



SkinDNA Results

Dr. Monica Scheel
Presented at the November 2025 Gala

SkinDNA Results

How to Read your Report

You are
Medium Risk

Overall risk in this category

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



Your proprietary skindna score in this category

The higher the number the better the outcome



Average

81 %

Population Average

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



Similarity

12 %

Similarity score

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



PART TWO

Internal and Visible Signs

Skin ages from the inside out

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

Internal Signs



These signs generally occur
BEFORE the age of 30

- **COLLAGEN PRODUCTION ISSUES**

Increased collagen breakdown as well as less collagen production

Visible Signs



SKIN LAXITY & SAGGING

- Hollowing under eyes
- Loss of volume



PART THREE

Scientifically Selected Recommendations

SELECT
2 minimum

SELECT
1 minimum

SPEAK TO A
skin care professional

TOPICAL INGREDIENTS

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

INTERNAL SUPPLEMENTS

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

PROFESSIONAL

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



PART FOUR

Gene Outcomes

Normal



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



Impaired



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

50|50

Deficient



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



SkinDNA Profile

Dr. Monica Scheel



Collagen Breakdown

Medium Risk

Genetically, you have a partial imbalance. Your results indicate that more collagen is breaking down and less is being produced



Wrinkling / Glycation

Medium Risk

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



Sun Damage & Pigmentation

Medium Risk

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



Free Radical Damage

Medium Risk

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



Skin Sensitivity

Lower Risk

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

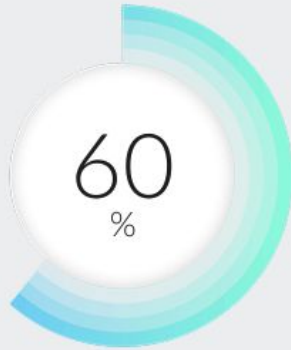


CATEGORY ONE

Collagen Breakdown



Average
67%





Why do we experience skin sagging?

Collagen makes up 75% of the skin's dry weight.

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

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

Collagen Balance



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

Collagen Imbalance



Genetic abnormalities can lead to an increased rate of collagen breakdown.

YOU ARE

Medium Risk

What this means for you:

Genetically, you have a partial imbalance. Your results indicate that more collagen is breaking down and less is being produced

Internal Signs



These signs generally occur
BEFORE the age of 30

● SLOWDOWN IN TISSUE REMODELLING

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

● COLLAGEN PRODUCTION ISSUES

Increased collagen breakdown as well as less collagen production

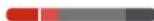


DID YOU KNOW?

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

Technicals

Collagen Breakdown

 ◀ **Deficient**

Collagen Protection

 ◀ **Normal**

The enzyme responsible for Collagen Breakdown (known as MMP's) is heightened. As such you may be prone to skin laxity and looseness. Other ageing effects may include: Hollowed cheeks, drooping eyelids, as well as a slowdown tissue re-modelling. The Glutathione Antioxidant (labelled as "Collagen Protection") is functioning optimally. Due to the deficiency, we recommend considering collagen boosting modalities provided at the end of this report.

Visible Signs



SLOWER HEALING

- Slower Healing



SKIN LAXITY & SAGGING

- Hollowing under eyes
- Loss of volume



PROMINENT NASOLABIAL FOLDS

- Deeper smile lines



CATEGORY TWO

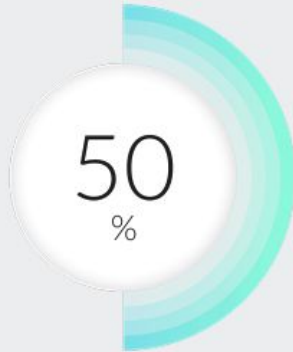
Wrinkling / Glycation


Average

42%


Similarity

30%



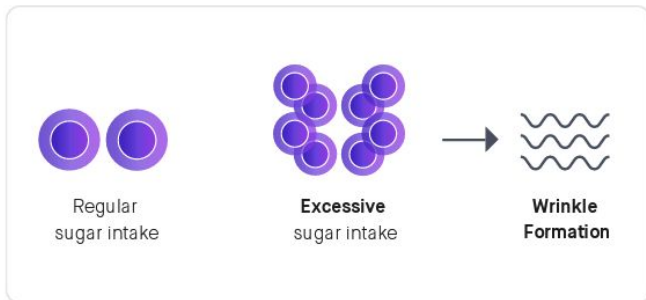


What is Glycation?

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

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

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



You are

Medium Risk

What this means for you:

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

Internal Signs



These signs generally occur
BEFORE the age of 30

- **STIFFENED COLLAGEN FIBERS**

Leading to decreased elasticity. This is similar to rusty springs in a mattress, overtime it doesn't quite bounce back as much

- **WEAK DERMAL EPIDERMAL JUNCTION**

Support structures within the skin begin to weaken losing their ability to support the dermis. Overtime, areas begin to collapse inwards Eg. Wrinkles



DID YOU KNOW?

