

GENETIC BEAUTY LAB

Your Personalised Beauty Blueprint

Prepared exclusively for

Andrianna

Report Date: 00-00-00

*THIS REPORT IS STRICTLY CONFIDENTIAL AND PREPARED SOLELY FOR
THE INDIVIDUAL NAMED ABOVE.*

Knowledge is power.
Beauty begins with understanding.

“Understanding
yourself is the
first step to
becoming your
most confident
self.”



Welcome to Your Personalised Report

Dear Andrianna,

Your genetic blueprint is unlike anyone else's — and your skincare should be too. At Genetic Beauty Lab, we believe that true beauty begins with understanding what your DNA is telling you.

Your DNA provides a blueprint for your skin, hair, and overall beauty tendencies, and this report translates your genetic results into clear, actionable beauty intelligence. Inside, you will find a summary of your key genetic predispositions, followed by a personalised skincare routine, lifestyle guidance, and wellness recommendations — all designed to align with your genetic tendencies based on current evidence.

While genetics play a meaningful role, your daily habits, skincare choices, and lifestyle have a powerful influence on how these traits are expressed. Knowledge is your greatest beauty tool.

PLEASE NOTE: THIS REPORT IS FOR INFORMATIONAL AND BEAUTY GUIDANCE PURPOSES. THE GENETIC ANALYSIS IS PROVIDED BY OUR ACCREDITED LABORATORY PARTNER. OUR RECOMMENDATIONS ARE LIFESTYLE AND BEAUTY ADVICE, NOT MEDICAL DIAGNOSES OR TREATMENTS. IF YOU HAVE ANY CONCERNS ABOUT YOUR HEALTH, WE ALWAYS ENCOURAGE YOU TO SPEAK WITH A QUALIFIED HEALTHCARE PROFESSIONAL.

Your Genetic Snapshot

Below is a summary of your key genetic results across skin traits and hair health.

How to Understand Your Results

Your results are generated by a third-party laboratory using advanced genetic analysis to assess how your DNA may influence your skin, hair, and overall beauty profile.

Each trait is presented as a simple result:

- **Lower** → You are less likely to experience this trait
- **Average/Typical** → Your likelihood is in the average range
- **Higher** → You may be more prone to this trait

This allows us to clearly identify where to focus your skincare, lifestyle, and treatment approach.

What Your Results Mean

Your results reflect your **natural tendencies**, not fixed outcomes.

Genetics provide the blueprint — but your daily habits, environment, and skincare choices play a key role in how these traits are expressed over time.

Personalised to You

Your results may also be expressed as a comparison to a wider population, helping us understand how your traits differ from average.

This insight allows us to prioritise what matters most for you — focusing on areas where targeted changes can have the greatest impact.

Our Approach

Rather than overwhelming you with data, we translate your results into:

- Clear, personalised insights
- Practical skincare recommendations
- Targeted lifestyle guidance

Everything in your report is designed to help you make confident, informed decisions about your skin, hair, and long-term beauty strategy.

YOUR
RESULTS
ARE
IN

Your Beauty Blueprint Highlights

1. Skin Hydration & Barrier Support

Your genetics suggest that maintaining hydration and protecting your skin barrier should be a primary focus.

2. Acne Prevention & Skin Balance

Your genetic profile indicates a greater tendency towards acne-prone skin, making consistent skincare, appropriate ingredient selection, and lifestyle balance particularly important for maintaining clear, healthy-looking skin.

3. Environmental Protection

Your genetic profile suggests that daily antioxidant support and SPF are particularly important.

4. Eczema Prevention & Barrier Resilience

Supporting skin barrier function and avoiding unnecessary irritation may help promote overall skin health.

5. Long-Term Skin Ageing Prevention

A consistent routine focused on hydration, collagen support and sun protection is likely to provide the greatest long-term benefit.

*Your report has been designed to help you understand which ingredients and skincare approaches are most suited to your genetic profile. If you would like personalised product recommendations tailored to your skin concerns, budget, and existing routine, these can be explored during a 1:1 consultation or through our curated 'Our Favourites' collection on the website.

