

Skin & Beauty

Summary Report



REPORT CATEGORY —



SKIN

Report date: 10 January 2024

Table of contents

How this works

Summary

Overview of results

Details

Recommendations

REPORT PROVIDED BY

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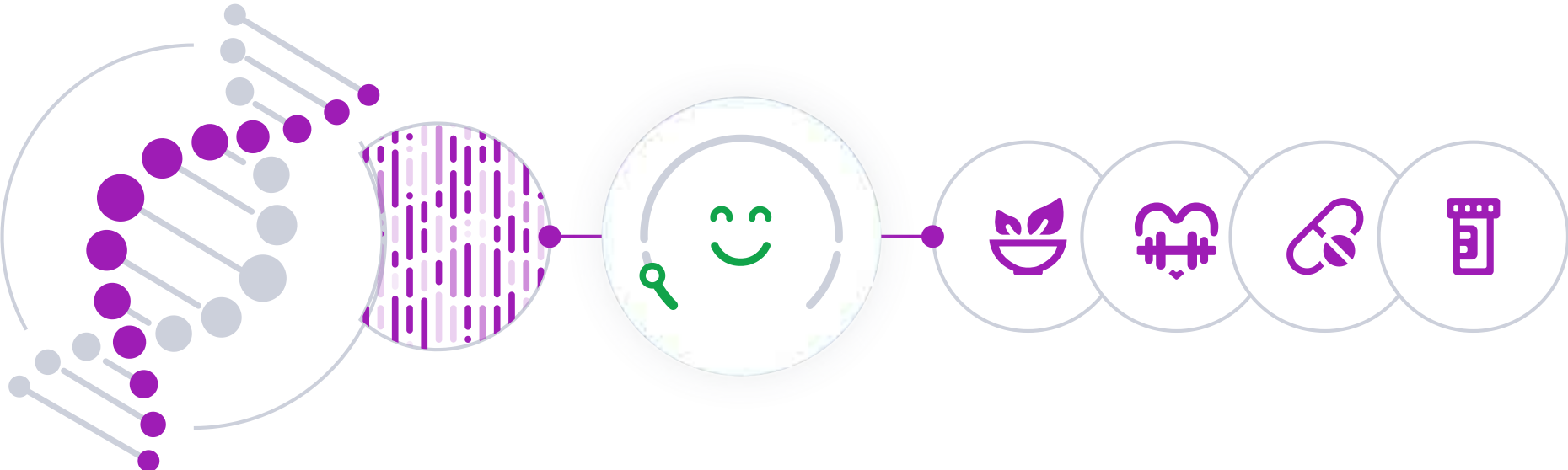


DISCLAIMER

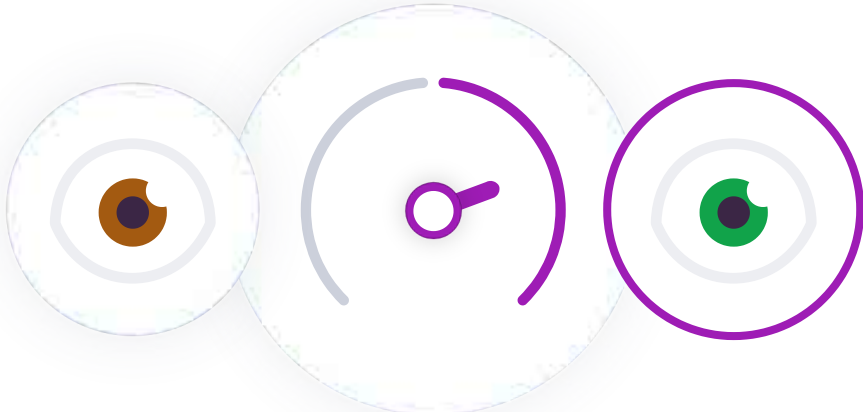
This report does not diagnose this or any other health conditions. Please talk to a healthcare professional if this condition runs in your family, you think you might have this condition, or you have any concerns about your results.

How this works

Our Health Reports analyze how your DNA influences your health. We then use this analysis to give you personalized risk estimates and recommendations.



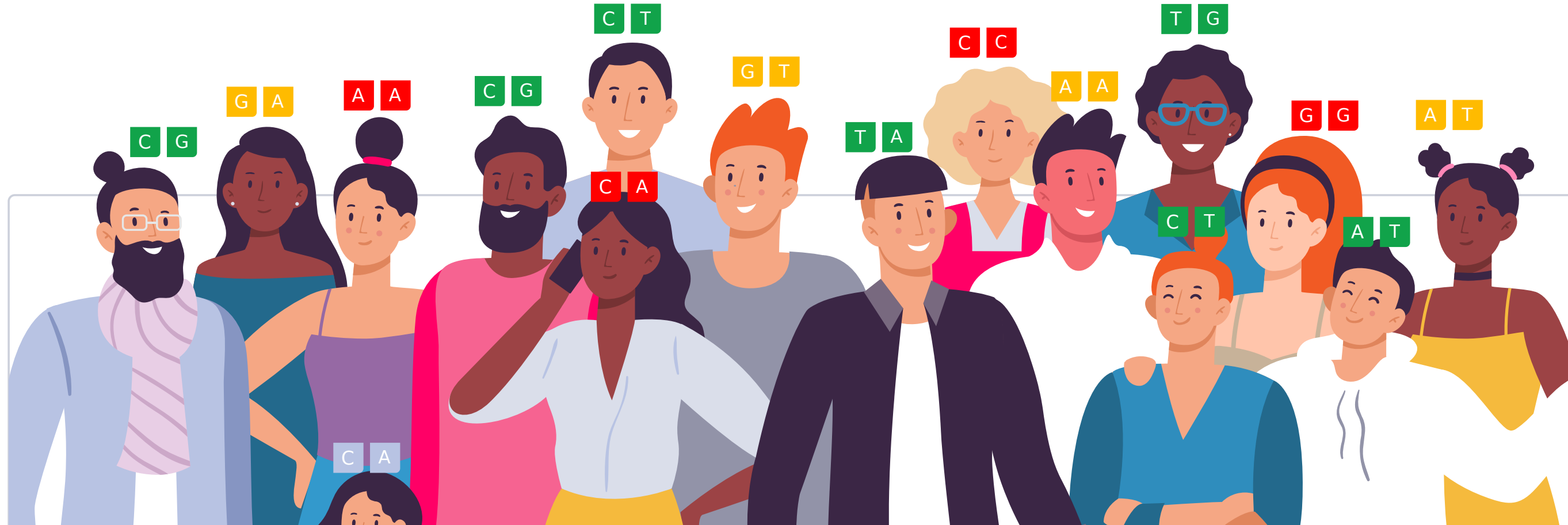
Similarly, our Trait Reports look at how your DNA influences your traits.



Your DNA is like an instruction manual — it contains a lot of information. You can think of it as a blueprint for your body.

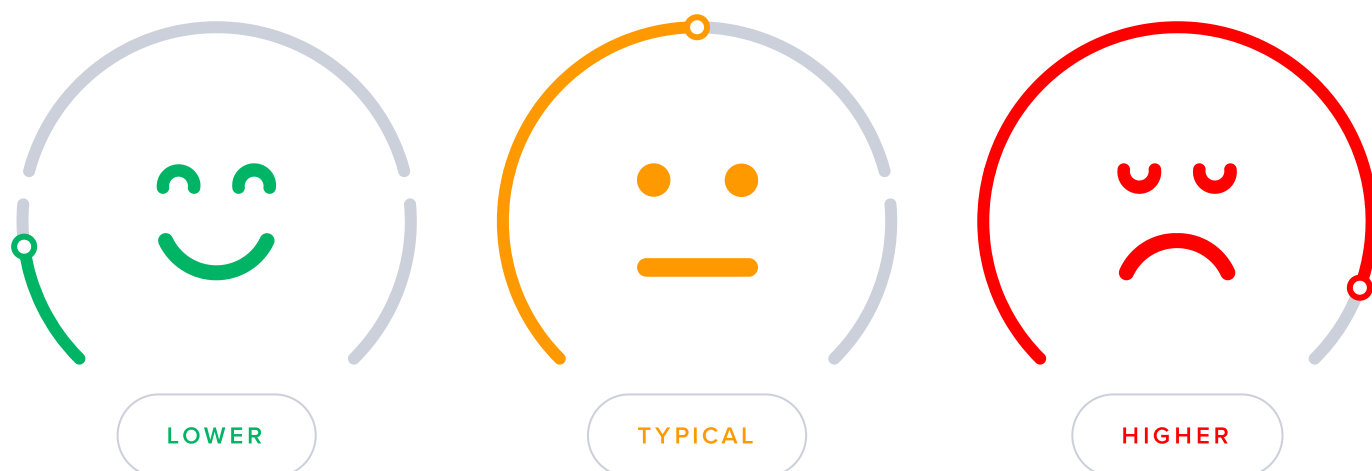
Genetic variants are parts of DNA that differ from person to person. Some can make you more vulnerable to certain health issues, while others may influence traits such as eye color.

Our Summary Reports combine different Wellness and Trait Reports related to a certain health topic. They give you a more complete picture about different aspects of your health and wellness.



We use artificial intelligence and machine learning to analyze all this information. We then summarize your results as a risk score or display it on a gauge. When we give a risk score, the risk icon tells you if you are at a higher or lower risk compared to other people:

In total, we analyze up to 83 million genetic variants.



Your risk is also displayed as a percentile. This will tell you how your risks compare to our sample population. The lower your percentile number, the lower your risk. The "50th percentile" would be an average risk.

Similarly, the gauge tells you your relative risk score compared to our sample population, or it indicates a specific trait or haplotype you are more likely to have based on your genetic variants.

When applicable, we also list top evidence-based recommendations that may help lower your risk. The focus is on recommendations that may be of benefit to you, based on your genetics.

Our recommendations come in four categories: diet, lifestyle, supplements, and drugs. The following icons tell you which category a recommendation falls into:



Our team of scientists also ranks each recommendation. We rank based on impact and strength of evidence.

Impact shows how strongly a recommendation will affect your health in a certain area. Evidence reflects how much scientific support there is for the recommendation in the medical literature. Rankings are from 1 to 5 (low to high):



In Summary Reports, we combine top evidence-based recommendations for different conditions.

We focus on recommendations that help with more conditions included in a Summary Report.

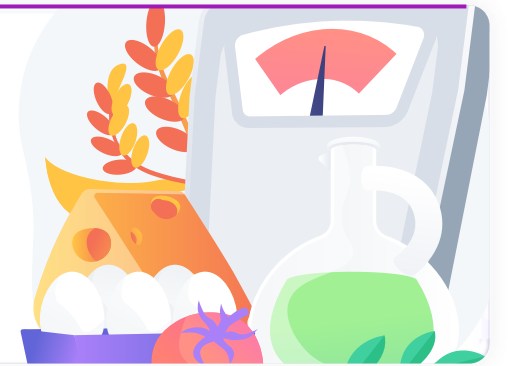
For each recommendation, we list all conditions it may help with. We also include impact, evidence, regimen, personalized parts, and other details specific to each condition.

1



Recommendation

Helps with the following



Condition

IMPACT
●●●●● 4 / 5

EVIDENCE
●●●●● 4 / 5



Condition

IMPACT
●●●●● 4 / 5

EVIDENCE
●●●●● 4 / 5



Condition

IMPACT
●●●●● 4 / 5

EVIDENCE
●●●●● 4 / 5



Condition

IMPACT
●●●●● 4 / 5

EVIDENCE
●●●●● 4 / 5

Impact

Impact scores range from 1-5. These scores reflect how much of an effect each recommendation can have. An impact score of 5 predicts the biggest effect.

When a recommendation affects something we can measure, we use those measurements to assign the impact score. For example, a recommendation that decreases cholesterol by 20% will have a higher impact score than one that decreases it by 5%.

Some recommendations affect things that we cannot directly measure, like stress or mood. For these, the impact score is based on how well they work relative to other recommendations and standard treatments. The best ones get the highest scores.

If there is a lot of research that shows a recommendation works especially well for your genotype, the impact score gets increased.

Recommendation Evidence

●●●●● 5 / 5

Recommendations that are considered effective and generally recommended by experts and medical bodies.

●●●●● 4 / 5

Recommendations that are considered likely effective and that have multiple independent meta-analyses and a great many studies supporting them.

●●●●● 3 / 5

Recommendations that are considered possibly effective and have many studies supporting them.

●●●●● 2 / 5

Recommendations that have insufficient evidence, with two or several clinical trials supporting them, or many studies but with ambiguous results.

●●●●● 1 / 5

Recommendations that have insufficient evidence, with a single clinical trial, or with many studies most of which didn't find support for the recommendation.

●●●●● 0 / 5

No evidence in humans.

Genotype-specific evidence

●●●●● High-quality

Direct evidence that a recommendation helps more in people with your gene variant (many clinical trials, a few large clinical trials, or a meta-analysis).

●●●●● Medium-quality

Direct evidence that a recommendation helps more in people with your gene variant (a few clinical trials or one large clinical trial).

●●●●● Low-quality

Direct evidence that a recommendation helps more in people with your gene variant (a single clinical trial or more trials with inconsistent results).

●●●●● Indirect

A recommendation may help more in people with your gene variant because it targets a specific gene or protein affected by your variant (e.g., MTHFR, dopamine).

●●●●● In theory

A recommendation may help more in people with your gene variant because it targets a specific mechanism affected by your variant (e.g., inflammation, oxidative stress).

Some things to keep in mind:

- The scores/gauges use the latest scientific studies. But they are not perfect and will change as the models improve.
- Not everyone with risk variants will develop a health condition.
- Genetics is not the whole story. Your health is most often a combination of genetics, lifestyle, and environmental factors. Great news, as this means that you can often change your lifestyle to lower your risk.
- Results might be more accurate for some ethnic groups than others. This depends on the studies used in each report.
- People without risk variants can also develop health conditions.
- It's important to work with your doctor to better understand your risks. Our reports do not diagnose or treat any health condition. They are not a substitute for medical advice. If you're diagnosed with a certain health condition, follow your doctor's advice.

Summary

As we age, our skin starts to sag and develop wrinkles, our hair begins to gray and thin, and we long for the looks of our younger days. However, even those younger days can have issues like acne or eczema. Our skin is our biggest organ and exposed to the environment more than any other. Thus, it has its own unique set of issues.

Your genetic predispositions can affect everything from collagen production to the ability to handle UV light or the likelihood of various skin conditions. Being aware of these can help you make smarter decisions about your skin health and minimize the risk factors.

This comprehensive report covers various topics related to skin health, divided in two major groups: **skin features and skin conditions**.


This summary report contains:

14 Genetic Results


50 Recommendations

Overview of Your Results


Beauty

 **HIGHER**
Skin Hydration


Likely higher skin hydration

 **TYPICAL**
Facial Wrinkles


Likely a typical amount of facial wrinkles

 **MORE**
Age Spots


Likely more age spots

 **TYPICAL**
Skin Elasticity

Likely typical skin elasticity

 **TYPICAL LIKELIHOOD**
Stretch Marks

Typical likelihood of stretch marks


 **TYPICAL LIKELIHOOD**
Hair Loss

Typical likelihood of hair loss


 **TYPICAL**
Hair Graying

Typical predisposition for hair graying


Skin Conditions

 **LESS LIKELY**
Acne


Less likely to have acne

 **TYPICAL LIKELIHOOD**
Eczema


Typical likelihood of eczema

 **MORE LIKELY**
Hives

More likely to have hives

 **TYPICAL LIKELIHOOD**
Psoriasis


Typical likelihood of psoriasis

 **TYPICAL LIKELIHOOD**
Rosacea

Typical likelihood of rosacea

 **TYPICAL LIKELIHOOD**
Vitiligo

Typical likelihood of vitiligo

 **TYPICAL LIKELIHOOD**
Heavy Sweating

Typical likelihood of hyperhidrosis

Your Results in Details



Beauty

Your skin serves as a protective barrier, helps regulate body temperature, and helps maintain hydration. The color, thickness, and texture of skin and hair is a unique combination of factors dictated by our genetics, environment, lifestyle, and age. In addition to their functional roles, these features largely determine your **beauty**.

Your genetic predispositions can affect any of these elements, whether you are more prone to dry skin, wrinkles, hair loss, and more. Understanding these factors can help you navigate the unending sea of skin and hair products out there to keep your skin and hair healthy and beautiful!



HIGHER

Skin Hydration

Likely higher skin hydration



TYPICAL

Facial Wrinkles

Likely a typical amount of facial wrinkles



MORE

Age Spots

Likely more age spots



TYPICAL

Skin Elasticity

Likely typical skin elasticity



TYPICAL LIKELIHOOD

Stretch Marks

Typical likelihood of stretch marks



TYPICAL LIKELIHOOD

Hair Loss

Typical likelihood of hair loss



TYPICAL

Hair Graying

Typical predisposition for hair graying

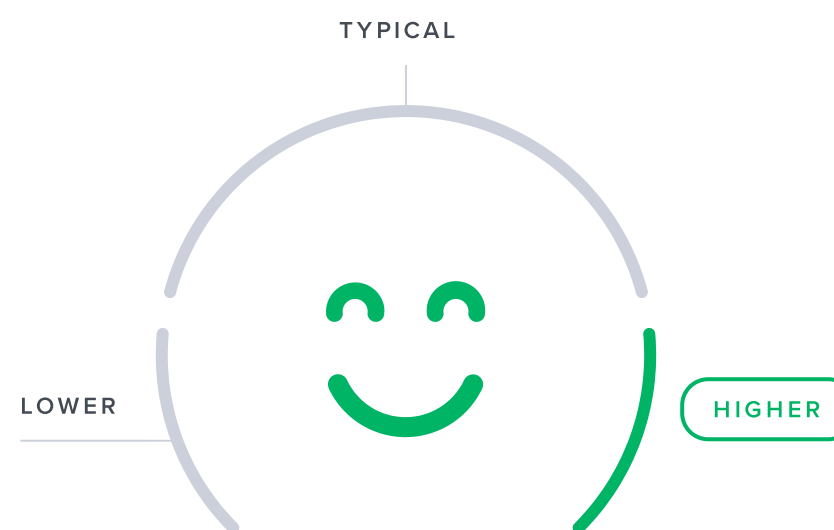
Skin Hydration

Key Takeaways:

- Genes involved in skin hydration may influence skin barrier function and the transport of water in the skin.
- Other factors include being over 40, cold and windy or low-humidity climates, certain occupations, swimming frequently in chlorinated pools, and certain diseases or conditions.
- If you have high genetic risk, you may lower your overall risk by taking action on those factors that you can change.
- Click the **Recommendations** tab for potential dietary and lifestyle changes.