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

Technicals

Wrinkle Factor

 ◀ Impaired

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

Visible Signs



HEAVY WRINKLES & FOLDS

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



AGING EYES

- Dryness and lines



UNEVEN SKIN TEXTURE

- Rough surface area
- Leathery looking skin
- Crepey skin



CATEGORY THREE

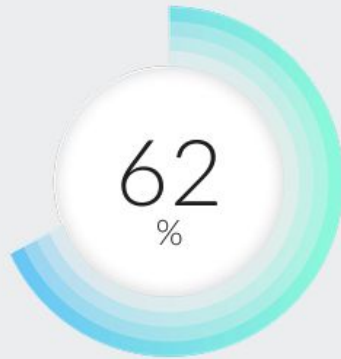
Sun Damage & Pigmentation


Average

71%


Similarity

1%



Higher Risk

You

Avg

Lower Risk





What is Photo-protection?

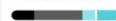
The sun's UV rays are one of the most significant causes of premature skin aging.

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

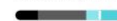
The SkinDNA® Genetic Test can help to identify genetic predispositions that play an important role in determining how well your skin can naturally cope under the strains of the sun.

Technicals

Melanin Production 1

 < Normal

Melanin Production 2

 < Normal

We test 2 locations within this gene (M1 & M2). Your results indicate that your body is moderately able to produce melanin (pigment). It is likely that your skin provides the volume of melanin needed to protect you for short intervals of sunlight exposure. It is likely that your body has the ability to tan however longer exposure may cause sensitivity, freckling & pigmentation with minimal sun burning symptoms.

Photo Defense 1

 < Deficient

Photo Defense 2

 < Impaired

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

UV Repair

 < Impaired

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

UV Radical

 < Impaired

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



YOU ARE

Medium Risk

What this means for you:

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

Internal Signs



These signs generally occur
BEFORE the age of 30

- **CELLULAR STRUCTURE DAMAGE**

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

- **IRREGULAR CELLULAR FUNCTIONS**

Hyper Pigmentation:
more pigmentation such as brown spots

Hypo Pigmentation:
lack of pigmentation such as white spots

Visible Signs



PIGMENTATION SPOTS

- Blemishes and Freckles
- Brown Spots



REDNESS

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



DEEP FURROWS

- Upper face deep lines
Eg. Frown, expression lines

skindna



Free Radical Damage





What are Free Radicals?

Free radicals damage virtually any molecule in our body.

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

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



Healthy Cell



Free Radicals



Damaged Cells

YOU ARE

Medium Risk

What this means for you:

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

Internal Signs



These signs generally occur
BEFORE the age of 30

- **LOW CELLULAR DEFENSE MECHANISMS**

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

- **CELL APOPTOSIS**

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



Technicals

Antioxidant Power



Superoxide Dismutase and Glutathione Antioxidant are arguably the body's most crucial antioxidants. The higher the levels the less prone we are to the destructive effects of free radicals.

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

Pollution Defense



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

Antioxidant Power



Visible Signs



TEXTURAL ISSUES

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



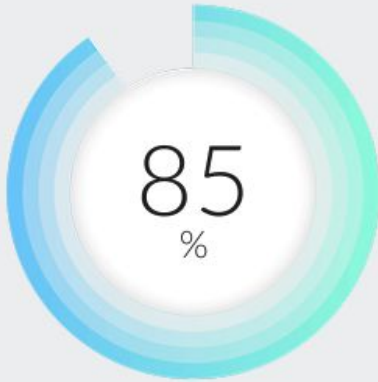
SKIN BARRIER ISSUES

- Excessive dryness
- Excessive oiliness



CATEGORY FIVE

Skin Sensitivity




Average
77%

 **Similarity**
15%





Skin irritations

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

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

Undergoing skin treatments?

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

Technicals

Inflammation



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

Xenobiotic Detox



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

Skin Sensitivity 1



Skin Sensitivity 2



We test 2 locations within this gene (M1 & M2). Your genes have near optimal to optimal ability to breakdown toxic chemical compounds found in everyday pollutions. It is likely that you do not suffer inflammation or irritations caused by perfumed products, active skincare ingredients and general city pollution.



