

SkinDNA Test Results

Name

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REPORT DATE

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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

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.

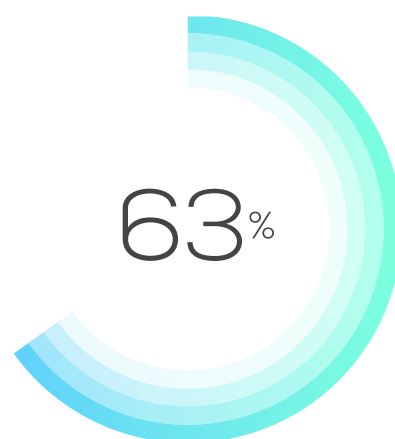
Why don't you recommend for low risk?

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

You are
Medium Risk



Average

81 %



Similarity

12 %

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

Population Average

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

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

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

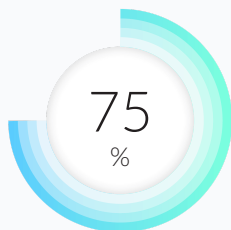
[EXPLORE](#) 

Your SkinDNA Profile



Bernice Wolmarans

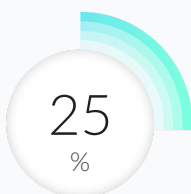
Thank you for taking the SkinDNA Genetic Test. Below is a summary of our findings.



Collagen Breakdown

Lower Risk

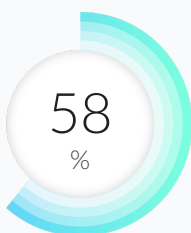
Genetically, your body is working at a near optimum. You are producing close to normal levels of collagen to counteract the breakdown process.



Wrinkling / Glycation

Higher Risk

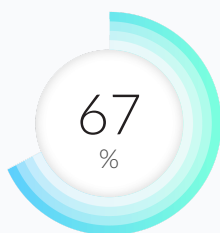
Genetically, your body has a reduced ability to efficiently break down glucose. Excess glucose has been linked to a number of age related traits, amongst them – wrinkles.



Sun Damage & Pigmentation

Medium Risk

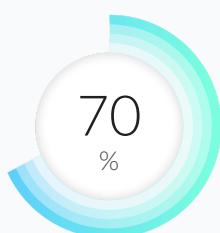
Genetically, you may have a higher probability to experience irregular pigmentation & burning. Your results indicate that there may be vulnerabilities in the production of melanin and other processors that aim to protect your skin from the sun. Explore the gene data below to find out more about this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



Free Radical Damage

Medium Risk

Genetically, you may have a reduced ability to produce essential antioxidants. Your results also suggest that you may 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.

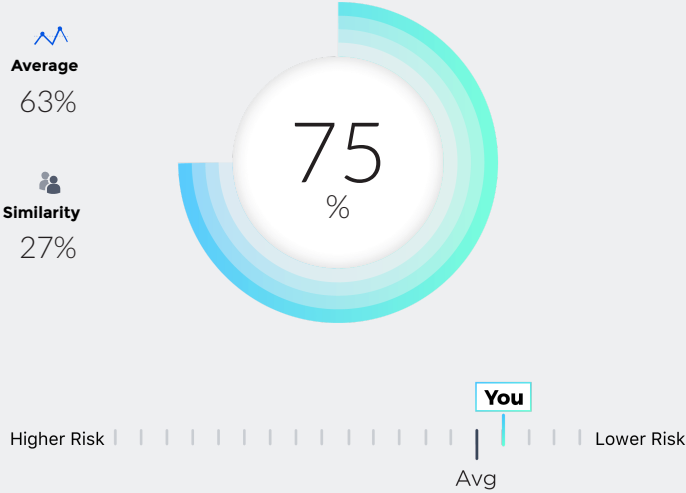


Detailed Results

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

EXPLORE 

Collagen Breakdown



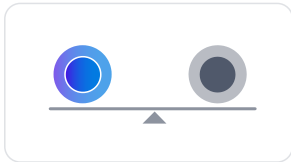
Why do we experience skin sagging?

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.

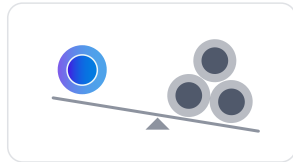
The SkinDNA® Genetic Test can help identify if the production of collagen is in balance, or if the breakdown of collagen is more rapid which can result in the appearance of premature sagging of the skin.