The skin acts as a barrier to protect you from your surroundings. One of the main functions of the *epidermis* (the outermost layer of the skin) is to keep your skin hydrated by retaining water. If the epidermis is not able to retain enough water, the skin will start to feel dry, rough, and saggy. This tends to happen naturally as you age [\[R, R, R\]](#).

Genetic factors may play a role in skin hydration. Genes involved may influence skin barrier function and the transport of water in the skin [\[R, R, R\]](#).



Likely higher skin hydration based on 13 genetic variants we looked at

Your top variants that most likely impact your genetic predisposition:

GENE	SNP	GENOTYPE
CRIP1	rs79885808	TT
ARAP2	rs7654356	AA
TNKS	rs138684226	CC
ARHGAP21	rs34485271	TT
ABLIM1	rs77962058	AA
TASP1	rs149092789	AA
UPP1	rs75043305	TT
MCPH1	rs141074203	AA
FZD10	rs7953082	AA
HAPLN1	rs9293356	TT
MKNK2	rs887932	GG
PLEKHG1	rs9398017	CC
IL34	rs8061854	TT

The number of "risk" variants in this table doesn't necessarily reflect your overall result.

Facial Wrinkles

Wrinkles are small but visible folds in the skin. Wrinkles appear with age and develop over several decades. They are more evident in areas of the body that are usually exposed, such as the face, neck, forearms, and hands. **The most noticeable wrinkles are facial** [R, R, R].

Up to **55%** of differences in people's facial wrinkling may be due to genetics. Involved genes may influence **skin color and health** [R, R, R].

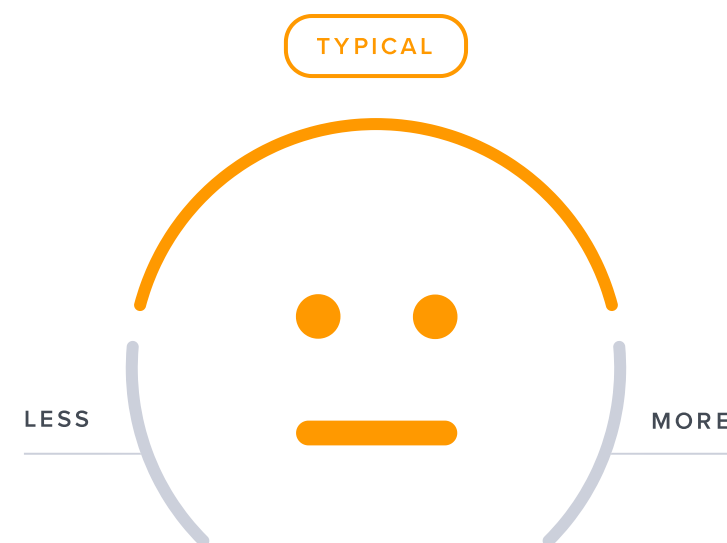
UV radiation also contributes to facial wrinkling. Excessive sunbathing or use of tanning beds exposes the skin to unhealthy levels of UV radiation and leads to premature aging. Hence, experts recommend wearing sunscreen [R, R, R].

Make sure to find the right balance. [Sunlight](#) or bright light during the day can benefit your body (by increasing vitamin D levels) and mind (by boosting mood) [R, R].

The color of your skin also influences facial wrinkling. Wrinkles appear more rapidly in people sensitive to UV radiation. Hence, white skin may wrinkle earlier than other skin types [R, R].

Others factors that may also contribute to facial wrinkling include [R, R, R]:

- Aging
- Smoking
- Very low weight
- Health conditions (e.g., depression)



Likely a typical amount of facial wrinkles based on 20 genetic variants we looked at

Your top variants that most likely impact your genetic predisposition:

GENE	SNP	GENOTYPE
SIK2	rs11213999	CC
TPGS2	rs78569750	GG
BBX	rs1283106	CC
BMP6	rs1225927	TT
LRRC3B	rs116248825	CC
HACD4	rs116873518	GG
SYNDIG1	rs184605088	CC
/	rs72811030	AA
LINGO2	rs117828793	CC
BMP6	rs382029	TT
GLIS1	rs702491	TC
/	rs11711327	AG
NUDT12	rs113322056	GA
NUDT12	rs112608607	CT
MON1B	rs62047859	TT
DCSTAMP	rs147672305	TT
RESF1	rs1150997	AT
CA3	rs184880542	GG

The number of "risk" variants in this table doesn't necessarily reflect your overall result.

Age Spots

Solar lentigines, **also known as age spots**, sun spots, or liver spots, are dark, harmless spots on the skin. They are caused by increased production of melanin, the skin pigment. Age spots tend to appear more frequently on visible parts of the body, as they are usually a sign of *photoaging*—skin aging due to excessive exposure to UV radiation [R, R, R, R].

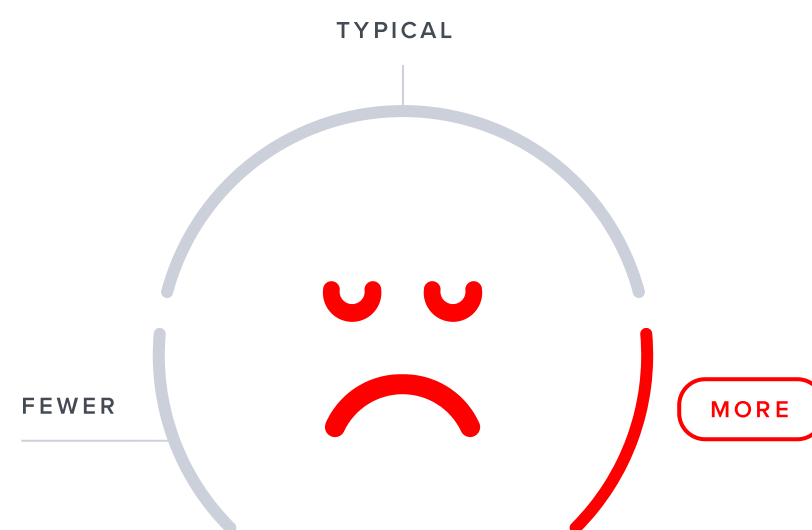
Genetics may influence age spots. Genes involved may contribute to the production of melanin, the skin pigment [R].

The main factor leading to age spots is excessive exposure to UV radiation. Hence, people who sunburn easily and those who have a history of sunburns are more likely to get age spots [R, R].

Hence, experts recommend wearing sunscreen. **Make sure to find the right balance.** Sunlight or bright light during the day can benefit your body (by increasing vitamin D levels) and mind (by boosting mood) [R, R, R, R, R].

As we age, the likelihood of age spots also increases. More than 90% of white people older than 50 years of age may have age spots [R, R].

Diabetes may also increase the risk of age spots, especially in women [R].



Likely more age spots based on 3 genetic variants we looked at



Your top variants that most likely impact your genetic predisposition:

GENE	SNP	GENOTYPE
PPARGC1B	rs251468	CC
RAB11FIP2	rs61866017	GG
RAB11FIP2	rs35563099	CC

The number of "risk" variants in this table doesn't necessarily reflect your overall result.

Skin Elasticity

Key Takeaways:

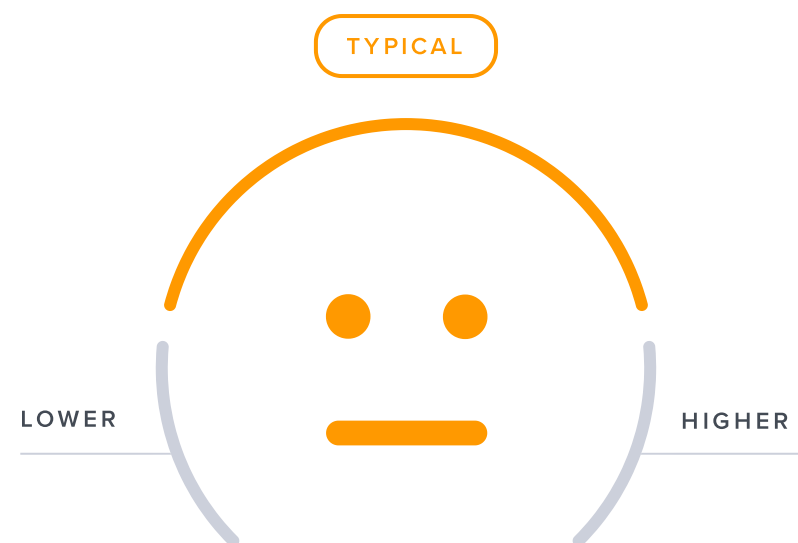
- Up to **60%** of differences in people's skin aging may be due to **genetics**.
- Other risk factors include age, excessive sun exposure, smoking, and pollution.
- If you have high genetic risk, you may lower overall risk by taking action on those factors that you can change.
- Click the **Recommendations** tab for potential dietary and lifestyle changes.

Skin elasticity is the ability of it to stretch and then return to its original form. Losing elasticity is a natural part of the aging process, creating **loose skin and wrinkles**.

Risk factors for reduced skin elasticity and wrinkles include [\[R\]](#):

- Older age
- Excessive sun exposure
- Smoking
- Pollution

Up to **60%** of differences in people's skin aging may be due to **genetics**. Involved genes affect the **metabolism of collagen, elastin**, and other proteins involved in skin elasticity [\[R\]](#).



Likely typical skin elasticity based on 15 genetic variants we looked at

Your top variants that most likely impact your genetic predisposition:

GENE	SNP	GENOTYPE
SGMS1	rs182035024	CC
/	rs61218791	AA
STXBP5	rs117444935	GG
FAM171A1	rs112251095	AA
ANAPC4	rs34293498	TT
RNF32	rs73499013	GG
KIF2B	rs12601165	GG
IL16	rs8027891	GG
MYO18A	rs8067915	GC
GAD2	rs3847380	GT
TFRC	rs146095627	AA
CD96	rs9876163	TT
CEBPA	rs6510372	TT
GRAMD2B	rs170580	TT
DIAPH3	rs1592108	TT

The number of "risk" variants in this table doesn't necessarily reflect your overall result.

Stretch Marks

Key Takeaways:

- Gene variants involved in stretch marks formation may affect elastin and other skin proteins.
- Other factors include being female, pregnancy, rapid growth or gaining/losing weight, steroid use, breast enlargement surgery, and African ancestry.
- Stretch marks are a common condition starting in adolescence.
- If you have high genetic risk, you may lower overall risk by taking action on those factors that you can change.

Stretch marks are a type of scarring typically caused by our skin stretching or shrinking too quickly.

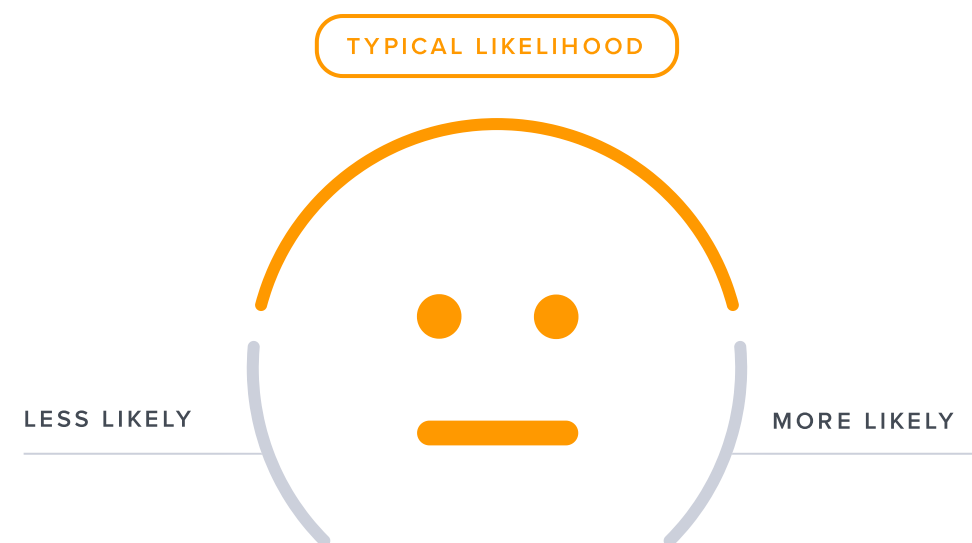
They are typically caused by:

- Growth spurts in puberty
- Pregnancy
- Rapid weight loss or gain
- Rapid muscle gain due to weight training
- Breast enlargement surgery
- Extended corticosteroid use
- Some medical conditions such as Cushing's syndrome

The following factors may further increase the risk of stretch marks [\[R\]](#):

- Being female
- African ancestry
- **Genetics**

Research has found different gene variants involved in stretch marks formation. Involved genes may affect **elastin** and other skin proteins [\[R\]](#).



Typical likelihood of stretch marks based on 1,519 genetic variants we looked at



Your top variants that most likely impact your genetic predisposition:

GENE	SNP	GENOTYPE
SCFD1	rs9707389	TT
/	rs6673165	TT
/	rs7421449	AA
TAFA1	rs9809500	GG
TAFA1	rs9848233	CC
TENM4	rs548541	GG
SRSF6	rs6093816	GG
SRSF6	rs6093813	CC
SRSF6	rs58314244	GG
SRSF6	rs2010809	CC
L3MBTL1	rs57083567	CC
SRSF6	rs6103260	GG
CHRN2	rs12143679	CC
GADL1	rs4955369	TT
ATXN1	rs59302766	AA
TJP1	rs41280060	GG
SLC26A8	rs11969921	AA
BNIP5	rs16887986	CC
BNIP5	rs11968573	TT

The number of "risk" variants in this table doesn't necessarily reflect your overall result.

Hair Loss

Key Takeaways:

- About **60%** of differences in people's chances of having hair loss may be due to genetics.
- Risk factors include genetics, cancer treatments, excessive male hormone activity, and certain health conditions.
- Up to half of all men and women develop androgenetic alopecia. If you are experiencing hair loss, speak to your doctor.
- Click the **next steps** tab for relevant labs and lifestyle factors.

Androgenetic alopecia is a common type of hair loss. You may know it as **male- or female-pattern baldness** [R].

Up to half of all men and women develop androgenetic alopecia. Men typically experience a receding hairline and hair loss at the top of the head. Women typically experience hair thinning at the top and crown of the head [R, R].

Androgenetic alopecia is fairly common and harmless. However, it may impact confidence and self-image in some people [R, R].

Androgenetic alopecia is usually caused by high activity of male sex hormones, like **dihydrotestosterone** (DHT). However, hair loss may also be caused by a health condition or exposure to cancer treatments [R, R].

Some people are at greater risk than others of losing their hair. This may be partly due to **genetics** [R].

Treatments for androgenetic alopecia include [R, R]:

- Topical medication
- Hair transplants
- Low-level laser therapy

Up to 60% of differences in people's chances of losing their hair may be attributed to genetics. Genes involved in hair loss may influence [R, R, R, R, R, R, R]:

- Hair follicle activity (LGR4, TWIST1, PRKD1, RUNX3)
- Hair cell death (BCL2, TOP1, IRF4, MAPT)
- Male sex hormone activity (AR, MEF2C)

Genetically high free testosterone levels may be causally associated with a high risk of androgenetic alopecia [R].

TYPICAL LIKELIHOOD



Typical likelihood of hair loss based on 13,176 genetic variants we looked at

Your top variants that most likely impact your genetic predisposition:

GENE	SNP	GENOTYPE
ALX4	rs2863081	AA
FERD3L	rs2073963	GT
PAX1	rs2180439	CT
COPB2	rs10212419	GG
PTHLH	rs10843026	GG
PAX1	rs1160312	AA
FADS2	rs1535	AA
/	rs382854	TT
RREB1	rs675209	CT
TWIST1	rs13245206	AG
TWIST1	rs17140672	GA
TWIST1	rs10225279	GT
BCL2	rs7226979	TC
BCL2	rs12457893	CA
PTHLH	rs805512	CA
TCF4	rs2958184	CA
/	rs2149150	AC
AUTS2	rs6945541	CT
AUTS2	rs939963	GC

The number of "risk" variants in this table doesn't necessarily reflect your overall result.

Hair Graying

Hair color is determined by the amount and type of pigment called **melanin** in your hair follicles. The same pigment determines skin, eye, and hair color. **Graying happens with the loss of this melanin**, which is a natural effect of aging.

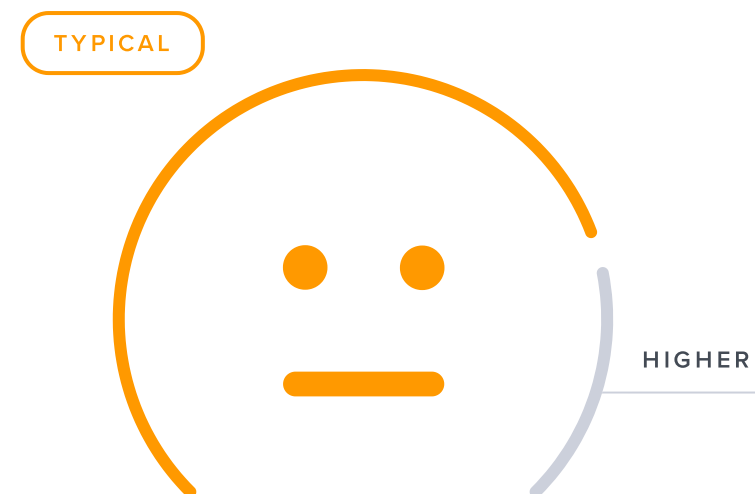
Anywhere from **30% up to 90%** of differences in people's hair graying may be due to genetics [R].