YOU ARE

Lower Risk

What this means for you:

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

Internal Signs



These signs generally occur
BEFORE the age of 30

- **Overactive Inflammation**
Production oversupply - that heightens your bodies responsiveness to stressors
- **Irregular Tissue Healing**
Slow cellular renewal such as renewal after cuts, burns and peeling
- **Decreased Cellular Defence**
Inability to breakdown chemicals and external toxins

Visible Signs



TEXTURAL ISSUES

- Dryness
- Itching
- Redness
- Rashes



Heightened sensitivity to:

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



Prolonged Redness After:

- Facial treatments, laser, peels, dermal needling



Environmental Sensitivity

- Airborn particles
- Pollution

skindna 



Recommendations

Scientifically selected, provided in your results

Collagen Breakdown: 60%



YOU ARE

Medium Risk

YOUR SCORE
60%

Genetically, you have a partial imbalance. Your results indicate that more collagen is breaking down and less is being produced

TOPICAL INGREDIENTS

- ☐ **COENZYME Q10**
Increases Collagen and Elastin
- ☐ **EPIDERMAL GROWTH FACTORS**
Increases and maintains collagen fibres
- ☐ **L-ASCORBIC ACID 15%+**
Promotes Collagen Production
- ☐ **PALMITOYL OLIGOPEPTIDE**
Peptide - Promotes Collagen Production
- ☐ **PANTHENOL VITAMIN B5**
Assists in collagen healing
- ☐ **RETINOL**
Stimulates skin cell reproduction

INTERNAL SUPPLEMENTS

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

PROFESSIONAL

- ☐ **LED 590NM**
Temporarily reduces collagen breakdown activities allowing for more effective treatment and skincare use
- ☐ **RADIOFREQUENCY LASER**
Increases collagen production
- ☐ **SCULPTRA OR RADIESSE**
Stimulates collagen growth
- ☐ **SKIN NEEDLING**
Increases collagen production without laser
- ☐ **ULTRASOUND**
Increases collagen production



CATEGORY TWO

Wrinkling / Glycation



YOU ARE

Medium Risk

YOUR SCORE
50%

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

TOPICAL INGREDIENTS

- ☐ **ALGAE EXTRACT**
Minimises cellular and tissue damage caused by glycation
- ☐ **BLUEBERRY EXTRACT**
Breaks down glycation bonds
- ☐ **GLYCOLIC ACID**
Treats the signs of glycation (seek skincare advice before use)
- ☐ **HYALURONIC ACID**
Retains 1000 times its weight in water, helps reduce appearance of glycated skin
- ☐ **KOMBUCHA**
Tea ferment that decelerates glycation bonding
- ☐ **LACTIC ACID**
Treats the signs of glycation with minimal irritation
- ☐ **VITAMIN B6 (PYRIDOXINE)**
Shown to prevent the formation of glycation end-products

INTERNAL SUPPLEMENTS

- ☐ **BLUEBERRY EXTRACT**
Breaks the glycation cycle
- ☐ **CUMIN**
Decreases high blood serum glucose levels and prevents formation of glycation end-products
- ☐ **QUERCETIN**
Anti-glycation properties
- ☐ **SILICA**
Anti-glycation properties
- ☐ **VITAMIN B1 & B6**
Anti-glycation properties

PROFESSIONAL

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



CATEGORY THREE

Sun Damage & Pigmentation



YOU ARE

Medium Risk

YOUR SCORE

62%

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

TOPICAL INGREDIENTS

- ☐ **C + FERULIC ACID**
Provides added support from UVA & UVB damage while reducing pigmentation
- ☐ **C + PHLORETIN**
Provides added support from UVA & UVB damage while reducing pigmentation
- ☐ **COENZYME Q10**
Helps to reduce damage for UV radicals
- ☐ **KOJIC ACID**
Reduces irregular pigmentation production
- ☐ **RESVERATROL**
Shown to protect against damage caused by UVB radicals
- ☐ **VITAMIN B3 (NIACINAMIDE)**
Reduces irregular pigmentation production

INTERNAL SUPPLEMENTS

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

PROFESSIONAL

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



YOU ARE

Medium Risk

YOUR SCORE

70%

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

TOPICAL INGREDIENTS

- ☐ **COPPER PEPTIDE**
Antioxidant that counteract and neutralise free radicals
- ☐ **COENZYME Q10**
Protects the mitochondria (the 'powerplant' of the cell)
- ☐ **GRAPE SEED EXTRACT**
Promotes cellular health and protection
- ☐ **GREEN TEA EXTRACT**
Free radical scavenger
- ☐ **RETINOL**
Targets and removes cells damaged by free radicals
- ☐ **VITAMIN C (L-ASCORBIC ACID)**
Antioxidant that counteract and neutralise free radicals
- ☐ **VITAMIN E**
Protects skin against environmental pollutants

INTERNAL SUPPLEMENTS

- ☐ **ALPHA LIPOIC ACID**
Free radical scavenger
- ☐ **GLISODIN**
Increases the bodies most essential antioxidant - Superoxide Dismutase
- ☐ **GREEN TEA EXTRACT**
Neutralises free radicals
- ☐ **L-CARNITINE**
Reduces oxidative stress and increases antioxidant activities
- ☐ **N-ACETYL CYSTEINE**
Precursor to one of the bodies most essential antioxidant - Glutathione
- ☐ **RESVERATROL**
Super Antioxidant

PROFESSIONAL

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



CATEGORY FIVE

Skin Sensitivity



YOU ARE

Lower Risk



YOUR SCORE

85%

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