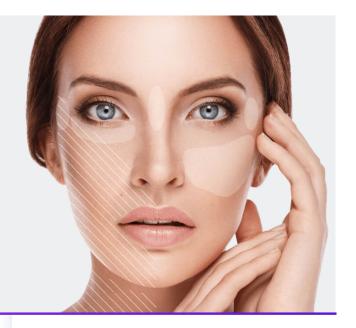
PROMINENT NASOLABIAL FOLDS

Deeper smile lines



Wrinkling / Glycation



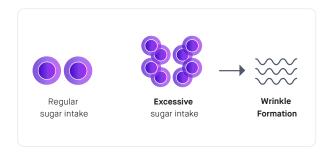


What is Glycation?

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



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 be mean the difference between wrinkles and flawless skin.

Technicals

Wrinkle Factor

■ Norma

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.

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 occour **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 loosing 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



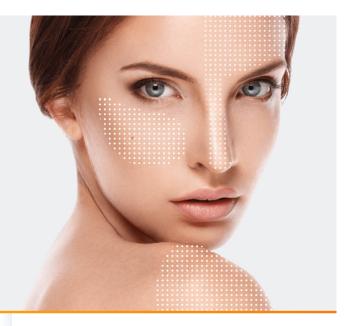
UNEVEN SKIN TEXTURE

- Rough surface area
- Leathery looking skin
- Crepey skin



Sun Damage & Pigmentation





What is Photo-protection?

The sun's UV rays are one of the most significant causes of premature skin aging.

Symptoms of sun damage can include; texture changes, pigment changes, skin cancers, and take years to surface often when the damage is too late. Your body is equipped with natural responses (photo-protection) that help to break down UV rays once they have entered the skin.

The SkinDNA® Genetic Test can help to identify genetic predispositions that play an important role in determining how well your skin can naturally cope under the strains of the sun.

Technicals

Melanin Production 1 Melanin Production 2

We test 2 locations within this gene (M1 & M2). Your results indicate that your body may produce irregular volumes of melanin (pigment). As a result, you may find that your skin can become at times sensitive when exposed to sunlight. You may be more prone to freckling and other various pigmentation spots (hyper-pigmentation). You may also be prone to white spots (hypo-pigmentation). It is likely that even though your skin may be sun sensitive there are times you may experience abnormal tanning abilities.

Photo Defense 1 Photo Defense 2

Deficient Normal

We test 2 locations within this gene (M1 & M2). Your results indicate that genetically your body is functioning less than optimal in breaking down free radicals produced from UVB rays once they have entered the skin. These rays are often referred to as the "Burning" Rays and are responsible not only sunburns but also pigmentation responses.

UV Repair

Impaired

Your result suggests that this gene process is functioning less than optimally with its ability to repair DNA damage caused by exposure from UVA rays. These rays are often referred to as the "Aging" Rays

UV Radical • Deficient

Your genetic outcome suggests that you have minimal DNA repairing ability. After UVA exposure, this gene is crucial for maintaining the overall health and integrity of skin by repairing any DNA damage the exposure might have caused

YOU ARI

Higher Risk

What this means for you:

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.

Internal Signs

These signs generally occour

BEFORE the age of 30

CELLULAR STRUCTURE DAMAGE

Sun damage created by UV Free Radicals including DNA damage from UVA rays

IRREGULAR CELLULAR FUNCTIONS

Hyper Pigmentation: more pigmentation such as brown spots **Hypo** Pigmentation: lack of pigmentation such as white spots

Visible Signs



PIGMENTATION SPOTS

- Blemishes and Freckles
- Brown Spots



REDNESS

- Broken capillaries
- Sun Sensitivity Eg Sunburns
- Patches of redness, mainly on the neck and chest

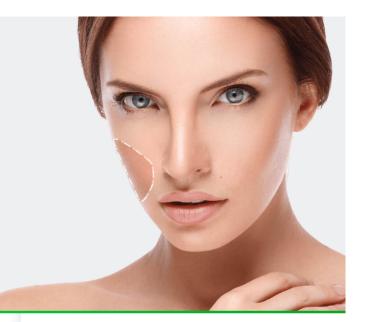


DEEP FURROWS

Upper face deep lines
 Eg. Frown, expression lines



Free Radical Damage Average 69% 53 Similarity 5% You Higher Risk



What are Free Radicals?

Free radicals damage virtually any molecule in our body.

It's a chain reaction that can wreck havoc in every layer of the skin. This sort of cellular destruction in any one of the skin's layers can lead to a dull, lifeless, aged complexion.

Our bodies have been built with a natural defense, Antioxidants. There are 2 main types of Antioxidants produced by your body which stop the damage of Free Radicals. SkinDNA test 2 main types of Antioxidants produced by your body as well as other genetic markers responsible for protecting your skin against Free Radicals.