Other risk factors for graying hair include [R]:

- Obesity
- Lack of exercise
- Drug use
- High cholesterol
- High uric acid

Conditions that may contribute to hair graying include [R]:

- High blood pressure
- Thyroid disorders
- Liver conditions



**Typical predisposition
for hair graying based
on 5 genetic variants we
looked at**

**Your top variants that most likely
impact your genetic predisposition:**

GENE	SNP	GENOTYPE
KIF1A	rs59733750	AA
NSMCE1	rs1127228	CC
MROH2A	rs2361506	GT
PRDM8	rs7680591	AT
IRF4	rs12203592	CC

The number of "risk" variants in this table doesn't necessarily reflect your overall result.



Skin Conditions

You didn't like having acne as a teen and definitely still don't want to deal with itchy eczema or stubborn psoriasis. **We link skin health and appearance to overall wellbeing and attractiveness, sometimes to an excessive degree.**

Your genetic predisposition can affect your chances of various skin conditions that may affect your appearance, health, and quality of life. Knowing these risks can help you keep an eye out for warning signs and take actions to protect your skin.



LESS LIKELY

Acne

Less likely to have acne



TYPICAL LIKELIHOOD

Eczema

Typical likelihood of eczema



MORE LIKELY

Hives

More likely to have hives



TYPICAL LIKELIHOOD

Psoriasis

Typical likelihood of psoriasis



TYPICAL LIKELIHOOD

Rosacea

Typical likelihood of rosacea



TYPICAL LIKELIHOOD

Vitiligo

Typical likelihood of vitiligo



TYPICAL LIKELIHOOD

Heavy Sweating

Typical likelihood of hyperhidrosis

Acne

Key Takeaways:

- About **50-90%** of differences in people's chances of developing acne may be due to genetics.
- Around **85%** of people develop acne between the **ages of 12 and 24**.
- Risk factors include: sugary food, dairy, oily makeup, stress, and hormonal changes.
- If your genetic risk is high, and you are young—take action now.
- Click the **Recommendations** tab for potential dietary and lifestyle changes.

Acne is a common skin condition easily recognized by the pimples that appear on the face and back [\[R, R\]](#).

Pimples are caused by blocked hair follicles. Oil, dead skin cells, and bacteria can all plug hair follicles and contribute to pimples [\[R, R\]](#).

Acne is extremely common in teenagers. In fact, it affects about 90% of boys and 80% of girls at some point in their teen years [\[R, R\]](#).

Researchers aren't sure about the exact cause of acne. One possible explanation is that the body makes more sex hormones during puberty. These hormones can increase the production of *sebum*, a skin oil that can plug a follicle. In response, the bacteria *Cutibacterium acnes* (*C. acnes*) can begin to grow [\[R, R\]](#).

It is normal for *C. acnes* to live on your skin, mainly in and around the hair follicles. In fact, it may even help protect against infection by more dangerous bacteria. However, some types of *C. acnes* have been linked to acne [\[R\]](#).

Besides puberty, factors that may trigger or worsen acne include [\[R, R\]](#):

- Sugary food
- Dairy
- Oily makeup
- Stress
- Hormonal changes
- **Genetics**

Acne isn't usually dangerous and often goes away on its own. However, zits may leave scars on the skin long after they're gone. Both acne and its scars can affect a person's self-esteem. It is therefore important to manage acne and its potential impact on mental health [\[R, R, R\]](#).

Treatments often combine oral medication, creams, and skin washing. Other treatments include light therapy and chemical peels [\[R, R, R\]](#).

About 50-90% of differences in people's chances of developing acne may be attributed to genetics. Genes involved in acne may influence [\[R, R, R\]](#):

- Hormones (MYC, DDB2, SELL)
- Skin cell function (TP63, CACNA1H, ADAM19)



Less likely to have acne based on 30,205 genetic variants we looked at



Your top variants that most likely impact your genetic predisposition:

GENE	SNP	GENOTYPE
TGFB2	rs1159268	GA
SEMA4B	rs34560261	CC
WNT10A	rs74333950	TT
ADAMTS18	rs72803831	GG
SLC45A1	rs80293268	GC
EDNRA	rs6842241	CC
GPR25	rs296522	CC
MAP3K1	rs455660	CC
EDAR	rs260643	AG
PCNX3	rs61744384	AT
TIMP4	rs3773364	GA
DBX1	rs1838055	GC
MYEOV	rs10896460	TG
UPB1	rs2070475	TA
FGF10	rs16874036	GA
SUGCT	rs9639838	TC
DUSP16	rs7312010	AG
DEXI	rs7194305	AG
H4C13	rs169262	CT

The number of "risk" variants in this table doesn't necessarily reflect your overall result.

Eczema

Key Takeaways:

- Up to **75%** of differences in people's chances of developing eczema may be due to genetics.
- Eczema triggers include: allergens, cold, dry air, Infections, skin irritants, and stress.
- It can affect your appearance and quality of life.
- If you have a high genetic risk, take special care to avoid potential triggers.
- Click the **Recommendations** tab for potential dietary and lifestyle changes.

Eczema is an inflammatory skin condition. It causes dry skin and itchy red rashes, usually on the elbow creases, neck, and back of the knees [\[R, R\]](#).

Up to 1 in 3 children experience eczema, usually in the first year of life. The condition is less common (2-10%) in adults [\[R\]](#).

Factors that tend to worsen eczema include [\[R, R\]](#):

- Contact with allergens (pollen, mold, dust mites, or animals)
- Cold, dry air
- Infections like the flu
- Contact with skin irritants (chemicals or fabrics)
- [Stress](#)

People with eczema may be more prone to skin infections. Normally, the skin has a protective barrier that keeps out germs. Eczema can compromise this barrier, making it easier for infections to arise [\[R, R\]](#).

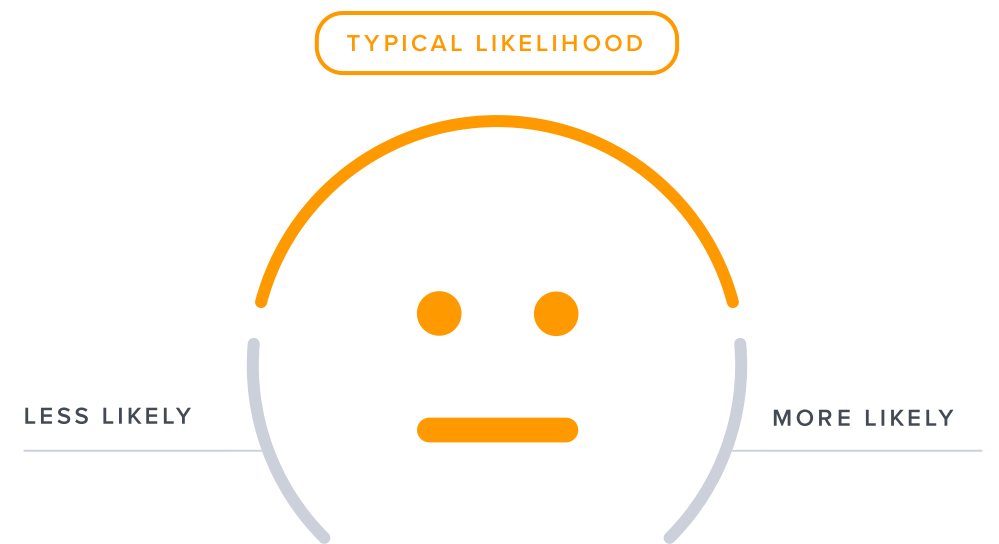
The symptoms of eczema can usually be managed at home with the help of [\[R\]](#):

- Moisturizers
- Humidifiers
- Topical medications
- Trimming or covering fingernails (to limit scratching)
- Avoiding skin irritants

While the causes of eczema aren't completely clear, **genetics seems to play a major role**. What's more, the genetics of eczema, asthma, hay fever, and food allergies are very similar. This means that if you have one, you're more likely to have the others [\[R, R\]](#).

Up to 75% of differences in people's chances of developing eczema may be attributed to genetics. Genes involved in eczema may influence [\[R, R, R, R, R, R\]](#):

- Skin barrier function (FLG, OVOL1, KIF3A)
- Inflammation (IL13, IL4)
- Immune response (HLA-DQA1, EMSY)



Typical likelihood of eczema based on 6,952 genetic variants we looked at



Your top variants that most likely impact your genetic predisposition:

GENE	SNP	GENOTYPE
OVOL1	rs10791824	GG
STMN3	rs3848669	TT
TREH	rs10790275	CC
ADO	rs4372325	CC
PRR5L	rs10836538	GG
PPP2R3C	rs2415269	GG
SATB1	rs4395418	CC
SLC22A5	rs60153262	TC
NCF4	rs4821564	CC
ID2	rs891058	GG
D2HGDH	rs34290285	GG
LRRC32	rs7936434	GC
TRIB1	rs12334935	GA
MDM1	rs2227491	TC
RUNX3	rs6672420	TA
ARHGAP27	rs9895436	AG
TNFSF18	rs6691738	TG
FLG	rs61816761	GG
FLG	rs138726443	GG

The number of "risk" variants in this table doesn't necessarily reflect your overall result.

Hives

Key Takeaways:

- Your genetics plays a factor in developing hives through inflammation signaling and histamine levels. Chronic hives are more common in women.
- Risk factors include previous allergic reactions and your genetics.
- Common triggers are foods or food additives, medications, airborne allergens, insect bites, infection, stress, cold/heat.
- Click the **next steps** tab for relevant lifestyle factors.

Hives are red, swollen, and itchy bumps that appear on the skin. While hives usually do not last very long, some people can develop chronic hives. In these cases, outbreaks can happen frequently and last for six weeks or more [\[R, R, R, R\]](#).

While occasional hives are common, less than 1% of American adults have chronic hives. Chronic hives are slightly more common in women than in men [\[R\]](#).

Hives occur when immune cells release chemicals like histamine into the blood. This can be triggered by [\[R, R, R\]](#):

- Certain foods or food additives (e.g., seafood, nuts, eggs)
- Certain medications (e.g., NSAIDs)
- Airborne allergens (e.g., pollen, animal dander)
- Insect bites
- Infection
- Stress
- Cold or heat

Some people are more likely to develop hives than others. Risk factors include [\[R\]](#):

- Previous allergic reactions
- **Genetics**

Hives can be a symptom of an underlying problem. For example, some cases of chronic hives are caused by autoimmune disease. However, most cases of chronic hives have no known cause. Work with your doctor to find and manage any underlying conditions [\[R\]](#).

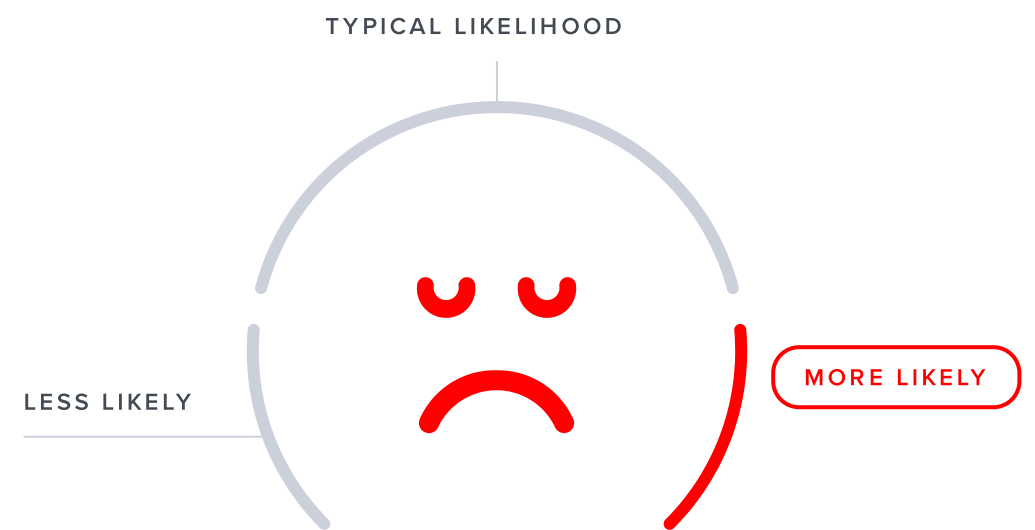
Treatment for hives usually includes [\[R, R\]](#):

- Avoiding allergens
- Medication

Genetics plays a significant role in the development of hives. Genes involved in hives may influence [\[R, R, R\]](#):

- Histamine levels (HNMT, FCER1A)
- Other inflammation signals (ALOX5, PTGER4, PLCG2)

Genetically high levels of omega-3s may be causally associated with a lower risk of allergic urticaria [\[R\]](#).



More likely to have hives based on 12,371 genetic variants we looked at



Your top variants that most likely impact your genetic predisposition:

GENE	SNP	GENOTYPE
GCSAML	rs56043070	GA
CSGALNACT1	rs2958556	AG
CBLB	rs6787175	GC
OR7A5	rs144323407	GT
OR7A17	rs116999541	AG
BRAF	rs117325894	TT
NDRG2	rs1998847	AA
TPSB2	rs143547788	GG
STIM1	rs3750996	AA
ADGRG6	rs78973304	TT
AEBP2	rs141804487	TT
PDE3A	rs139395703	TT
TC2N	rs117777291	CC
ADGRG6	rs76767175	GG
ADGRG6	rs118139202	TT
THNSL2	rs12478124	CC
THNSL2	rs114910076	AA
PCDH20	rs118082163	AA
ADAMTSL3	rs76543944	CC

The number of "risk" variants in this table doesn't necessarily reflect your overall result.

Psoriasis

Key Takeaways:

- Up to **90%** of differences in people's odds of developing psoriasis may be due to genetics.
- Psoriasis triggers include: infections, weather, skin injuries, stress, cigarette smoke, alcohol abuse, steroid withdrawal.
- About **2%** of Americans have psoriasis, mostly appearing in younger and older adults.
- Even though the condition is rare, people with high genetic risk should understand and be wary of potential triggers.
- Click the **Recommendations** tab for potential dietary and lifestyle changes.

Psoriasis is an autoimmune skin disease in which the body attacks its own skin cells. In response, skin cells begin to grow too quickly. New cells then begin to pile up on the skin's surface, forming plaques. The result is itchy, inflamed, scaly skin — the hallmark of psoriasis [R, R, R].

About 2% of Americans have psoriasis. It can appear at any age, but most cases develop between the ages of 15-20 or 55-60 [R].

People predisposed to psoriasis don't always have symptoms. In fact, **symptoms may only appear after contact with a "trigger"** [R].

Some common triggers include [R]:

- Throat and skin infections
- Dry and cold weather
- Skin injuries (like bug bites and sunburns)
- Stress
- Cigarette smoke
- Alcohol abuse
- Topical steroid withdrawal

Signs and symptoms of psoriasis include [R]:

- White scales covering patches of inflamed, itchy skin (often on the elbows, knees, scalp, and back)
- Joint stiffness
- Thickened or discolored nails

People with psoriasis also tend to have problems with their kidneys, heart, and joints. In fact, about 30% of patients have *psoriatic arthritis*. This painful condition mainly affects the fingers and toes [R].

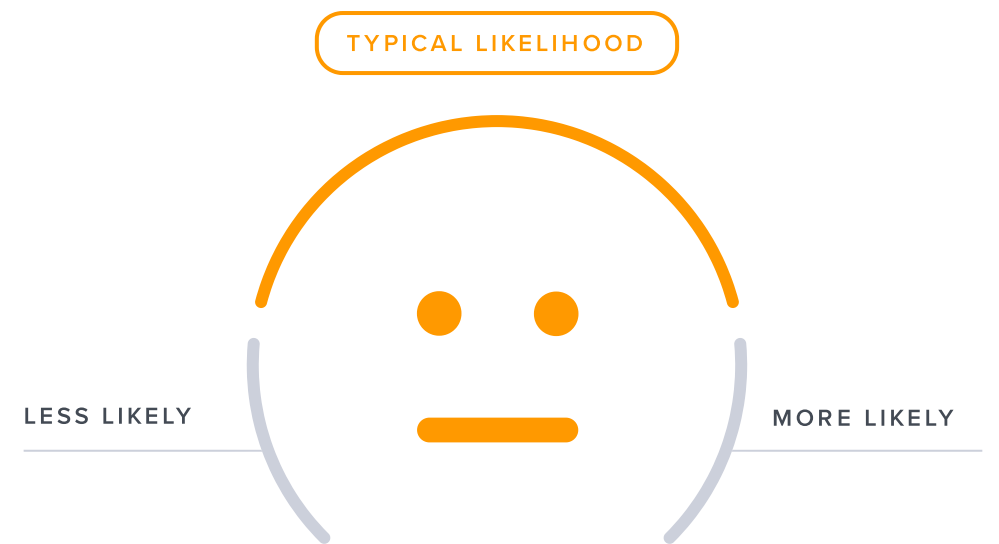
As there is no cure for psoriasis, treatment aims to manage symptoms. Your doctor may suggest [R, R, R]:

- Light therapy
- Coal tar
- Medications that block the immune response
- Topical vitamin D
- Retinoids

Between 60-90% of differences in psoriasis may be attributed to genetics. Genes involved in psoriasis may influence [R, R, R]:

- Inflammation (IL12B, IL23A, IL23R, NFKBIZ)
- Immune response (IFNLR1, NOS2, IFIH1, HLA-C)

Genetically high neutrophil levels may be causally associated with a higher risk of psoriasis [R].