SKIN TRAITS

*YOUR RESULTS ARE HIGHLIGHTED IN RED.

TRAIT	YOUR RESULT	WHAT THIS MEANS
Skin Hydration	[Higher / Average / Lower]	Reflects your skin’s natural ability to retain moisture and maintain a smooth, plump appearance.
Dry Skin	[Higher / Average / Lower]	Reflects your skin’s tendency toward dryness, reduced oil production, and impaired moisture retention, which may influence hydration needs and barrier support.
Skin Elasticity	[Higher / Average / Lower]	Your collagen metabolism indicates how well your skin maintains firmness and its ability to bounce back over time.
Stretch Marks	[More / Average / Less]	Guides focus on skin elasticity, hydration, and prevention during physical changes.
Facial Wrinkles	[More / Average / Less]	Highlights your tendency toward fine lines and visible signs of ageing.
Age Spots	[More / Average / Fewer]	Reflects your susceptibility to pigmentation changes, particularly from sun exposure.
Skin Sensitivity	[Higher / Average / Lower]	How reactive your skin barrier may be to products, environment, and external stressors.

TRAIT	YOUR RESULT	WHAT THIS MEANS
Droopy Eyelids	[Higher / Average / Lower]	<i>Reflects your genetic tendency toward reduced skin firmness and elasticity around the eye area, which may influence eyelid sagging over time.</i>
Dark Eye Circles	[Higher / Average / Lower]	<i>Reflects your predisposition toward pigmentation, vascular visibility, or skin thinning around the under-eye area, which may contribute to darker appearing circles.</i>
Adverse Reactions to Dermal Fillers	[Higher / Average / Lower]	<i>Reflects your potential sensitivity to inflammatory or immune-related responses that may influence how your skin reacts to dermal filler procedures.</i>

SKIN CONDITIONS PREDISPOSITION

THE FOLLOWING REFLECT GENETIC PREDISPOSITIONS ONLY — NOT DIAGNOSES. MANY PEOPLE WITH ELEVATED PREDISPOSITIONS NEVER DEVELOP THESE CONDITIONS.

CONDITION	PREDISPOSITION	WHAT THIS MEANS
Acne	[Less Likely / Typical / More Likely]	<i>Informs cleansing approach, oil control, and ingredient selection.</i>
Eczema	[Less Likely / Typical / More Likely]	Guides barrier repair, hydration needs, and use of gentle formulations.
Rosacea	[Less Likely / Typical / More Likely]	Shapes recommendations for redness reduction and sensitive skin care.
Hives	[Less Likely / Typical / More Likely]	Highlights sensitivity to triggers and the need for calming, anti-inflammatory care.
Psoriasis	[Less Likely / Typical / More Likely]	Supports focus on skin renewal, hydration, and inflammation management.
Vitiligo	[Less Likely / Typical / More Likely]	Emphasises skin protection, even tone support, and sun care.
Heavy Sweating	[Less Likely / Typical / More Likely]	Influences product choice, skin balance, and sweat management strategies.

HAIR HEALTH

TRAIT	YOUR RESULT	WHAT THIS MEANS
Hair Loss Risk	[Higher / Typical / Lower]	<i>Your genetic predisposition toward androgenetic hair thinning and the importance of scalp care and long-term hair maintenance.</i>
Hair Greying	[Earlier / Typical / Later]	<i>Reflects how early natural pigment loss may occur and supports proactive hair and nutritional care.</i>
Hair Thickness	[Higher / Typical / Lower]	<i>Reflects your natural tendency toward thicker or finer hair strands, which may influence overall hair volume and density.</i>
Dandruff	[Higher / Typical / Lower]	<i>Reflects your predisposition toward scalp flaking and irritation, which may influence scalp comfort and maintenance needs.</i>
Alopecia Areata Predisposition	[Higher / Typical / Lower]	<i>Reflects genetic associations linked to immune-related hair loss tendencies. This represents a predisposition only and not a diagnosis or prediction of development.</i>
Minoxidil Response (Hair Loss)	[Higher / Typical / Lower]	<i>Reflects genetic patterns associated with how your hair follicles may respond to minoxidil-based hair support approaches.</i>