Technicals

Antioxidant Power

Antioxidant Power

Impaired

Antioxidant Power

✓ Deficient

Superoxide Dismutase and Glutathione Antioxidant are arguably the body's most crucial antioxidants. The higher the levels the less prone we are to the destructive effects of free radicals. Your gene outcomes show that you have less than optimal ability to produce Superoxide Dismutase and a less than optimal ability to produce Glutathione Antioxidant.

You may be prone to dull and lifeless skin, irregular pigmentation, rough texture and uneven skin tone. By increasing your antioxidant levels can aid in protecting against free radical damage.

Pollution Defense

■ Normal

Quinones are highly active molecules that stem from Pollutants such as UV radiation, car exhaust fumes, carbon and cigarette smoke. Once absorbed into the skin if not efficiently broken down can begin to oxidize and cause damage within the skin's wall. Your genes have optimal ability to efficiently breakdown Quinones.

YOU ARE

Higher Risk

What this means for you:

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.

Internal Signs

→

These signs generally occour BEFORE the age of 30

LOW CELLULAR DEFENSE MECHANISMS

This is caused by decreased protection against free radicals and leads to accelerated aging

CELL APOPTOSIS

Increased Mitochondrial Damage (the powerplant of a cell) leading to premature cell death

Visible Signs



TEXTURUAL ISSUES

- Rough texture
- Uneven skin tone
- Dull and lifeless skinTired looking appearance



SKIN BARRIER ISSUES

- Excessive dryness
- Excessive oiliness



CATEGORY FIVE Skin Sensitivity $\wedge \wedge$ Average 69% Similarity 2% You Higher Risk | | | | Lower Risk



Skin irritations

Inflammation acts as the first line of response for healing and counteracting infection and foreign substances like germs, bacteria, allergens, and toxins.

Sometimes the body can over compensate and release too many infla matory proteins to take care of an issue that only required fewer - as a result the body begins to overreact to anything and everything! Soon the body begins to think that your favourite perfume is a virus and the skincare product you love is going to cause harm. This type of sensitivity is not good as the trauma caused by a constant over supply of inflamm tion dramatically ages the skin.

Undergoing skin treatments?

Let your skin professional know about any risks in this category so that they can adjust the treatment protocol to avoid unexpected potential downtime such as extra redness you might not have expected.

Technicals

Inflammation

Excessive inflammation is one of the most common themes in early onset skin aging. While it is a helpful response in the short term, if inflammation continues on-going, it can play a negative role. Often subtle the signs include skin sensitivity, redness and irritation. The gene responsible for the regulation of inflammation is optimal.

Xenobiotic Detox

Your genes have optimal functioning ability to breakdown xenobiotic compounds such as cigarette smoke, exhaust fumes, air pollution and alcohol. These compounds are still bad for you!

Skin Sensitivity 1

Skin Sensitivity 2

We test 2 locations within this gene (M1 & M2).

Your genes have less than optimum ability to breakdown toxic chemical compounds found in everyday pollutions. As a result, there may be times your skin can become overly sensitive to perfumed products, active skincare ingredients and general city pollution. These responses can manifest into redness, rashes and acne.

YOU ARE

Lower Risk

What this means for you:

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.

Internal Signs



These signs genera**ll**y occour BEFORE the age of 30

Overactive Inflammation

Production oversupply - that heightens your bodies responsiveness to stressors

Irregular Tissue Healing

Slow cellular renewal such as renewal after cuts, burns and peeling

Decreased Cellular Defence

Inability to breakdown chemicals and external toxins

Visible Signs



TEXTURUAL ISSUES

- Dryness
- Redness
- Itching
- Rashes

Heightened sensitivity to:

- Highly active skincare products
- Perfumes and scents
- Additives or detergents



Prolonged Redness After:

 Facial treatments, laser, peels, dermal needling



Environmental Sensitivity

- Airborn particles
- Pollution





Recommendations

This next section will provide you with your scientifically selected recommendations

EXPLORE



Collagen Breakdown



YOU ARE

Higher Risk

YOUR SCORE

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

YOUR SCORE

Higher Risk

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

IPI

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

CATEGORY FOUR

Free Radical Damage



YOUR SCORE

Higher Risk

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 F

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



CATEGORY FIVE

Skin Sensitivity



YOU ARE

Lower Risk

	\sim
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		
Wrinkling / Glycation		
Sun Damage & Pigmentation		
Free Radical Damage		
Skin Sensitivity		



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

HIPAA Confidentiality Notice and Disclaimer

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To the extent possible, such information has been transmitted and stored pursuant to HIPAA encryption standards to ensure optimal protection of the information under HIPAA security protocols. Any disclosure, dissemination, distribution, or copying of this confidential and privileged information by anyone other than the intended recipient(s) is strictly prohibited by law.

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.