Typical likelihood of psoriasis based on 766 genetic variants we looked at



Your top variants that most likely impact your genetic predisposition:

GENE	SNP	GENOTYPE
STAT3	rs744166	AG
TNIP1	rs17728338	GA
IFNLR1	rs10794648	CC
IFIH1	rs1990760	TT
IL12B	rs7709212	TC
ZNF816	rs9304742	TT
REL	rs842625	GG
SPATA2	rs7352944	TT
LCE3C	rs4845459	CA
TNFAIP3	rs643177	TC
COG6	rs34394770	TT
TP63	rs28512356	CC
ETS1	rs6590334	TT
PPP2R3C	rs8016947	TG
CAVIN1	rs56364076	TC
SLC44A2	rs892085	AG
DDX58	rs11795343	TC
POU2F3	rs2847500	AG
IL13	rs20541	AG

The number of "risk" variants in this table doesn't necessarily reflect your overall result.

Rosacea

Key Takeaways:

- Genes involved in rosacea may influence skin pigments and/or inflammation.
- Risk factors include UV-sensitive skin, being female, over age 45, and your genetics.
- A high genetic risk may be affected by limiting sun exposure and being aware of potential triggers.
- Rosacea affects about **1 in 20** people worldwide, and is triggered by things like sun exposure, stress, and makeup.

Rosacea is a common skin condition that causes face redness. It mostly affects the forehead, nose, cheeks, and chin. It can look a lot like acne or other skin conditions [\[R, R\]](#).

Other rosacea symptoms may include [\[R, R\]](#):

- Small broken veins in the nose and cheeks (spider veins)
- Pimple-like bumps
- Heat and tenderness
- Thickened skin on the nose

About 1 out of 20 people worldwide have rosacea. It most commonly affects people over the age of 45. Although rosacea can affect anyone, it is usually reported in women with lighter skin [\[R, R\]](#).

Other risk factors for rosacea include [\[R, R\]](#):

- UV-sensitive skin
- **Genetics**

Many things may trigger or worsen rosacea. These include [\[R\]](#):

- Sun exposure
- Heat
- Wind
- Intense exercise
- Alcohol
- Stress
- Makeup
- Medication
- Some foods

Rosacea itself is not usually dangerous. However, one form of the condition can affect the eye. This is called *ocular rosacea*, and it can cause dry, irritated eyes and eyelids. It can also lead to complications like blurred vision and sensitivity to light [\[R, R, R\]](#).

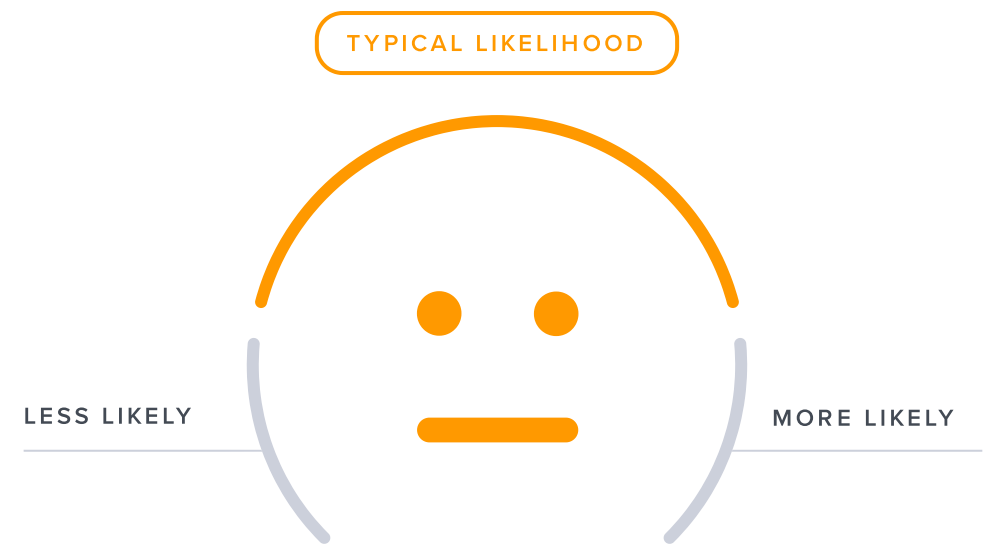
To manage rosacea, doctors may recommend [\[R, R, R\]](#):

- Avoiding triggers
- Sunscreen (at least SPF 30)
- Moisturizers
- Medication
- Laser therapy

People with ocular rosacea are more prone to eye infections. These are treated with antibiotics. Contact lenses may worsen this condition, so they should be avoided [\[R\]](#).

Genetics seem to play a significant role in rosacea. Genes involved in rosacea may influence [\[R, R, R, R\]](#):

- Inflammation (HLA-DRB1, HLA-DQA1, BTNL2, IL13)
- Skin pigments (SLC45A2)
- Both of the above (IRF4, MC1R)



Typical likelihood of rosacea based on 113,734 genetic variants we looked at



Your top variants that most likely impact your genetic predisposition:

GENE	SNP	GENOTYPE
HLA-DMA	rs56934772	TT
HES6	rs55775132	GG
HLA-DMA	rs41317102	CC
HLA-DQA2	rs2894254	TT
WNT7B	rs59614521	TT
HLA-DQA1	rs9272729	GG
DCAF4	rs11628905	CC
MICB	rs519417	GG
KCNJ3	rs75561433	GG
MICB	rs3130614	TT
MICB	rs1144710	TT
KCNJ3	rs10191743	TT
SLC45A2	rs16891982	GC
HERC2	rs1129038	TT
HERC2	rs12912427	GG
MMP15	rs191291131	CC
ALG13	rs201820102	A
CAMK1G	rs193183075	CC
KIAA1109	rs77937677	GG

The number of "risk" variants in this table doesn't necessarily reflect your overall result.

Key Takeaways:

- Up to **80%** of differences in people's chances of developing vitiligo may be due to genetics, and many will see it develop before adulthood.
- About **1%** of the world's population has vitiligo, so even if you have high genetic risk, the actual risk is still low.
- A high genetic risk may make vitiligo triggers such as an autoimmune response or a sunburn, more likely to trigger the condition.
- Click the **Recommendations** tab for potential dietary and lifestyle changes, and **next steps** for relevant labs.

Vitiligo is a condition in which the skin loses pigment. Normally, special skin cells called melanocytes produce a pigment called *melanin*. This pigment helps give the skin, hair, and eyes their color. In vitiligo, these skin cells are damaged or die off [R, R].

In the skin, pigment is often lost in patches. In 90% of cases, these patches appear on both sides of the body, in a symmetrical pattern. For example, if a white patch appears around the left eye, it will also appear around the right eye [R, R].

Vitiligo mostly affects the skin. However, it can also make hair go gray prematurely [R].

About 1% of people worldwide develop vitiligo. Anyone can get it, but it is more noticeable in people with darker skin [R, R].

The cause of vitiligo is unclear. It may happen due to [R, R, R]:

- An autoimmune condition
- A trigger event (e.g., stress, skin injury, severe sunburn, chemical contact)
- **Genetics**

Possible complications of this condition include [R, R]:

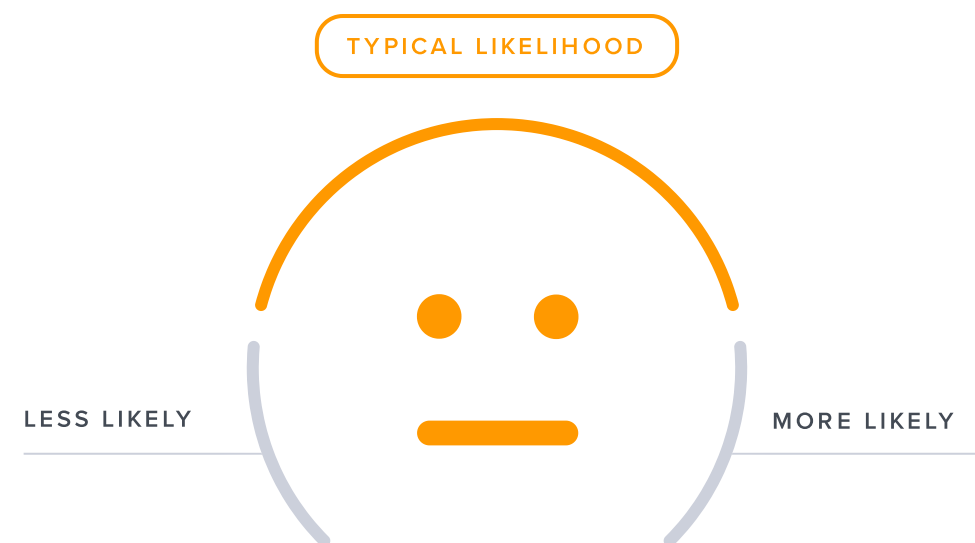
- Stress
- Sunburn
- Eye problems
- Hearing loss

Treatment options for vitiligo include [R]:

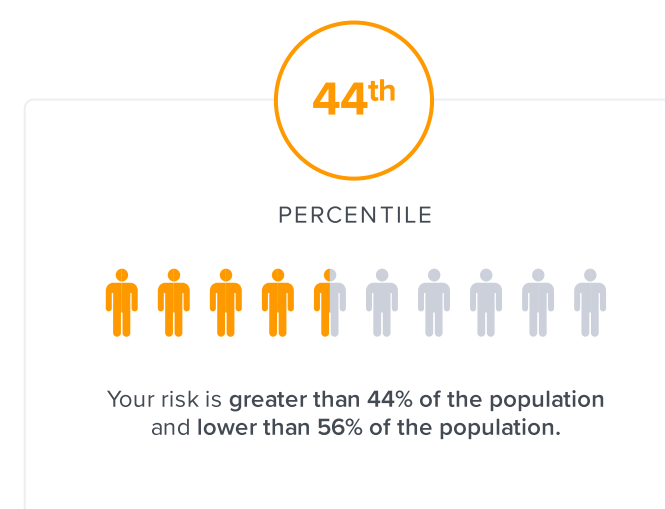
- Medication
- Light therapy
- Surgery

Up to 80% of differences in people's chances of developing vitiligo may be attributed to genetics. Genes involved in vitiligo may influence [R, R]:

- The immune response (HLA-DQB1, HLA-DQA1, PTPN22)
- Skin pigmentation (FGFR1OP, ZMIZ1, OCA2)
- Cell death (GZMB, SLC29A3, CASP7)



Typical likelihood of vitiligo based on 512,077 genetic variants we looked at



Your top variants that most likely impact your genetic predisposition:

GENE	SNP	GENOTYPE
HLA-DQA2	rs9271597	AA
ASIP	rs6059655	GG
HLA-A	rs60131261	GG
TYR	rs1126809	GG
FAP	rs2111485	GG
IRF4	rs12203592	CC
SERPINB1	rs78521699	AA
FARP2	rs41342147	GG
GZMB	rs8192917	CC
FOXP1	rs34346645	CC
CD44	rs1043101	GG
PTPRC	rs16843742	TT
DEF8	rs4268748	CT
SUOX	rs2017445	TA
C1QTNF6	rs229527	CA
LPP	rs13076312	CT
/	rs148136154	TC
IL2RA	rs706779	CT
SH2B3	rs10774624	GA

The number of "risk" variants in this table doesn't necessarily reflect your overall result.

Heavy Sweating

Key Takeaways:

- Genes that affect excessive sweating may influence nerve function and chemical messengers.
- Excessive sweating can impact quality of life and cause undue stress and anxiety. If you are at high genetic risk, take action on your risk factors to help lower overall risk.
- Up to 5% of people in the U.S. may have hyperhidrosis. If you have symptoms, you may want to consult your doctor to rule out other conditions.
- Click the **next steps** tab for relevant lab tests.

Hyperhidrosis is the scientific term for heavy sweating [R].

It's normal to sweat a lot because of exercise, heat, or stress. In the absence of these conditions, a lot of sweat might be a sign that something is wrong [R].

Sweating turns from normal to worrisome if it [R]:

- Changes the way you live your daily life
- Causes anxiety or social problems
- Suddenly gets much worse for no apparent reason
- Suddenly starts while sleeping (night sweats) for no apparent reason

Up to 5% of people in the United States may have hyperhidrosis. Many people do not realize it is a treatable medical condition. For this reason, they often do not bring up symptoms with their doctors. **Only about 1 in 2 people who have it will be diagnosed** [R, R].

Most cases of heavy sweating are caused by a nerve problem. Simply put, the nerves that control the sweat glands are too active. This condition is called *primary focal hyperhidrosis*. It may be treated with [R, R, R, R]:

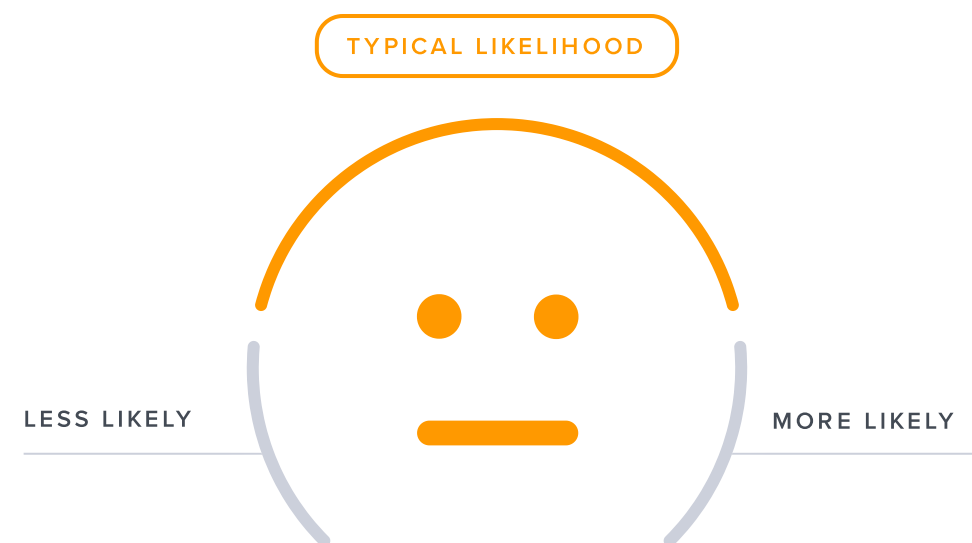
- Topical medication
- Antiperspirants
- Surgery
- Botulinum toxin therapy

Heavy sweating can also be caused by another health condition. This is called *secondary hyperhidrosis*. Underlying conditions that may cause this include [R]:

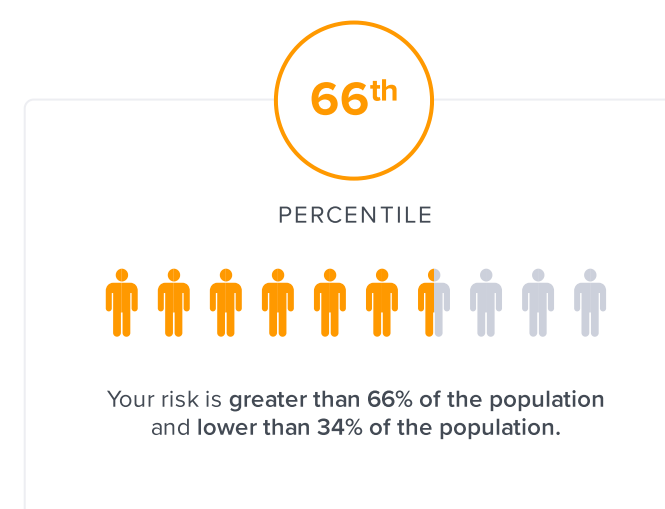
- Diabetes
- Menopause
- Thyroid problems
- Low blood sugar
- Infection

Researchers suggest that genetics plays a role in the development of heavy sweating. Genes involved in heavy sweating may influence [R]:

- Chemical messenger activity (BCHE, PSEN2, DARS)
- Nerve function (PPP3R1, PPP1CB, ITPR2)



Typical likelihood of hyperhidrosis based on 104 genetic variants we looked at



Your top variants that most likely impact your genetic predisposition:

GENE	SNP	GENOTYPE
LONP2	rs6500380	GG
ITGA1	rs77066279	GT
PPP1CB	rs56089836	CC
PPP1CB	rs1534480	CC
DLG2	rs12280544	CC
TLN2	rs139024759	AA
TUSC1	rs117093392	AA
UBLCP1	rs143772159	CC
CADM1	rs144975908	GG
FZD8	rs190252627	CC
/	rs75470475	CC
LRR7	rs113867145	GG
SETD7	rs183414800	TT
LRR7	rs113992293	GG
KRT72	rs61740873	GG
/	rs74837903	TT
LRR7	rs111398942	CC
SLC6A16	rs149876322	CC
LRR7	rs113434595	CC

The number of "risk" variants in this table doesn't necessarily reflect your overall result.

Your Recommendations

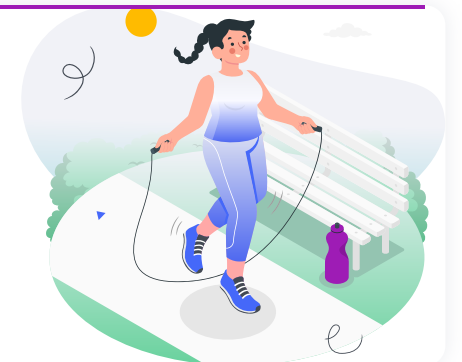
Your recommendations are prioritized according to the likelihood of it having an impact for you based on your genetics, along with the amount of scientific evidence supporting the recommendation.

You'll likely find common healthy recommendations at the top of the list because they are often the most impactful and most researched.

1



Relaxation Techniques



Helps with the following



Hives

IMPACT



EVIDENCE



Stress may trigger or worsen hives. This is likely because stress may disturb the immune system and increase inflammation [\[R, R, R, R, R, R, R\]](#).

In turn, hives may worsen stress. Chronic hives are also linked to anxiety and depression [\[R, R, R, R\]](#).

Relaxation techniques may help improve quality of life in people with hives [\[R\]](#).



Vitiligo

IMPACT



EVIDENCE



Stress is linked to higher rates of vitiligo. Stressful life events may trigger vitiligo and worsen symptoms [\[R, R, R, R, R, R, R\]](#).