TRAIT	YOUR RESULT	WHAT THIS MEANS
Finasteride Response (Hair Loss)	[Higher / Typical / Lower]	Reflects genetic tendencies associated with response variability to finasteride-based hair loss interventions.
Dutasteride Response (Hair Loss)	[Higher / Typical / Lower]	Reflects genetic tendencies associated with response variability to dutasteride-based hair loss interventions.
Response to Blood Flow Boosters (Hair Loss)	[Higher / Typical / Lower]	Reflects genetic associations linked to how scalp circulation-support approaches may influence hair and scalp support strategies.
Response to Retinoids (Hair Loss)	[Higher / Typical / Lower]	Reflects genetic tendencies associated with how the scalp and hair follicles may respond to retinoid-based hair support approaches.

ADVANCED GENETIC INSIGHTS

Your results also include selected genetic markers associated with key aspects of skin health, ageing, pigmentation, and overall skin behaviour.

These markers provide a deeper layer of insight into how your genetics may influence the structure, function, and long-term characteristics of your skin. While genetics form part of the picture, lifestyle, environment, and skincare habits also play an important role in how these traits are expressed over time.

GENE/ MARKER	YOUR RESULT	WHAT THIS MAY INFLUENCE
MC1R Pigmentation	[Higher / Typical / Lower Influence]	Associated with skin pigmentation, sun sensitivity, freckling tendencies, and how the skin may respond to UV exposure.
COL5A1 Collagen	[Higher / Typical / Lower Influence]	Associated with collagen structure and connective tissue support, which may influence skin firmness, elasticity, and skin resilience over time.
MMP1 Collagen Breakdown	[Higher / Typical / Lower Influence]	Associated with collagen breakdown processes within the skin, which may influence visible signs of skin ageing and environmental skin stress responses.
CYP1B1 Environmental Response	[Higher / Typical / Lower Influence]	Associated with how the body processes certain environmental compounds and oxidative stress factors, which may influence overall skin health and skin ageing tendencies over time.

SKIN HEALTH & UV PROTECTION INSIGHTS

Your genetic profile may also provide insight into how your skin naturally responds to environmental exposure, UV radiation, pigmentation processes, and long-term skin health tendencies.

Certain genetic markers have been associated in scientific literature with variations in skin sensitivity, pigmentation behaviour, UV response, and predispositions linked to specific skin conditions.

These insights are intended solely for educational and informational purposes and are not diagnostic. A genetic predisposition does not mean you will develop any condition, and many people with elevated genetic tendencies never experience related skin concerns.

Environmental exposure, sun protection habits, skincare, lifestyle, and regular medical screening remain significantly more important factors in long-term skin health.

This section is designed to support awareness and encourage proactive skin protection habits — particularly around daily SPF use, UV exposure management, and skin monitoring.

CONDITION/ TRAIT	YOUR RESULT	WHAT THIS MAY MEAN
Melanoma Predisposition	[Higher / Typical / Lower]	<i>Reflects genetic markers associated with how your skin may respond to UV exposure and pigmentation-related processes linked to melanoma susceptibility. This is not diagnostic and does not predict development of skin cancer.</i>

CONDITION/ TRAIT	YOUR RESULT	WHAT THIS MAY MEAN
Basal Cell Carcinoma Predisposition	[Higher / Typical / Lower]	<i>Reflects genetic associations linked to skin cell repair and UV-response pathways that may influence susceptibility tendencies over time.</i>
Squamous Cell Carcinoma Predisposition	[Higher / Typical / Lower]	<i>Reflects genetic markers associated with skin barrier response and environmental exposure pathways related to skin health tendencies.</i>
UV Sensitivity	[Higher / Typical / Lower]	<i>Reflects how your skin may naturally respond to sun exposure and UV-related environmental stress.</i>

WHAT TO FOCUS ON: Consistent daily SPF use, limiting excessive sun exposure, avoiding sunburn, and maintaining regular skin monitoring habits.