Collagen Balance



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

Collagen Imbalance



Genetic abnormalities can 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
Impaired

Collagen Protection
Normal

The enzyme responsible for Collagen Breakdown (known as MMP's) is heightened. As such you may be prone to skin laxity and looseness. Other ageing effects may include: Hollowed cheeks, drooping eyelids, as well as a slowdown tissue re-modelling. The Glutathione Antioxidant (labelled as "Collagen Protection") is functioning optimally. Overall you are still in the optimal range. You may want to consider collagen boosting modalities as a future after you have targeted the higher risk categories

YOU ARE

Lower Risk

What this means for you:

Genetically, your body is working at a near optimum. You are producing close to normal levels of collagen to counteract the breakdown process.

Internal Signs

→ These signs generally occur **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

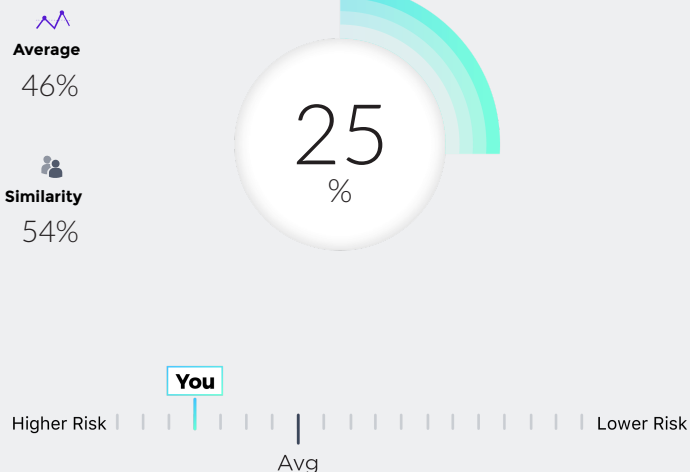
- Hollowing under eyes
- Loss of volume



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 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



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

█ Deficient

You have a minimal functioning gene process that can reduce the ability to efficiently breakdown glucose. Excess glucose molecules stick to collagen and elastin resulting in cross-linked fibers - binding them together. This ultimately leads to the formation of wrinkles, thinning skin, free radicals, and structural skin damage.

You are

Higher Risk

What this means for you:

Genetically, your body has a reduced 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

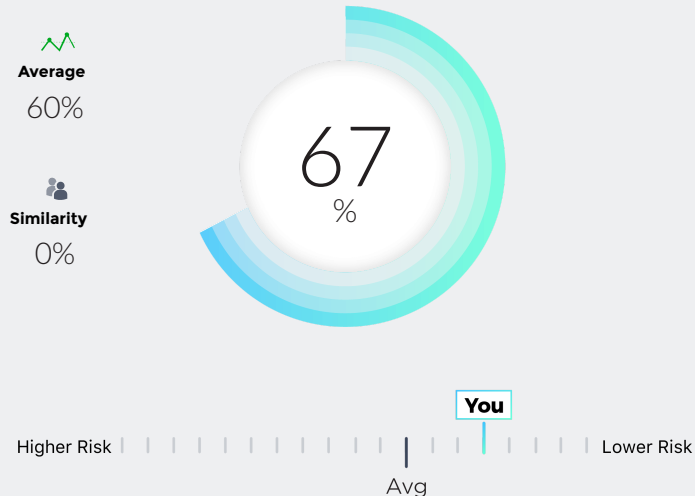
- Dryness and lines



UNEVEN SKIN TEXTURE

- Rough surface area
- Leathery looking skin
- Crepey skin

Free Radical Damage

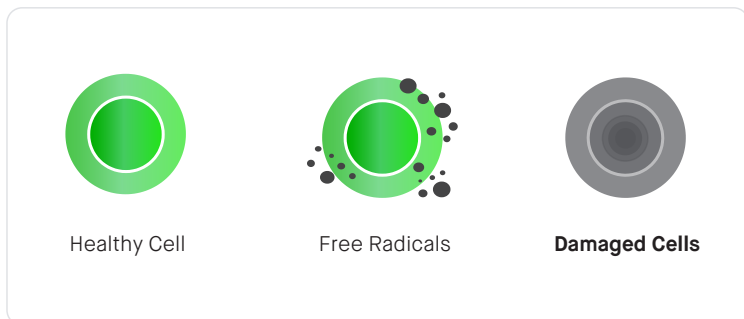


What are Free Radicals?