Stress may contribute to vitiligo by altering the immune response. It may also increase oxidative damage to skin cells [\[R, R\]](#).

Relaxation and coping techniques can help reduce stress. They may also improve the quality of life in people with vitiligo [\[R, R, R, R, R\]](#).



Rosacea

IMPACT



EVIDENCE



Stress may trigger or worsen rosacea [\[R, R, R, R, R, R\]](#).

People with rosacea may also be more likely to have anxiety or depression [\[R, R\]](#).

Managing stress and mental health may help [\[R\]](#).

Stressful life events may trigger and worsen eczema. In turn, **eczema may influence mental health** [R, R, R, R, R].

Stress may increase skin inflammation and impair the skin barrier [R].

Relaxation techniques may improve eczema symptoms [R].

 PERSONALIZED TO YOUR GENES

People with your CRHR1 gene variant may be more prone to stress [R]. **Take special care to reduce stress by practicing relaxation techniques.**

YOUR GENETIC VARIANTS

GENE	SNP	GENOTYPE	EVIDENCE
/	rs80143279	/	

Experts agree that stress may have a major impact on psoriasis. In fact, stressful events seem to trigger psoriasis in **up to 88%** of cases. In turn, psoriasis can cause or worsen stress [R, R, R, R, R, R].

Relaxation techniques like meditation and talk therapy may help reduce stress. In this way, they may improve symptoms in people with psoriasis [R, R, R, R].

 PERSONALIZED TO YOUR GENES

People with your CRHR1 gene variant may be more prone to stress [R]. **Take special care to reduce stress by practicing relaxation techniques.**

YOUR GENETIC VARIANTS

GENE	SNP	GENOTYPE	EVIDENCE
/	rs80143279	/	



Heavy Sweating

IMPACT



EVIDENCE



Stress may contribute to heavy sweating. In turn, sweating a lot may impact mental health by harming self-esteem and affecting social interactions [R, R, R, R].

Some relaxation techniques may help people who sweat heavily. They include [R, R, R]:

- Mindfulness
- Meditation
- Yoga
- Biofeedback



PERSONALIZED TO YOUR GENES

People with your CRHR1 gene variant may be more prone to stress [R]. Take special care to reduce stress by practicing relaxation techniques.

YOUR GENETIC VARIANTS

GENE	SNP	GENOTYPE	EVIDENCE
/	rs80143279	/	



Hair Graying

IMPACT



EVIDENCE



High levels of perceived stress are associated with premature hair graying. However, the evidence is mixed [R, R, R, R].

Several cases of sudden hair graying due to severe emotional stress have been reported [R].

[Norepinephrine](#) released in response to stress may cause the death of the stem cells that give hairs their color. Relaxation techniques are a great way to reduce stress, potentially helping prevent premature hair graying [R].

Stress may worsen acne [\[R\]](#), [\[R\]](#), [\[R\]](#), [\[R\]](#).

The hormones released during times of stress may [\[R\]](#), [\[R\]](#), [\[R\]](#):

- Increase fat production in the skin
- Increase skin inflammation
- Slow the repair of acne wounds

Relaxation techniques may help improve acne [\[R\]](#), [\[R\]](#).



PERSONALIZED TO YOUR GENES

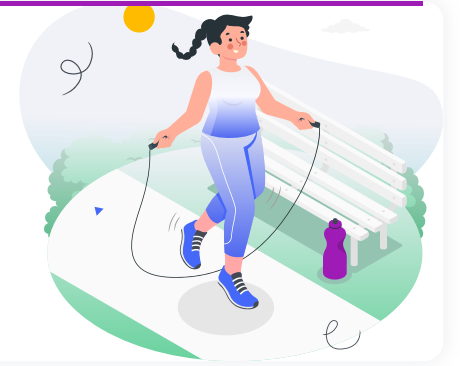
People with your CRHR1 gene variant may be more prone to stress [\[R\]](#). Take special care to reduce stress by practicing relaxation techniques.

YOUR GENETIC VARIANTS

GENE	SNP	GENOTYPE	EVIDENCE
/	rs80143279	/	



Light Therapy for Skin



Helps with the following

Age Spots

IMPACT  2 / 5

EVIDENCE  2 / 5

Applying intense pulsed light, near-infrared light, or laser therapy may decrease the melatonin content of age spots. The combination of all three treatments may yield the best results [\[R, R\]](#).

Light therapy may help by killing the melanin-producing cells and removing the top layer of the skin [\[R\]](#).

Please note: *Light therapy may damage skin and increase signs of aging. Please consult your doctor before trying any light therapy* [\[R, R\]](#).

Eczema

IMPACT  3 / 5

EVIDENCE  3 / 5

Experts recommend **UV light therapy** for some people with eczema, but it requires medical supervision [\[R, R, R\]](#).

With proper safety precautions, **blue light therapy** can be practiced at home. It may help decrease eczema severity by [\[R, R, R\]](#):

- Reducing inflammation
- Slowing skin cell growth and division

Please note: *Light therapy may damage skin and increase signs of aging. Please consult your doctor before trying any light therapy* [\[R, R\]](#).

Psoriasis

IMPACT  3 / 5

EVIDENCE  3 / 5

Light therapy is one of the best treatments to help with psoriasis. It may help people with moderate to severe symptoms [\[R, R, R\]](#).

Light therapy with **blue light** or **red light** may help improve psoriasis symptoms by [\[R, R, R, R, R, R\]](#):

- Reducing inflammation
- Slowing skin cell growth and division

Please note: *Light therapy may damage skin and increase signs of aging. Please consult your doctor before trying any light therapy* [\[R, R\]](#).



PERSONALIZED TO YOUR GENES

People with your TP53 gene variant may respond better to light therapy for psoriasis [\[R\]](#).

YOUR GENETIC VARIANTS

GENE	SNP	GENOTYPE	EVIDENCE
/	rs1042522	/	

Rosacea

IMPACT
 4 / 5

EVIDENCE
 4 / 5

Experts say that some types of light therapy can help with rosacea. In particular, a doctor may recommend laser therapy in severe cases [\[R, R, R\]](#).

Light therapy may reduce redness, itching, and burning in rosacea. It may also reduce spider veins. Types of light therapy that may help include [\[R, R\]](#):

- Laser therapy
- Intense pulsed light therapy
- Photodynamic therapy

Laser therapy should only ever be done by a professional. Furthermore, it might take several weeks to show any improvement [\[R\]](#).

Please note: *Light therapy may damage skin and increase signs of aging. Please consult your doctor before trying any light therapy* [\[R, R\]](#).

Vitiligo

IMPACT
 5 / 5

EVIDENCE
 4 / 5

Experts recommend light therapy for treatment of vitiligo. Your doctor may prescribe different types of light therapy based on the specifics of your condition. It may take a few months of regular treatments to start seeing results [\[R, R, R\]](#).

Light therapy helps by increasing skin pigmentation. It may help alone or in combination with medication [\[R, R, R, R\]](#).

Please note: *Light therapy may damage skin and increase signs of aging. UV light may increase the risk of skin cancer, especially in combination with certain medications. Consult your doctor before trying any light therapy* [\[R, R, R\]](#).



PERSONALIZED TO YOUR GENES

Light therapy may help improve vitiligo by targeting many of your gene variants at once [\[R\]](#).

Facial Wrinkles

IMPACT
 4 / 5

EVIDENCE
 4 / 5

Lasers for skin resurfacing may improve facial wrinkles. Some forms destroy the outer layer of the skin (ablative laser resurfacing) while others don't (non-ablative laser resurfacing). Although ablative lasers are typically assumed to be more aggressive, most of the research found both modalities similarly effective and safe [\[R, R, R\]](#).

CO2 laser may be more effective than Er:YAG laser, especially for deeper wrinkles. In turn, Er:YAG may be preferred for superficial wrinkles due to its faster recovery [\[R, R, R\]](#).

Both RF microneedling and laser therapy may be similarly effective at improving facial wrinkles. Their combination may yield the best results [\[R, R, R, R\]](#).

Light therapy may help by removing the outer layer of the skin and increasing the production of elastin and collagen [\[R\]](#).

Please note: *Light therapy may damage skin and increase signs of aging. Please consult your doctor before trying any light therapy* [\[R, R\]](#).

Stretch Marks

IMPACT  3 / 5

EVIDENCE  3 / 5

Light therapy may improve stretch marks. However, radiofrequency microneedling may be slightly more effective. Among the different light therapies, the most effective one may be **CO2 fractional laser**. Other successfully tested light therapies use [\[R, R, R, R, R\]](#):

- Ablative and non-ablative lasers [\[R, R, R, R, R\]](#)
- Intense pulsed light [\[R, R, R, R\]](#)
- Narrowband UV light [\[R\]](#)

Light therapy may improve the tone, redness, elasticity, and thickness of the skin with stretch marks.

Combining light therapy with topical [aloe vera](#) or beta-glucans may improve stretch marks even more [\[R, R\]](#).

Light therapy may help by [\[R\]](#):

- Increasing skin pigmentation
- Removing the outer layer of the skin
- Promoting collagen and elastin production

Please note: *Light therapy may damage skin and increase signs of aging. Please consult your doctor before trying any light therapy* [\[R, R\]](#).

Acne

IMPACT  3 / 5

EVIDENCE  4 / 5

Experts say light therapy may help some people with acne. However, evidence is limited, and they do not recommend a specific regimen [\[R, R, R\]](#).

Light therapy with **blue light**, **red light**, and their combination may help improve acne. However, the evidence is mixed [\[R, R, R\]](#).

Light therapy may help by [\[R, R\]](#):

- Slowing skin cell growth
- Killing acne-causing bacteria

Please note: *Light therapy may damage skin and increase signs of aging. Please consult your doctor before trying any light therapy* [\[R, R\]](#).

 PERSONALIZED TO YOUR GENES

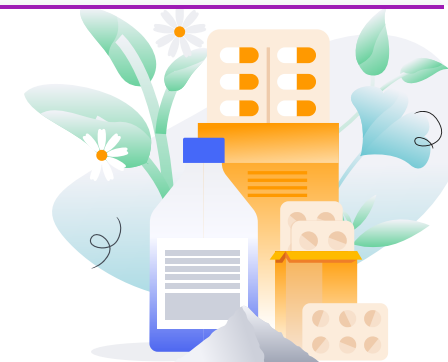
Your OVOL1 gene variant is linked to acne. It likely promotes skin cell growth. Light therapy may help slow this process [\[R, R, R\]](#).

YOUR GENETIC VARIANTS

GENE	SNP	GENOTYPE	EVIDENCE
/	rs478304	/	



Topical Niacinamide



Helps with the following



Age Spots

IMPACT



EVIDENCE



Topical creams with niacinamide (3-5% applied for 10-12 weeks) may reduce age spots and other signs of skin aging [\[R, R, R, R\]](#).

Niacinamide may help by improving the barrier function of the skin and protecting it from sunlight damage [\[R, R\]](#).



Facial Wrinkles

IMPACT



EVIDENCE



Topical creams with niacinamide (3-5% applied for 2-12 weeks) may reduce wrinkles, fine lines, skin roughness, and water loss [\[R, R, R, R, R, R\]](#).

Niacinamide may help by improving the barrier function of the skin and protecting it from sunlight damage [\[R, R\]](#).



Skin Elasticity

IMPACT



EVIDENCE



Applying cream with niacinamide (5%) for 4-12 weeks may increase the elasticity and appearance of the skin [\[R, R\]](#).

Niacinamide may help by improving the barrier function of the skin and protecting it from sunlight damage [\[R, R\]](#).



Rosacea

IMPACT



EVIDENCE



Topical niacinamide may help with symptoms of rosacea [\[R\]](#).

Niacinamide derivatives or niacinamide combined with other ingredients may also help with rosacea [\[R, R, R, R\]](#).

Topical niacinamide may help by [\[R, R, R\]](#):

- Supporting the skin barrier
- Decreasing inflammation

Please note: *Oral niacin, the other form of vitamin B3, can cause skin flushing* [\[R\]](#).



Eczema

IMPACT



EVIDENCE



Skin Hydration

IMPACT



EVIDENCE



Topical creams with niacinamide (3-5% applied for 4-12 weeks) may improve skin hydration and elasticity, and reduce skin water loss [\[R, R, R, R\]](#).

Niacinamide may help by improving the barrier function of the skin and protecting it from sunlight damage [\[R, R\]](#).

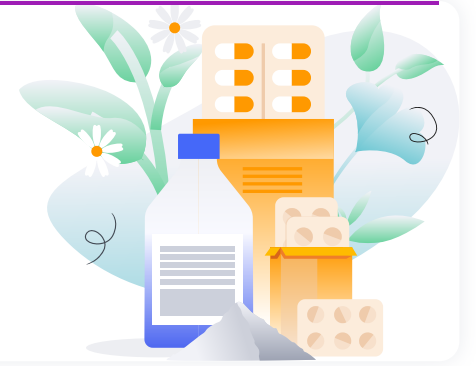
Applying niacinamide (2-5%) to the skin may help with acne, especially in people with oily skin [\[R\]](#), [\[R\]](#), [\[R\]](#), [\[R\]](#), [\[R\]](#).

Niacinamide likely helps by [\[R\]](#), [\[R\]](#), [\[R\]](#), [\[R\]](#):

- Limiting the production of skin oil
- Reducing skin inflammation
- Strengthening the skin barrier



Pycnogenol



Helps with the following



Age Spots

IMPACT



EVIDENCE



Oral pycnogenol (40-100 mg/day for 12 weeks) may improve age spots and other signs of skin aging [\[R\]](#).

Pycnogenol is rich in polyphenols that may reduce oxidative damage to the skin and favor its renewal [\[R\]](#).



Facial Wrinkles

IMPACT



EVIDENCE



Oral pycnogenol (40-100 mg/day for 12 weeks) may reduce skin aging and moisture loss while increasing skin elasticity and collagen content [\[R\]](#), [\[R\]](#), [\[R\]](#).

Pycnogenol is rich in polyphenols that may reduce oxidative damage to the skin [\[R\]](#).



Skin Elasticity

IMPACT



EVIDENCE



Oral pycnogenol (40-100 mg/day for 12 weeks) may improve skin elasticity and reduce moisture loss [\[R\]](#), [\[R\]](#).

Pycnogenol is rich in polyphenols that may reduce oxidative damage to the skin [\[R\]](#).



Psoriasis

IMPACT



EVIDENCE



Facial Wrinkles

IMPACT



EVIDENCE



Skin Hydration

IMPACT



EVIDENCE



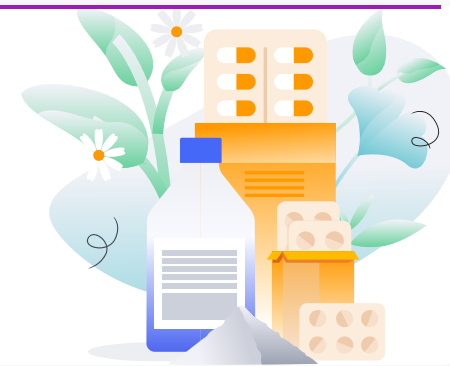
Oral pycnogenol (40-100 mg/day for 12 weeks) may improve skin hydration and elasticity, and reduce moisture loss [\[R\]](#), [\[R\]](#).

Pycnogenol is rich in polyphenols that may reduce oxidative damage to the skin [\[R\]](#).

5



Vitamin D



Helps with the following



Hives

IMPACT

●●●●● 3 / 5

EVIDENCE

●●●●● 3 / 5

People with chronic hives tend to have lower levels of vitamin D [\[R, R, R\]](#).

In line with this, vitamin D supplements (4,000 IU/day for 12 weeks) may help improve chronic hives [\[R, R, R\]](#).

Vitamin D may help by reducing inflammation [\[R\]](#).

Please note: Experts recommend getting 600-800 IU of vitamin D per day. Medical bodies recommend against taking more than 4,000 IU per day [\[R\]](#).



PERSONALIZED TO YOUR GENES

People with your **GC** gene variant may have lower vitamin D levels [\[R\]](#). Make sure to get enough vitamin D to potentially help with hives.

YOUR GENETIC VARIANTS

GENE	SNP	GENOTYPE	EVIDENCE
/	rs7041	/	●●●●●



Vitiligo

IMPACT

●●●●● 3 / 5

EVIDENCE

●●●●● 3 / 5

Vitiligo is linked to low vitamin D levels. This is especially true in people who work indoors [\[R, R, R\]](#).

Vitamin D supplements may help restore normal pigment production and vitamin D levels in people with vitiligo. They may do this by supporting a balanced immune response [\[R, R, R, R, R\]](#).

Please note: Experts recommend getting 600-800 IU of vitamin D per day. Medical bodies recommend against taking more than 4,000 IU per day [\[R\]](#).



PERSONALIZED TO YOUR GENES

Your **VDR** gene variant may be linked to lower vitamin D levels and a higher risk of vitiligo [\[R, R\]](#). Take special care to get enough vitamin D.

YOUR GENETIC VARIANTS

GENE	SNP	GENOTYPE	EVIDENCE
/	rs7975232	/	●●●●●

 **Eczema**



People with eczema may have low levels of vitamin D. **Supplementation may help improve vitamin D levels and eczema symptoms** [\[R, R\]](#).

However, the evidence is mixed, and experts do not recommend vitamin D supplementation to treat eczema [\[R, R\]](#).

Please note: *Experts recommend getting 600-800 IU of vitamin D per day. Medical bodies recommend against taking more than 4,000 IU per day* [\[R\]](#).

 PERSONALIZED TO YOUR GENES

Your GC gene variant is linked to lower vitamin D levels [\[R\]](#). **Make sure to get enough vitamin D from sunlight or supplements.**

YOUR GENETIC VARIANTS

GENE	SNP	GENOTYPE	EVIDENCE
/	rs2282679	/	

 **Hair Loss**



 **Acne**



Topical Retinoids



Helps with the following

Age Spots

IMPACT  2 / 5

EVIDENCE  2 / 5

Topical tretinoin cream (0.1% applied for 10 months) may improve age spots and other signs of skin aging [\[R, R\]](#).