IMPORTANT NOTE

These findings reflect genetic predispositions only and are not medical diagnoses, cancer screening results, or clinical risk assessments. Genetic Beauty Lab does not diagnose, treat, monitor, or assess skin cancer or any medical condition.

If you notice:

- changing moles;
- unusual pigmentation;
- persistent skin lesions;
- bleeding or changing marks;
- or any concerning skin changes,

you should seek assessment from a qualified healthcare professional promptly. Daily SPF use and UV protection remain among the most important modifiable factors for long-term skin health regardless of genetic predisposition.

Your Personalised Focus Areas

Based on your genetic profile, the following areas have been identified as key priorities where targeted changes can have the greatest impact. Areas with typical or lower tendencies have been omitted to keep your plan focused and relevant.

TRAIT TENDENCIES	WHAT TO FOCUS ON
Skin Hydration	Support your skin barrier Maintain hydration consistency Avoid over-exfoliation Hydration (1.5–2L daily) Sleep consistency Limit dehydrating triggers
Dry Skin Tendency	Barrier-supportive skincare Deep hydration Gentle cleansing Ceramide-rich moisturisers Avoid harsh active overuse Consistent moisturising routine
Acne	Skin balance Avoid pore clogging Manage triggers Gentle routine Targeted treatments if needed Diet & stress management
Eczema	Barrier repair and hydration Avoid irritants
CYP1B1 Environmental Response	Oxidative stress support Lifestyle balance Environmental exposure awareness Antioxidant-rich nutrition and recovery habits

Your Personalised Skincare Routine

Your results provide insight into how your skin naturally functions — from hydration and ageing to overall resilience — influencing how it responds to products, environment, and lifestyle. Using your genetic profile, we have designed a tailored, ingredient-led skincare approach to support your skin at its core and work in harmony with your unique biology. We recommend selecting products that incorporate these key actives in formulations best suited to your skin type.

OUR ADVICE: MORNING ROUTINE

AM 1. GENTLE CLEANSER

What to look for: *****Ingredients and products*****

Why for you: *****Explanation*****

AM 2. ANTIOXIDANT SERUM

What to look for: *****Ingredients and products*****

Why for you: *****Explanation*****

AM 3. BARRIER-SUPPORT MOISTURISER

What to look for: *****Ingredients and products*****

Why for you: *****Explanation*****

AM 4. SPF 50 BROAD SPECTRUM SUNSCREEN

What to look for: *****Ingredients and products*****

Why for you: *****Explanation*****

OUR ADVICE: EVENING ROUTINE

PM 1. DOUBLE CLEANSE

Step 1: *****Ingredients and products*****

Step 2: *****Ingredients and products*****

Why for you: *****Explanation*****

PM 2. RETINOID / VITAMIN A (2–3 X PER WEEK)

What to look for: *****Ingredients and products*****

Why for you: *****Explanation*****

Note: *****GBL Tip*****

PM 3. HYDRATING SERUM

What to look for: *****Ingredients and products*****

Why for you: *****Explanation*****

PM 4. RICH NIGHT MOISTURISER

What to look for: *****Ingredients and products*****

Why for you: *****Explanation*****

OUR ADVICE: WEEKLY TREATMENTS

W 1. GENTLE CHEMICAL EXFOLIANT (1 X WEEKLY)

What to look for: *****Ingredients and products*****.

Why for you: *****Explanation*****

W 2. HYDRATING FACE MASK

What to look for: *****Ingredients and products*****

Why for you: *****Explanation*****

Your Hair & Scalp Routine – Our Recommendation

Your hair and scalp health is also influenced by your genetics. The following guidance is tailored to your specific predispositions.