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



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 genes outcomes show that you have optimal functioning ability to produce Glutathione Antioxidant and a less than optimal ability to produce Superoxide Dismutase. The benefits of having at least optimal Glutathione can still help in aiding to efficiently breakdown free radicals and prevent unnecessary damage to skin cells. Increasing your antioxidant intake can help provide added support.

Pollution Defense



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 less than optimal ability to efficiently breakdown Quinones. This may cause your skin to become more sensitive to Environmental pollutants.

YOU ARE

Medium Risk

What this means for you:

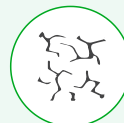
Genetically, you may have a reduced ability to produce essential antioxidants. Your results also suggest that you may be sensitive to Environmental Pollutants. By living an unhealthy lifestyle that includes smoking & stress will ultimately increase your lifetime free of radical production. Explore the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

Internal Signs

These signs generally occur 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



TEXTURAL ISSUES

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



SKIN BARRIER ISSUES

- Excessive dryness
- Excessive oiliness

Skin Sensitivity



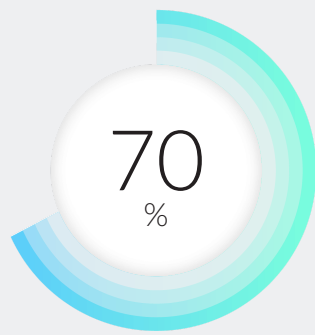
Average

76%



Similarity

4%



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 inflammatory 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 inflammation 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 less than optimal ability to breakdown xenobiotic compounds such as cigarette smoke, exhaust fumes, air pollution, alcohol, gluten and certain other food compounds. Variations in this gene can create internal inflammatory responses. These responses can manifest into redness, rashes and acne.

Skin Sensitivity 1



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.

Skin Sensitivity 2



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 generally occur **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



TEXTURAL ISSUES

- Dryness
- Itching
- Redness
- 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
Lower Risk

YOUR SCORE
75%

Genetically, your body is working at a near optimum. You are producing close to normal levels of collagen to counteract the breakdown process.

Wrinkling / Glycation



YOU ARE
Higher Risk

YOUR SCORE
25%

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

TOPICAL INGREDIENTS

- ALGAE EXTRACT**
Minimises cellular and tissue damage caused by glycation
- HYALURONIC ACID**
Retains 1000 times its weight in water, helps reduce appearance of glycated skin
- KOMBUCHA**
Tea ferment that decelerates glycation bonding
- LACTIC ACID**
Treats the signs of glycation with minimal irritation

INTERNAL SUPPLEMENTS

- BLUEBERRY EXTRACT**
Breaks the glycation cycle
- QUERCETIN**
Anti-glycation properties
- VITAMIN B1 & B6**
Anti-glycation properties

PROFESSIONAL

- CHEMICAL PEELS**
Helps to remove the layers of glycated damaged skin
- LOW SUGAR DIET**
Consult a professional before commencing dietary changes
- SKIN NEEDLING**
Increases collagen production to treat the signs of glycation

Sun Damage & Pigmentation



YOU ARE

Medium Risk

YOUR SCORE
58%

Genetically, you may have a higher probability to experience irregular pigmentation & burning. Your results indicate that there may be 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
- COENZYME Q10**
Helps to reduce damage for UV radicals
- KOJIC ACID**
Reduces irregular pigmentation production
- RESVERATROL**
Shown to protect against damage caused by UVB radicals
- VITAMIN B3 (NIACINAMIDE)**
Reduces irregular pigmentation production

INTERNAL SUPPLEMENTS

- BETA-CAROTENE OR LYCOPENE**
Provides added protection against UV light-induced redness/burns
- 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
- RESVERATROL**
Provides protective effects against 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

Medium Risk

YOUR SCORE
67%

Genetically, you may have a reduced ability to produce essential antioxidants. Your results also suggest that you may 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)
- GRAPE SEED EXTRACT**
Promotes cellular health and protection
- GREEN TEA EXTRACT**
Free radical scavenger
- RETINOL**
Targets and removes cells damaged by free radicals
- 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
- GREEN TEA EXTRACT**
Neutralises free radicals
- L-CARNTINE**
Reduces oxidative stress and increases antioxidant activities
- N-ACETYL CYSTEINE**
Precursor to one of the bodies most essential antioxidant - Glutathione
- RESVERATROL**
Super Antioxidant

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
70%

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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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.