It is unclear if natural retinoids such as retinol, retinaldehyde, and retinyl esters help with age spots [\[R\]](#).

Topical retinoids may help by inhibiting melanin production and promoting skin renewal [\[R, R\]](#).

Please note: Topical retinoids may cause skin dryness, burning, itching, and swelling at the site of application. It is recommended to start with the lowest dose and frequency of application, and gradually increase them as tolerance develops. Because retinoids increase skin sensitivity to sunlight, people on retinoid therapy are recommended to limit sun exposure. Pregnant women shouldn't use topical retinoids because they may increase the risk of malformations [\[R\]](#).

Facial Wrinkles

IMPACT  3 / 5

EVIDENCE  4 / 5

Topical retinoids may improve wrinkles and other symptoms of skin aging. Studied forms include [\[R, R\]](#):

- Tretinoin (0.02-5%)
- Isotretinoin (0.05-0.1%)
- Tazarotene (0.01-0.1%)

It is unclear if natural retinoids such as retinol, retinaldehyde, and retinyl esters help with fine facial wrinkles [\[R\]](#).

Topical retinoids may help by regulating skin cell growth and increasing collagen content [\[R\]](#).

Please note: Topical retinoids may cause skin dryness, burning, itching, and swelling at the site of application. It is recommended to start with the lowest dose and frequency of application, and gradually increase them as tolerance develops. Because retinoids increase skin sensitivity to sunlight, people on retinoid therapy are recommended to limit sun exposure. Pregnant women shouldn't use topical retinoids because they may increase the risk of malformations [\[R\]](#).

Psoriasis

IMPACT  4 / 5

EVIDENCE  5 / 5

Experts recommend some forms of topical vitamin A to help manage psoriasis. These are called *retinoids* or *vitamin A analogues*. They may help with moderate to severe plaque psoriasis [\[R, R\]](#).

Retinoids can slow skin cell growth. They may help most in combination with prescription topicals and UV light therapy. However, the evidence is mixed [\[R, R, R, R\]](#).

Please note: When used at high doses, retinoids may cause skin irritation and greater sensitivity to light. Retinoids have also been linked to birth defects. Pregnant women should not use them in any form [\[R, R, R\]](#).

Skin Elasticity

IMPACT  3 / 5

EVIDENCE  3 / 5

Topical retinoids may improve skin elasticity and repair skin damage caused by sunlight. Studied forms include:

- Tretinoin (0.02-0.1%) [\[R, R, R, R, R, R, R\]](#)
- Isotretinoin (0.05-0.1%) [\[R, R, R\]](#)
- Retinaldehyde (0.05-0.1%) [\[R, R, R\]](#)
- Retinoic acid (0.05%) [\[R\]](#)

Topical retinoids may help by regulating skin cell growth and increasing collagen content [\[R\]](#).

Please note: Topical retinoids may cause skin dryness, burning, itching, and swelling at the site of application. It is recommended to start with the lowest dose and frequency of application, and gradually increase them as tolerance develops. Because retinoids increase skin sensitivity to sunlight, people on retinoid therapy are recommended to limit sun exposure. Pregnant women shouldn't use topical retinoids because they may increase the risk of malformations [\[R\]](#).

7



Blood Orange Extract



Helps with the following



Age Spots



Recommendation References: [\[R\]](#)



Facial Wrinkles



Recommendation References: [\[R\]](#)



Skin Elasticity



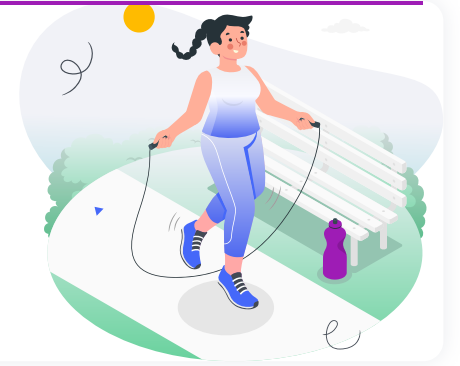
Skin Hydration



Recommendation References: [\[R\]](#)



Acupuncture



Helps with the following



Hives

IMPACT

●●●●● 3 / 5

EVIDENCE

●●●●● 2 / 5

Acupuncture may help improve hives. It may help alone or when added to medication [\[R, R\]](#).

Acupuncture may help by reducing histamine and inflammation [\[R, R\]](#).

Please note: Acupuncture is safe for most people. However, it may come with extra risks for pregnant women, people with pacemakers, and people with bleeding disorders. Consult your doctor or a licensed acupuncturist for more information [\[R\]](#).



PERSONALIZED TO YOUR GENES

People with your **HNMT** gene variant may be more prone to hives. This gene affects histamine levels. Acupuncture may help by reducing histamine [\[R, R, R\]](#).

YOUR GENETIC VARIANTS

GENE	SNP	GENOTYPE	EVIDENCE
/	rs1050891	/	●●●●●



Eczema

IMPACT

●●●●● 0 / 5

EVIDENCE

●●●●● 0 / 5



Heavy Sweating

IMPACT

●●●●● 0 / 5

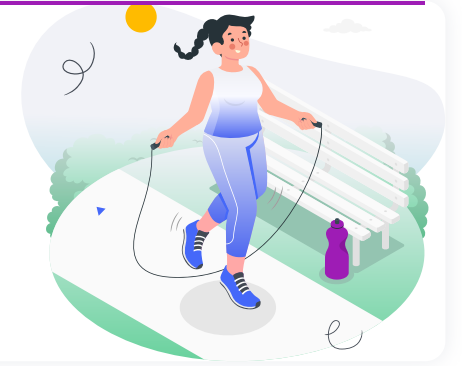
EVIDENCE

●●●●● 0 / 5



Limit Sunlight Exposure

Helps with the following



Age Spots

IMPACT  4 / 5

EVIDENCE  4 / 5

Excessive exposure to sunlight is a well-known risk factor for age spots and premature facial wrinkling [\[R, R\]](#).

Good sun-protection practices recommended by experts include [\[R, R\]](#):

- Using a broad-spectrum sunscreen with an SPF of 30 or more and applying it repeatedly, especially if swimming or sweating
- Wearing sun-protective clothing
- Avoiding sun exposure during peak UV times (between 11 AM and 3 PM in summer)
- Seeking shade whenever possible
- Avoiding the use of indoor tanning
- Consulting the UV index and taking precautions based on its predicted levels

UV radiation from sunlight may age the skin by causing oxidative damage [\[R\]](#).

Facial Wrinkles

IMPACT  4 / 5

EVIDENCE  4 / 5

Excessive exposure to sunlight is a well-known risk factor for premature facial wrinkling [\[R, R, R\]](#).

Good sun-protection practices recommended by experts to reduce skin aging include [\[R, R\]](#):

- Using a broad-spectrum sunscreen with an SPF of 30 or more and applying it repeatedly, especially if swimming or sweating
- Wearing sun-protective clothing
- Avoiding sun exposure during peak UV times (between 11 AM and 3 PM in summer)
- Seeking shade whenever possible
- Avoiding the use of indoor tanning
- Consulting the UV index and taking precautions based on its predicted levels

UV radiation from sunlight may age the skin by causing oxidative damage [\[R\]](#).

Skin Elasticity

IMPACT  4 / 5

EVIDENCE  4 / 5

Decreased skin elasticity is a key feature of skin aging due to sunlight (photoaging) [\[R, R, R\]](#).

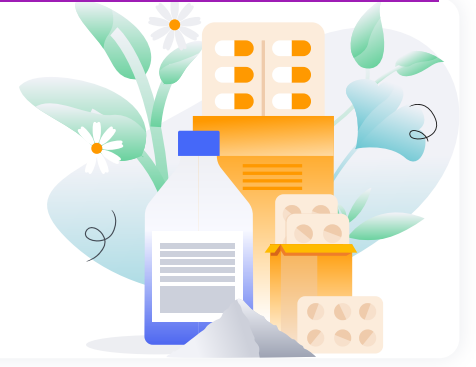
Good sun-protection practices recommended by experts to reduce skin aging include [\[R, R\]](#):

- Using a broad-spectrum sunscreen with an SPF of 30 or more and applying it repeatedly, especially if swimming or sweating
- Wearing sun-protective clothing
- Avoiding sun exposure during peak UV times (between 11 AM and 3 PM in summer)
- Seeking shade whenever possible
- Avoiding the use of indoor tanning
- Consulting the UV index and taking precautions based on its predicted levels

UV radiation from sunlight may age the skin by causing oxidative damage [\[R\]](#).



Pomegranate Extract



Helps with the following

Age Spots

IMPACT 

EVIDENCE 

Drinking fermented pomegranate extract (50 mL/day for 8 weeks) may improve spots and other signs of skin aging [\[R\]](#).

Pomegranate may help by reducing oxidative damage to the skin [\[R\]](#).

Facial Wrinkles

IMPACT 

EVIDENCE 

Drinking fermented pomegranate extract (50 mL/day for 8 weeks) may improve skin elasticity, moisture, and collagen content [\[R\]](#).

Pomegranate may help by reducing oxidative damage to the skin [\[R\]](#).

Skin Elasticity

IMPACT 

EVIDENCE 

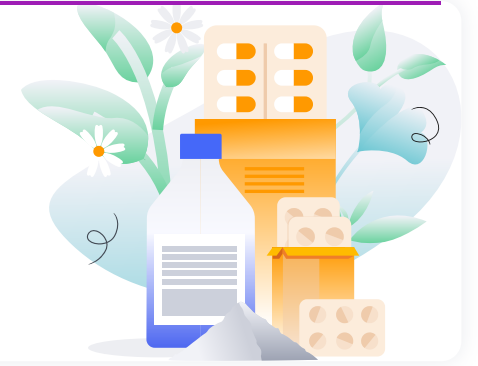
Drinking fermented pomegranate extract (50 mL/day for 8 weeks) may improve skin elasticity, moisture, and collagen content [\[R\]](#).

Pomegranate extract may help both alone and combined with other plant extracts [\[R\]](#).

The polyphenols found in pomegranate extract may reduce oxidative damage to the skin [\[R\]](#).



Topical Coffee Extract



Helps with the following



Age Spots

IMPACT



EVIDENCE



Applying coffee pulp serum (3 mL/day for 4 weeks) on the skin may improve age spots and other signs of skin aging. Drinking it may be similarly effective [\[R\]](#).

Topical formulations with the extracts of coffee seeds and resurrection plant (*Myrothamnus flabellifolia*) leaves applied for 8 weeks may also help with age spots [\[R\]](#).

Coffee extract may help by reducing oxidative damage to the skin [\[R\]](#).



Facial Wrinkles

IMPACT



EVIDENCE



Applying coffee pulp serum (3 mL/day for 4 weeks) on the skin may improve skin elasticity, texture, moisture, and collagen content. Drinking it may be similarly effective [\[R\]](#).

Topical formulations with coffee extract and other fruit and vegetable extracts applied for 8-12 weeks may improve wrinkles and other signs of skin aging [\[R\]](#), [\[R\]](#).

Coffee extract may help by reducing oxidative damage to the skin [\[R\]](#).



Skin Elasticity

IMPACT



EVIDENCE

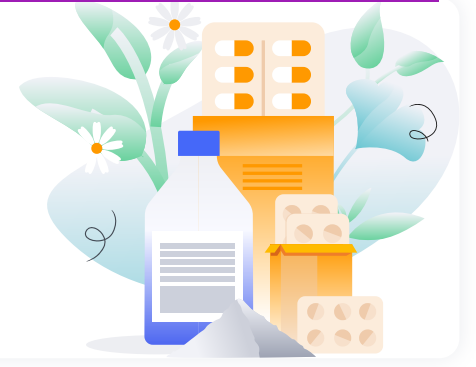


Applying coffee pulp serum (3 mL/day for 4 weeks) on the skin may improve skin elasticity, texture, moisture, and collagen content. Drinking it may be similarly effective [\[R\]](#).

Coffee extract may help by reducing oxidative damage to the skin [\[R\]](#).



Topical Lychee



Helps with the following



Age Spots



Recommendation References: [\[R\]](#)



Skin Elasticity



Recommendation References: [\[R\]](#)



Facial Wrinkles



Recommendation References: [\[R\]](#)

13



Salmon Egg Extract



Helps with the following



Age Spots



Recommendation References: [\[R\]](#)



Facial Wrinkles



Recommendation References: [\[R\]](#)



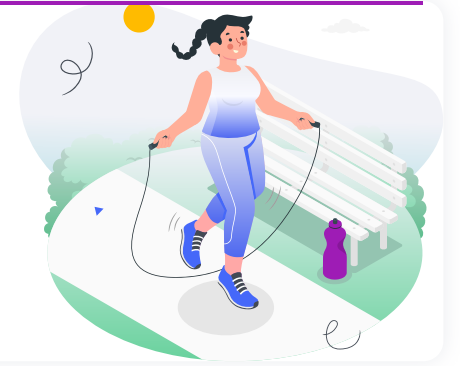
Skin Hydration



Recommendation References: [\[R\]](#)



Cupping Therapy



Helps with the following



Hives



Psoriasis



Recommendation References: [\[R\]](#)



Acne

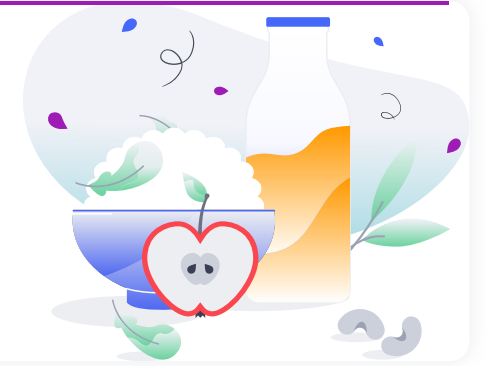


Recommendation References: [\[R\]](#)



Avoid Food Triggers

Helps with the following



Hives

IMPACT

3 / 5

EVIDENCE

4 / 5

Certain foods may trigger hives in people who are sensitive or allergic to them. However, this reaction is not very common. Note that those who are sensitive or allergic tend to experience a reaction within **60 minutes** of eating a certain food. **Reactions to food are unlikely to happen the next day** [R, R, R, R, R, R, R, R, R, R, R].

Foods and ingredients that may trigger hives include [R, R, R, R, R]:

- Eggs
- Nuts and seeds (e.g., tree nuts, sesame, and peanuts)
- Seafood (e.g., shrimp and fish)
- Foods that contain or release [histamine](#) (e.g., alcohol and cheese)
- Food additives (e.g., preservatives, artificial flavors, and colors)

Avoiding food triggers may help prevent hives in those who are sensitive or allergic [R].

Please note: *Avoiding food triggers may only help people who have been diagnosed with a food allergy. Please talk to your doctor if you suspect any food triggers* [R].



Eczema

IMPACT

3 / 5

EVIDENCE

4 / 5

Many people have eczema flare-ups after eating certain foods [R, R, R].

The most common food triggers in children tend to differ from those in adolescents and adults [R, R].

In children, food triggers often include **dairy, egg, and peanuts**. In adults, **apple, hazelnut, and celery** may be problematic [R, R, R].

Different **additives in processed foods** may also trigger eczema symptoms. These include [R, R, R, R]:

- Monosodium glutamate (MSG)
- Balsam of Peru (found in flavorings and spices)
- Propylene glycol

In line with this, **a diet high in processed foods may increase the odds of eczema** [R, R].

Avoiding food triggers may help prevent eczema flare-ups. However, this may only be the case for people with a proven allergy [R, R].

Please note: *Food-triggered eczema should be tested and diagnosed by a healthcare professional. Please talk to your doctor if you suspect any food triggers* [R, R].



PERSONALIZED TO YOUR GENES

Your FLG gene variant is linked to higher odds of food allergies and earlier eczema development [R, R]. **If you have eczema, take special care to recognize and avoid food triggers.**

YOUR GENETIC VARIANTS

GENE

/

SNP

rs1933064

GENOTYPE

/

EVIDENCE

3 / 5

16



Licorice Root



Helps with the following



Hives

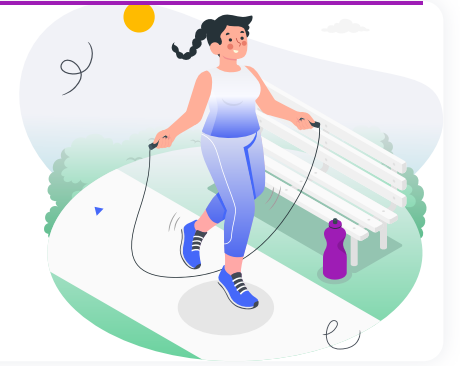


Eczema





Avoid Air Pollution



Helps with the following



Age Spots

IMPACT

1 / 5

EVIDENCE

1 / 5

Exposure to fine particulate matter from air pollution may increase the risk of age spots [\[R\]](#).

Air pollution may cause oxidative stress and inflammation in the skin. Pollutants may also increase the sensitivity of the skin to UV radiation [\[R\]](#).



Facial Wrinkles

IMPACT

4 / 5

EVIDENCE

4 / 5

Air pollutants, especially particulate matter and ozone, contribute to premature skin aging and wrinkling [\[R, R, R\]](#).

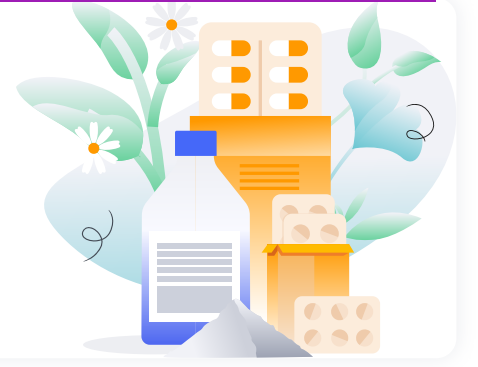
Moreover, pollution may worsen the effects of excessive sunlight exposure on the skin [\[R, R\]](#).