H 1. SCALP-FOCUSED SHAMPOO

What to look for: *****Ingredients and products*****

Why for you: *****Explanation*****

H 2. STRENGTHENING CONDITIONER OR HAIR MASK

What to look for: *****Ingredients and products*****

Why for you: *****Explanation*****

H 3. SCALP SERUM (2–3 X PER WEEK)

What to look for: *****Ingredients and products*****

Why for you: *****Explanation*****

H 4. PROTECTIVE STYLING & HEAT CARE

What to look for: *****Ingredients and products*****

Why for you: *****Explanation*****

Our Lifestyle & Wellness Recommendations

Your skin is a reflection of everything happening inside your body. These lifestyle recommendations are aligned with your genetic predispositions to support your skin and hair from the inside out.

Consistency is key—real, lasting results don't come from quick fixes but from small, daily habits repeated over time. By staying consistent with these changes, you're allowing your body the time it needs to respond, repair, and thrive, leading to healthier skin and stronger hair in the long run.

EATING/DRINKING YOUR NUTRIENTS

N 1. ANTIOXIDANT-RICH DIET

Prioritise: *****Specific foods & items*****

Why for you: *****Explanation*****

N 2. COLLAGEN-SUPPORTING NUTRIENTS

Prioritise: *****Specific foods & items*****

Why for you: *****Explanation*****

N 3. OMEGA-3 FATTY ACIDS

Prioritise: *****Specific foods & items*****

Why for you: *****Explanation*****

N 4. HYDRATION

Target: ****Water intake recommendation****

Why for you: *****Explanation*****

LIFESTYLE HABITS

L 1. SUN PROTECTION BEHAVIOUR

*****Habit*****

Why for you: *****Explanation*****

L 2. STRESS MANAGEMENT

Prioritise: *****Habit*****

Why for you: *****Explanation*****

L 3. SLEEP QUALITY

Target: *****Habit*****

Why for you: *****Explanation*****

L 4. AVOID CIGARETTE SMOKE & LIMIT ALCOHOL

Why for you: *****Explanation*****

ADDITIONAL GENETIC REPORT PRIORITIES

Maintain adequate vitamin D status.

Follow a Mediterranean-style dietary pattern.

Participate in regular aerobic exercise.

Drink at least 8 glasses of water daily.

Use moisturisers consistently to support skin barrier function.

Consider niacinamide-containing skincare products as part of a barrier-supportive routine.

WE DO NOT PROVIDE MEDICAL SERVICES, CLINICAL ASSESSMENTS, OR TREATMENT PLANS. ANY PRESCRIPTION-BASED TREATMENTS MENTIONED ARE FOR EDUCATIONAL PURPOSES ONLY AND MUST BE DISCUSSED WITH A LICENSED MEDICAL PROFESSIONAL.

Our Recommended Next Steps

To support your results and take your plan further, we recommend exploring additional tools designed to optimise your outcomes.

Our digital guides are designed to **educate and empower you**, offering step-by-step support tailored to your lifestyle. Our hormone blood testing provides deeper insight into internal factors that may influence your skin, hair, and overall wellbeing.

Based on your results, we recommend:

Hormone Testing

Food Allergy & Intolerance Test

1:1 Consultation

YOUR CONSULTATION

Our 1:1 virtual consultation is available as an optional add-on to your Genetic Beauty Lab experience.

This session provides an opportunity to explore your results in greater detail, ask questions, and receive further personalised guidance from a member of our team.

Whether you would like support understanding your report, refining your routine, or exploring your results more deeply, the consultation is designed to offer additional clarity and direction tailored to you.

If you would like to book a consultation, please contact us via email or Instagram and we will arrange a suitable time for your session.

WHAT TO EXPECT

- A guided walkthrough of your key results and what they may indicate
- Clarification of any areas you would like to understand further
- A deeper discussion around your personalised skincare and hair routine
- Lifestyle and wellness guidance tailored to your goals
- Dedicated time to ask questions and gain further clarity

HOW TO PREPARE

- Review your report in advance
- Make a note of any questions or areas you would like to focus on
- Have your current skincare products available if you would like personalised feedback
- Choose a quiet, comfortable space for your session

BOOK YOUR CONSULTATION

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