Air pollution may speed up skin aging by causing oxidative stress and inflammation. Pollutants may also increase the sensitivity of the skin to UV radiation [\[R\]](#).

18



Rosemary and Citrus Flavonoids



Helps with the following



Age Spots

IMPACT

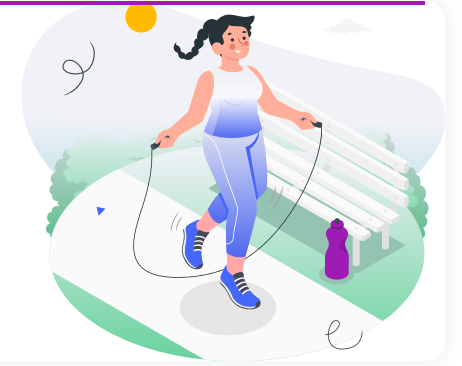


EVIDENCE





Avoid Physical Triggers



Helps with the following



Hives

IMPACT

●●●●● 3 / 5

EVIDENCE

●●●●● 4 / 5

Experts agree that a number of physical triggers may contribute to the development of hives [\[R, R, R, R\]](#).

These can include:

- Contact triggers (e.g., touching certain plants or chemicals) [\[R, R\]](#)
- Exposure to cold (e.g., cold temperatures, swimming in cold water, etc.) [\[R, R\]](#)
- Exposure to sweat or heat (e.g., warm temperatures, hot bathing, etc.) [\[R, R\]](#)
- Skin irritation (e.g., skin trauma or pressure from tight clothing) [\[R, R, R\]](#)

Avoiding known physical triggers is important for preventing hives [\[R, R, R\]](#).



Vitiligo

IMPACT

●●●●● 4 / 5

EVIDENCE

●●●●● 4 / 5

Many physical triggers may contribute to vitiligo. These include [\[R, R, R, R, R, R, R, R\]](#):

- Sunburn
- Skin trauma (such as cuts and tattoos)
- Prolonged friction or pressure from clothing
- Contact with certain chemicals

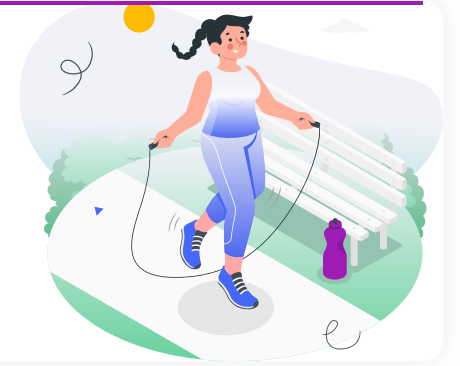
Experts recommend protecting the skin against physical triggers. Wearing a broad-spectrum, water-resistant sunscreen (SPF 50 or more) is important [\[R, R, R\]](#).

20



Light Therapy

Helps with the following



Hives

IMPACT



EVIDENCE



21



Topical Quercetin



Helps with the following



Hives

IMPACT

0 / 5

EVIDENCE

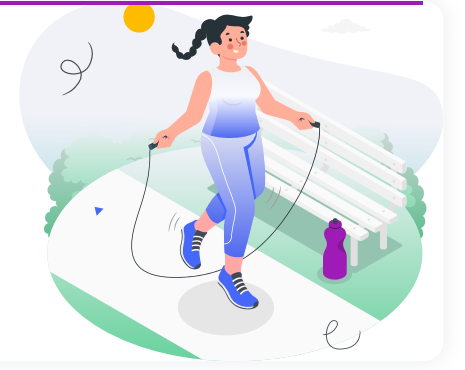
0 / 5

22



Intense Pulsed Light (IPL) Therapy

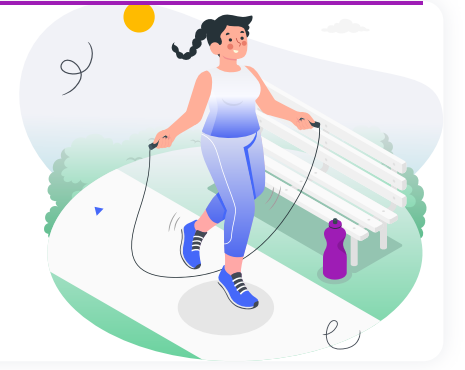
Helps with the following





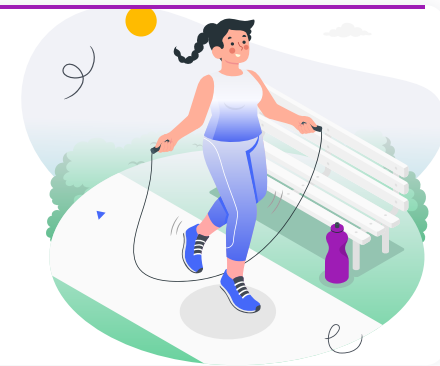
Laser Therapy

Helps with the following





Avoid Cigarette Smoke



Helps with the following



Psoriasis

IMPACT

4 / 5

EVIDENCE

4 / 5

Experts say that cigarette smoke may increase the odds of psoriasis. Both smoking and secondhand smoke are harmful. In fact, **the more you smoke, the greater your risk** [R, R, R, R, R, R].

Smoking may also make psoriasis symptoms worse and reduce treatment response [R, R].

Smoking may worsen psoriasis by increasing [oxidative stress](#) and inflammation [R].



PERSONALIZED TO YOUR GENES

Smoking may worsen psoriasis in people with your **CHRN3** gene variant [R].

YOUR GENETIC VARIANTS

GENE	SNP	GENOTYPE	EVIDENCE
/	rs6474412	/	4 / 5



Eczema

IMPACT

3 / 5

EVIDENCE

3 / 5

Smoking and exposure to secondhand smoke may be linked to higher odds of eczema. This is likely because cigarette smoke impairs the function of the skin barrier and immune system [R, R, R].

Hair Loss

IMPACT 

EVIDENCE 

Smoking is linked to an increased risk of hair loss [\[R, R, R, R\]](#).

Cigarette smoke may contribute to hair loss by [\[R\]](#):

- Damaging hair follicles
- Impairing hair growth
- Reducing female sex hormones

Quitting smoking may help prevent hair loss [\[R\]](#).



PERSONALIZED TO YOUR GENES

People with your TWIST1 gene variant may be more prone to hair loss. This gene plays a role in hair follicle development. Cigarette smoke may damage hair follicles, so make sure to avoid it [\[R, R, R, R\]](#).

YOUR GENETIC VARIANTS

GENE	SNP	GENOTYPE	EVIDENCE
TWIST1	rs10225279	/	

Facial Wrinkles

IMPACT 

EVIDENCE 

Smoking increases the risk of premature facial wrinkling. Heavier and long-term smokers may be at increased risk [\[R, R, R\]](#).

Smoking may contribute to facial wrinkles by increasing oxidative damage to the skin and reducing skin collagen content [\[R\]](#).

Skin Elasticity

IMPACT 

EVIDENCE 

Smokers may have reduced skin elasticity [\[R, R\]](#).

Former smokers may see improvements in skin elasticity and brightness 9 months after giving it up [\[R\]](#).

Smoking may increase oxidative damage to the skin and reduce skin collagen content [\[R\]](#).

Hair Graying

IMPACT 

EVIDENCE 

Smokers may be at increased risk of premature hair graying. However, the evidence is mixed [\[R, R, R\]](#).

Smoking increases oxidative stress, which may damage the cells that produce melanin [\[R\]](#).

Rosacea

IMPACT 

EVIDENCE 



Limit Alcohol Intake

Helps with the following



Psoriasis

IMPACT



EVIDENCE



Drinking alcohol is linked to higher odds of psoriasis. This may be especially true for men [\[R, R, R, R\]](#).

Alcohol may also interact with medications for psoriasis. This may prevent medications from working as well and even lead to some side effects [\[R, R, R\]](#).



Heavy Sweating

IMPACT



EVIDENCE



Experts agree that alcohol may cause heavy sweating in some people [\[R, R\]](#).

Drinking alcohol is also linked to night sweats and hot flashes in women [\[R, R\]](#).

Alcohol may contribute to heavy sweating by widening your blood vessels and increasing your heart rate [\[R\]](#).



Hair Graying

IMPACT



EVIDENCE



People with premature hair graying may have higher alcohol intake [\[R, R\]](#).

Alcohol may increase oxidative damage to the cells that produce hair pigments [\[R\]](#).



Rosacea

IMPACT

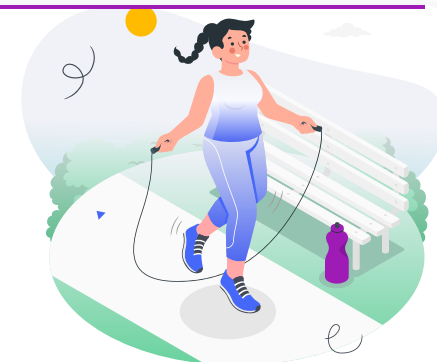


EVIDENCE





Maintain a Healthy Weight



Helps with the following



Psoriasis

IMPACT
●●●●● 4 / 5

EVIDENCE
●●●●● 4 / 5

Experts say that obesity may increase the odds of psoriasis. It may also worsen the symptoms [\[R, R, R, R\]](#).

Being overweight or obese may affect how well some psoriasis treatments work [\[R, R\]](#).

Weight loss interventions that combine diet changes and exercise may help improve psoriasis symptoms [\[R, R, R\]](#).



Hair Loss

IMPACT
●●●●● 1 / 5

EVIDENCE
●●●●● 2 / 5

Excess weight is linked to hair loss. This may be especially true for smokers [\[R, R, R\]](#).

Excess weight may contribute to hair loss by increasing insulin resistance. Insulin resistance may damage hair follicles through decreased blood flow [\[R, R, R\]](#).



Hair Graying

IMPACT
●●●●● 1 / 5

EVIDENCE
●●●●● 2 / 5

Obesity may be associated with increased prevalence and severity of hair graying. However, the evidence is mixed [\[R, R, R\]](#).



Eczema

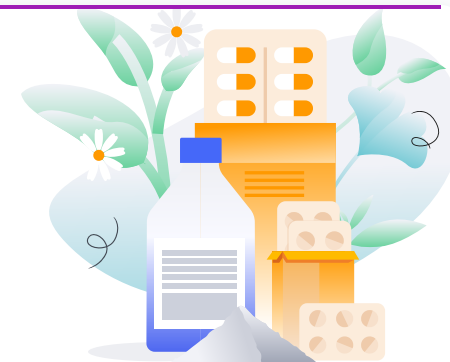
IMPACT
●●●●● 0 / 5

EVIDENCE
●●●●● 0 / 5

27



Lactobacillus Plantarum



Helps with the following



Facial Wrinkles

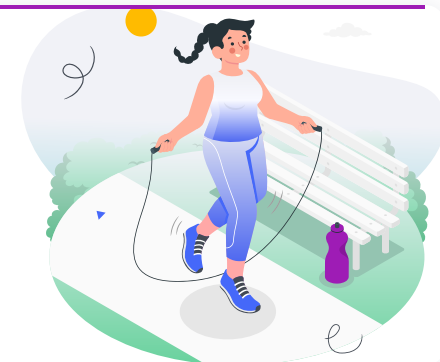


Eczema



Skin Elasticity





Moisturize the Skin

Helps with the following



Rosacea

IMPACT



EVIDENCE



Moisturizers have been linked to a lower risk of rosacea [\[R\]](#).

They may help strengthen the skin barrier and relieve symptoms like dry skin [\[R, R, R\]](#).

Moisturizers also help when used together with topical medication [\[R, R\]](#).

Experts recommend protecting the skin to help with rosacea. Using a gentle, fragrance-free moisturizer and broad-spectrum sunscreen (SPF 30 or higher) are important [\[R, R, R\]](#).



PERSONALIZED TO YOUR GENES

Your *OVOL1* gene variant is linked to dry and irritated skin. This gene plays a role in maintaining the skin barrier. Moisturizing helps protect the skin barrier and relieve dryness [\[R, R, R, R\]](#).

YOUR GENETIC VARIANTS

GENE	SNP	GENOTYPE	EVIDENCE
/	rs479844	/	



Facial Wrinkles

IMPACT



EVIDENCE



Aging gradually worsens the barrier function of the skin. This results in increased water loss, causing dry, pale skin with fine wrinkles [\[R, R\]](#).

Applying moisturizer products may help improve skin appearance, barrier function, and renewal. Creams, oils, and lotions may be similarly effective [\[R, R\]](#).

Moisturizers may work better when they include active ingredients that reduce oxidative damage and promote skin cell growth and repair [\[R\]](#).

Experts say that moisturizers may improve the severity of eczema symptoms. They may also reduce the need for medication and the number of flare-ups [\[R, R, R\]](#).

Oil-based ointments and creams may be best for those with eczema. You should apply moisturizer after a bath, while the skin is still damp. This can help lock water into your skin [\[R, R, R\]](#).

Plant oils such as **coconut oil** may also help with dry skin and eczema. However, **people with eczema should avoid moisturizing with olive oil, as it may damage the skin. They should also avoid moisturizers with fragrance** [\[R, R, R, R, R\]](#).

Moisturizing helps by hydrating and repairing dry skin. Dry skin may allow allergens to pass through the skin barrier more easily. This can trigger an immune reaction and inflammation [\[R, R\]](#).

Skin barrier creams may be more helpful than regular moisturizers for eczema. However, the evidence is mixed. These creams contain ingredients naturally found in healthy skin, such as:

- **Ceramides or other lipids** (fats) [\[R, R, R, R, R\]](#)
- **Filaggrin** (a protein) [\[R, R, R\]](#)

 PERSONALIZED TO YOUR GENES

Your OVOL1 gene variant is linked to eczema. It likely impairs the skin barrier. Moisturizing helps protect the skin barrier [\[R, R, R\]](#).

YOUR GENETIC VARIANTS

GENE	SNP	GENOTYPE	EVIDENCE
/	rs479844	/	

Aging gradually worsens the barrier function of the skin. This results in increased water loss, causing dry, pale skin with fine wrinkles [\[R, R\]](#).

Applying moisturizer products may help improve skin appearance, barrier function, and renewal. Creams, oils, and lotions may be similarly effective, but oils have more staying power and are especially recommended for very dry skin. **Experts recommend applying moisturizers several times per day, immediately after taking a bath or shower, or washing your hands** [\[R, R, R\]](#).

Moisturizers may work better when they include active ingredients that reduce oxidative damage and promote skin cell growth and repair [\[R\]](#).

It is also important to reduce water loss from the skin. Some useful tips include [\[R, R\]](#):

- Limiting contact with hot water to preserve protective skin oils
- Using skincare products that contain ingredients like ceramides and hyaluronic acid
- Avoiding skincare products that contain ingredients like alcohol, fragrances, and retinoids
- Protecting your skin from the sun, wind, and cold

Topical Licorice Root



Helps with the following



Rosacea

IMPACT



EVIDENCE



Topical *licochalcone A* (a compound in licorice root) may help as part of a skincare routine. It may help improve redness, roughness, and spider veins in people with rosacea [\[R, R, R\]](#).

Licochalcone A may help by reducing oxidative stress and inflammation [\[R, R\]](#).



Eczema

IMPACT



EVIDENCE



Licorice root gel (2%) may improve eczema symptoms. These include skin redness, itching, and swelling. When combined with willow bark and gentian root extracts, topical licorice root may also help with eczema [\[R, R\]](#).

Some creams contain an active compound of licorice called *licochalcone A*. These may help with eczema symptoms [\[R, R, R, R\]](#).

Topical licorice may help by:

- Reducing inflammation [\[R\]](#)
- Boosting skin hydration [\[R\]](#)



PERSONALIZED TO YOUR GENES

Your TLR1 gene variant is linked to eczema. It likely increases skin inflammation. Topical licorice may help by reducing inflammation [\[R, R, R, R\]](#).

YOUR GENETIC VARIANTS

GENE	SNP	GENOTYPE	EVIDENCE
/	rs5743618	/	



Psoriasis

IMPACT

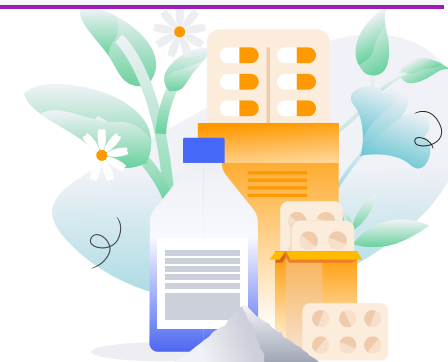


EVIDENCE





Aloe Vera



Helps with the following



Facial Wrinkles

IMPACT
● ● ● ● ● 2 / 5

EVIDENCE
● ● ● ● ● 2 / 5

Oral aloe extract (1,200-5,000 mg/day for 8-12 weeks) may improve wrinkle depth, skin moisture and elasticity, and collagen production [\[R, R\]](#).

Aloe may help by improving collagen production [\[R\]](#).



Skin Elasticity

IMPACT
● ● ● ● ● 2 / 5

EVIDENCE
● ● ● ● ● 2 / 5

Consuming aloe extract (1200-5000 mg/day for 8-12 weeks) may improve skin elasticity and hydration [\[R, R, R\]](#).

Aloe vera may also help in combination with other plant extracts [\[R\]](#).

Aloe may help by improving skin barrier function and collagen production [\[R\]](#).



Skin Hydration

IMPACT
● ● ● ● ● 2 / 5

EVIDENCE
● ● ● ● ● 2 / 5

Consuming aloe sterols (19-40 mcg/day for 8-12 weeks) may improve skin hydration and elasticity [\[R, R, R\]](#).

Topical formulations with Aloe vera (0.1-0.5%) applied for 1-2 weeks may also improve skin hydration [\[R\]](#).

Aloe may help by improving skin barrier function and collagen production [\[R\]](#).



Acne

IMPACT
● ● ● ● ● 0 / 5

EVIDENCE
● ● ● ● ● 0 / 5



Rice Ceramides



Helps with the following



Skin Elasticity



Recommendation References: [\[R\]](#)



Facial Wrinkles



Recommendation References: [\[R\]](#)



Skin Hydration



Recommendation References: [\[R\]](#)



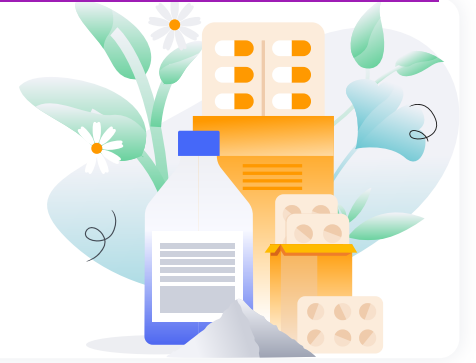
Acne



Recommendation References: [\[R\]](#)



Pantothenic Acid (Vitamin B5)



Helps with the following



Hair Graying

IMPACT



EVIDENCE



Supplementation with [vitamin B5](#) (200 mg/day calcium pantothenate) may reduce the number of gray hairs [[R](#), [R](#)].



Eczema

IMPACT



EVIDENCE



Skin Hydration

IMPACT



EVIDENCE





Evening Primrose



Helps with the following



Eczema



Skin Elasticity

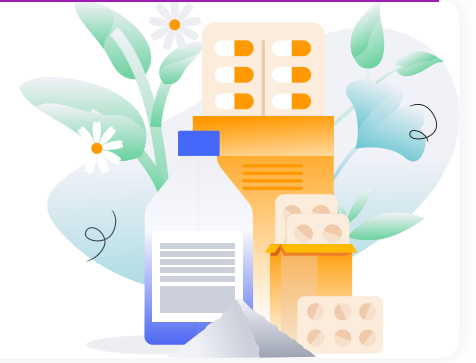


Skin Hydration





Amla



Helps with the following



Facial Wrinkles

IMPACT

0 / 5

EVIDENCE

0 / 5

Please note: There is no evidence from controlled clinical trials to support this recommendation. It is included based on uncontrolled clinical trials, animal or cell studies, or non-scientific criteria. Please take this recommendation with a grain of salt until more research is available.



Skin Elasticity

IMPACT

0 / 5

EVIDENCE

0 / 5

Please note: There is no evidence from controlled clinical trials to support this recommendation. It is included based on uncontrolled clinical trials, animal or cell studies, or non-scientific criteria. Please take this recommendation with a grain of salt until more research is available.



Skin Hydration

IMPACT

0 / 5

EVIDENCE

0 / 5

Please note: There is no evidence from controlled clinical trials to support this recommendation. It is included based on uncontrolled clinical trials, animal or cell studies, or non-scientific criteria. Please take this recommendation with a grain of salt until more research is available.



Amla And Lingonberry



Helps with the following



Facial Wrinkles



Skin Elasticity



Skin Hydration



Please note: There is no evidence from controlled clinical trials to support this recommendation. It is included based on uncontrolled clinical trials, animal or cell studies, or non-scientific criteria. Please take this recommendation with a grain of salt until more research is available.

36



Apigenin



Helps with the following



Facial Wrinkles



Skin Elasticity





Carotenoids



Helps with the following



Facial Wrinkles

IMPACT



EVIDENCE



Astaxanthin is the most widely investigated carotenoid for wrinkles. Oral supplementation (3-6 mg/day for 4-12 weeks) may restore skin moisture and improve skin texture and elasticity. However, it may not reduce wrinkle depth [\[R, R\]](#).

Other carotenoids that may help repair skin aging include:

- Zeaxanthin [\[R, R\]](#)
- Beta-carotene [\[R\]](#)
- Lycopene [\[R\]](#)
- Lutein [\[R\]](#)

Carotenoids may help by reducing oxidative damage to the skin [\[R\]](#).



Skin Elasticity

IMPACT



EVIDENCE



Carotenoids may help repair skin aging, including loss of elasticity. Tested carotenoids include:

- Astaxanthin [\[R, R\]](#)
- Lycopene [\[R, R\]](#)
- Beta-carotene [\[R\]](#)
- Zeaxanthin [\[R\]](#)
- Lutein [\[R\]](#)

Carotenoids may help by reducing oxidative damage to the skin [\[R\]](#).



Skin Hydration

IMPACT



EVIDENCE



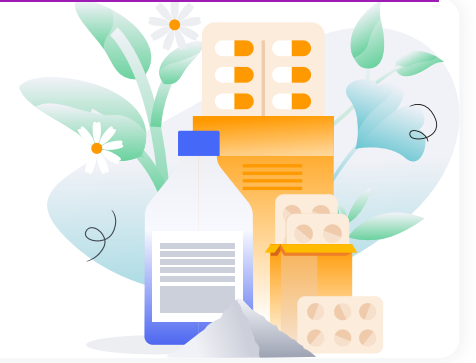
Carotenoids may help repair skin aging, including water loss. Tested carotenoids include:

- Zeaxanthin [\[R, R\]](#)
- Astaxanthin [\[R\]](#)
- Lycopene [\[R\]](#)
- Lutein [\[R\]](#)

Carotenoids may help by reducing oxidative damage to the skin [\[R\]](#).



Collagen Peptides



Helps with the following



Facial Wrinkles

IMPACT



EVIDENCE



Oral hydrolyzed collagen (2.5-5 g/day for 8-12 weeks) may improve skin wrinkling, elasticity and hydration [\[R, R\]](#).

The collagen content of the skin naturally decreases with age. Collagen supplements may help with wrinkles by restoring it [\[R\]](#).



Skin Elasticity

IMPACT



EVIDENCE



Oral hydrolyzed collagen (2.5-5 g/day for 8-12 weeks) may improve skin elasticity and other parameters [\[R, R, R, R\]](#).

Collagen supplements may help by increasing the amount of this protein in the skin [\[R\]](#).



Skin Hydration

IMPACT



EVIDENCE

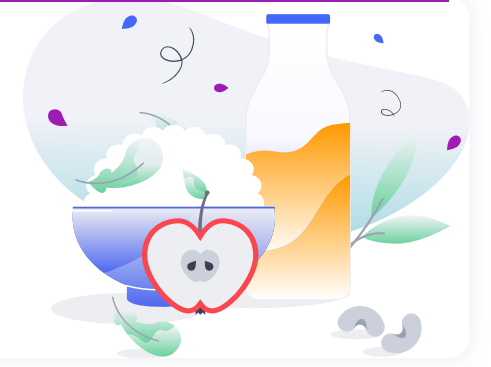


Oral hydrolyzed collagen (2.5-5 g/day for 8-12 weeks) may improve skin hydration and elasticity [\[R, R\]](#).

Collagen supplements may help by increasing the amount of this protein in the skin [\[R\]](#).



Djulis



Helps with the following



Facial Wrinkles

IMPACT



EVIDENCE



Consuming a djulis drink for 8 weeks may increase the elasticity, moisture, and collagen content of the skin while reducing wrinkles and textures [\[R\]](#).

Djulis is a rich source of antioxidants that may prevent skin aging [\[R\]](#).



Skin Elasticity

IMPACT



EVIDENCE



Consuming a djulis drink for 8 weeks may increase the hydration, elasticity, and collagen content of the skin [\[R\]](#).

Djulis is a rich source of antioxidants that may prevent skin aging [\[R\]](#).



Skin Hydration

IMPACT



EVIDENCE

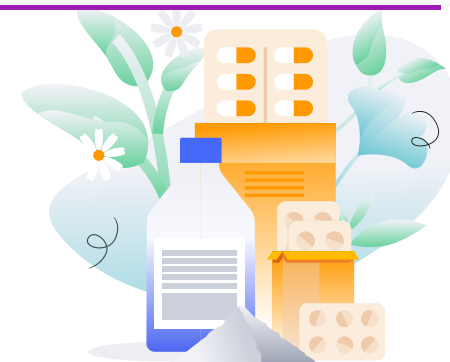


Consuming a djulis drink for 8 weeks may increase the hydration, elasticity, and collagen content of the skin [\[R\]](#).

Djulis is a rich source of antioxidants that may prevent skin aging [\[R\]](#).



Lingonberry



Helps with the following



Facial Wrinkles

IMPACT

0 / 5

EVIDENCE

0 / 5

Please note: There is no evidence from controlled clinical trials to support this recommendation. It is included based on uncontrolled clinical trials, animal or cell studies, or non-scientific criteria. Please take this recommendation with a grain of salt until more research is available.



Skin Elasticity

IMPACT

0 / 5

EVIDENCE

0 / 5

Please note: There is no evidence from controlled clinical trials to support this recommendation. It is included based on uncontrolled clinical trials, animal or cell studies, or non-scientific criteria. Please take this recommendation with a grain of salt until more research is available.



Skin Hydration

IMPACT

0 / 5

EVIDENCE

0 / 5

Please note: There is no evidence from controlled clinical trials to support this recommendation. It is included based on uncontrolled clinical trials, animal or cell studies, or non-scientific criteria. Please take this recommendation with a grain of salt until more research is available.

41



Persimmon



Helps with the following



Facial Wrinkles



Recommendation references: [\[R\]](#)



Skin Elasticity



Recommendation References: [\[R\]](#)



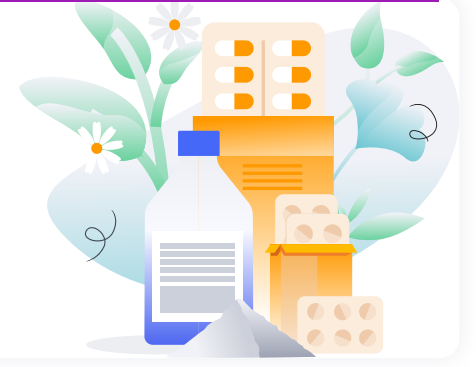
Skin Hydration



Recommendation References: [\[R\]](#)



Rose Hip



Helps with the following



Facial Wrinkles



Recommendation References: [\[R\]](#)



Skin Elasticity



Recommendation References: [\[R\]](#)



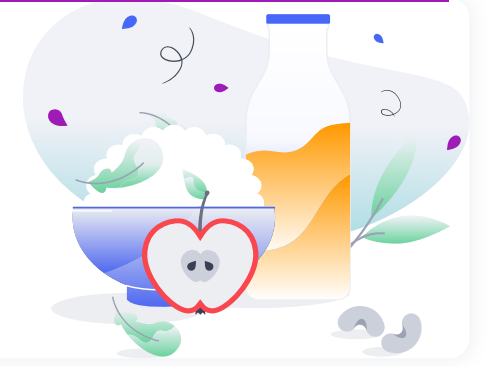
Skin Hydration



Recommendation References: [\[R\]](#)



Stay Hydrated



Helps with the following



Skin Elasticity

IMPACT



EVIDENCE



Increasing fluid intake may increase skin tone and elasticity. It may have bigger benefits in people who don't drink enough water. However, it's not sure if this also applies to older people [\[R\]](#).



Facial Wrinkles

IMPACT



EVIDENCE



Skin Hydration

IMPACT



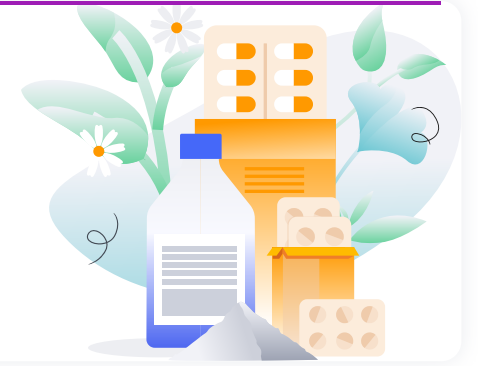
EVIDENCE



Additional water intake may increase skin hydration, especially in people who don't drink sufficient amounts of water. However, the evidence is limited [\[R\]](#).



Topical Vitamin C



Helps with the following



Facial Wrinkles

IMPACT

●●●●● 3 / 5

EVIDENCE

●●●●● 3 / 5

Topical vitamin C (1-5%) may improve collagen production, skin appearance, and wrinkling [\[R\]](#), [\[R\]](#), [\[R\]](#), [\[R\]](#), [\[R\]](#), [\[R\]](#), [\[R\]](#), [\[R\]](#).

Vitamin C may also help combined with other active ingredients such as:

- Retinol [\[R\]](#)
- Gotu kola [\[R\]](#)
- Rice peptides [\[R\]](#)

Vitamin C may help by reducing oxidative damage to the skin and promoting collagen production [\[R\]](#).



Skin Elasticity

IMPACT

●●●●● 2 / 5

EVIDENCE

●●●●● 2 / 5

Topical vitamin C (5-20%) may increase skin elasticity and other skin parameters [\[R\]](#), [\[R\]](#).

Topical vitamin C may also help in combination with plant extracts and other antioxidant vitamins [\[R\]](#), [\[R\]](#), [\[R\]](#), [\[R\]](#), [\[R\]](#).

Vitamin C may help by reducing oxidative damage to the skin and promoting collagen production [\[R\]](#).



Skin Hydration

IMPACT

●●●●● 2 / 5

EVIDENCE

●●●●● 2 / 5

Topical vitamin C (5-20%) may increase skin hydration and collagen production [\[R\]](#), [\[R\]](#), [\[R\]](#).

Vitamin C may help by reducing oxidative damage to the skin and promoting collagen production [\[R\]](#).



Topical Green Tea



Helps with the following



Facial Wrinkles

IMPACT



EVIDENCE



Topical formulations with green tea extract (2-5%) may reduce wrinkling, improve skin elasticity, and prevent skin aging caused by sunlight. [\[R, R, R, R\]](#).

Topical green tea extract may also help in combination with other plant extracts and antioxidants [\[R, R, R\]](#).

Green tea catechins may reduce oxidative damage to the skin [\[R\]](#).



Skin Elasticity

IMPACT



EVIDENCE



Topical green tea extract (3-10%) may increase skin elasticity and texture. It may help both alone and combined with oral green tea extract (600 mg/day) or the vitamins C and E [\[R, R, R, R\]](#).

Green tea catechins may reduce oxidative damage to the skin [\[R\]](#).



Acne

IMPACT



EVIDENCE



Topical products containing green tea or its extracts may improve acne. They include [\[R, R, R, R\]](#):

- Green tea lotion (2%)
- EGCG solution (1-5%)

Green tea may help by [\[R, R\]](#):

- Reducing inflammation
- Decreasing skin oil production

Topical Aloe Vera



Helps with the following



Psoriasis

IMPACT

● ● ● ● ● 2 / 5

EVIDENCE

● ● ● ● ● 3 / 5

Topical aloe vera may help keep the skin hydrated and reduce inflammation [\[R\]](#).

Experts say it may help manage mild psoriasis by improving symptoms like scaling and itching [\[R, R, R, R, R\]](#).

However, the evidence is mixed [\[R\]](#).

Please note: Some people may have an allergic reaction after putting aloe vera on their skin. Do not use aloe if you are allergic to plants that are part of the lily family (such as onions and tulips) [\[R, R, R\]](#).



Stretch Marks

IMPACT

● ● ● ● ● 1 / 5

EVIDENCE

● ● ● ● ● 1 / 5

Applying aloe vera gel may improve the texture and itching of stretch marks, and slow down their progression [\[R, R\]](#).

Topical aloe vera may help by improving collagen production [\[R\]](#).



Acne

IMPACT

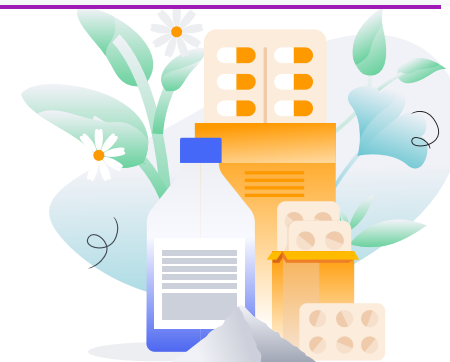
● ● ● ● ● 0 / 5

EVIDENCE

● ● ● ● ● 0 / 5



Milk Thistle (Silymarin)



Helps with the following



Vitiligo

IMPACT



EVIDENCE



Rosacea

IMPACT



EVIDENCE



Acne

IMPACT



EVIDENCE





Zinc



Helps with the following



Hair Loss

IMPACT

0 / 5

EVIDENCE

0 / 5



Vitiligo

IMPACT

0 / 5

EVIDENCE

0 / 5



Acne

IMPACT

2 / 5

EVIDENCE

3 / 5

People with acne may have lower zinc levels [\[R, R, R\]](#).

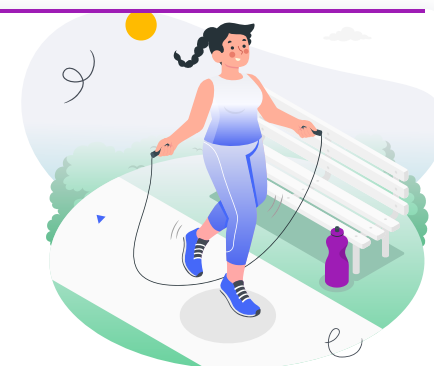
Zinc supplements may help improve acne by reducing inflammation and skin oil production [\[R, R, R, R, R\]](#).

Please note: A high intake of zinc may cause stomach pain and gut irritation. Adults should not ingest more than **40 mg** of zinc per day [\[R, R\]](#).

49



Mindfulness



Helps with the following



Eczema

Recommendation References: [\[R\]](#)



Heavy Sweating





Topical Beta-Glucans



Helps with the following



Stretch Marks

IMPACT



EVIDENCE



Applying topical beta-glucans on the skin may improve stretch marks in pregnant women. They may be more effective when combined with laser therapy [\[R\]](#).

Topical beta-glucans may help by increasing collagen content [\[R\]](#).



Eczema

IMPACT



EVIDENCE

