

EVIDENCE-CHECKED PLAN

Your Protocol



PREPARED FOR

Sample

PL-SAMPLE-0001 · 19 Oct 2026

This is a sample made from an example profile, not a real person.

Index

01	Overview	3
02	Skin	4
03	Daily routine	5
04	Hair	6
05	Face and jaw	7
06	Diet and sleep	8
07	Your 12 weeks	9
08	Research	10

How to read the labels

Proven

Strong research or doctor guidelines.

Likely works

Good research, still growing.

Maybe

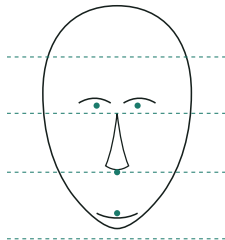
Early research. Try it, but do not rely on it.

Skip

No good research. We tell you to skip it.

Sample's Protocol

YOUR FACE



Thirds 1.00 : 1.00 : 1.12

YOUR PROFILE

Age and sex 24, Male

City Pune

Skin Brown skin (Fitzpatrick IV)

Goals Clearer skin, even tone, stronger hairline

WHAT TO EXPECT

Clearer, more even skin

Stopping new pimple marks and fading old ones will make the biggest visible change.

A fresher look

Daily sun protection and better sleep reduce dullness and tired-looking skin.

A healthier hairline

An early doctor check lets you act while hair is easiest to keep.

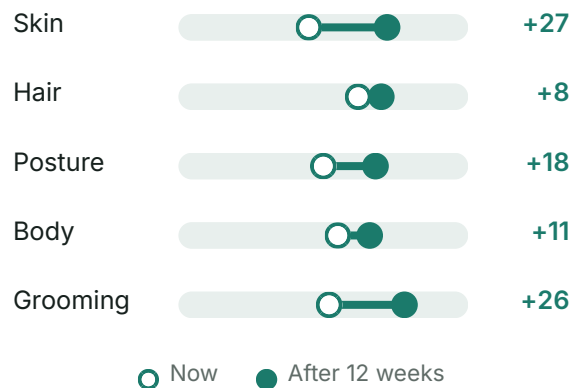
Better posture and jaw definition

Posture and body fat change how the jaw and neck look. Bone does not change.

Sharper grooming

Haircut, beard and colour choices that suit your face shape and skin tone.

ROOM TO IMPROVE



FIXED Nose, eyes, chin and jaw bone are set by your bones. We do not try to change them. We help you present them well.

Scores are our estimate from your photo and answers. They are not a promise.

Skin

WHAT WE SEE

Your T-zone (forehead, nose, chin) is oily and your cheeks are normal. The main problem is flat brown marks left by old pimples. These are marks, not pits, so they can fade. On brown skin they get darker with sun and with irritation, so protecting and being gentle matter most.

SKIN TYPE

Oily T-zone, normal cheeks

MAIN PROBLEM

Dark marks after pimples

SENSITIVITY

Low to medium

WHAT TO DO

Tinted sunscreen every morning

Proven

On brown skin, even visible light (sunlight through a window) can darken marks. A tinted sunscreen with iron oxide blocks it. Daily sunscreen also slows skin ageing.

Research: Hughes 2013; Mahmoud 2010

Adapalene 0.1% gel, 3 nights a week

Proven

A first-choice treatment for mild to moderate pimples, sold without prescription. Start slowly, because irritation leaves new marks.

Research: Zaenglein 2016

Niacinamide 5% serum, once a day

Likely works

Fades brown marks slowly and is gentle. Give it 8 to 12 weeks before judging it.

Research: Hakozaki 2002

Daily routine

Your skin steps, in order. Two minutes each time.

MORNING

- 1 Cleanse: Gentle gel cleanser**
30 seconds, lukewarm water.
- 2 Treat: Niacinamide 5% serum**
2 to 3 drops on dry skin.
- 3 Protect: Tinted SPF 50**
Two finger-lengths. Reapply after 3 hours outdoors.

NIGHT

- 1 Cleanse: Gentle gel cleanser**
Wash sunscreen off well.
- 2 Treat: Adapalene 0.1% gel**
Pea-sized. Mon, Wed, Fri for the first month.
- 3 Moisturise: Light gel moisturiser**
Thin layer, even if oily.

Before you start

Test any new product on a small patch of your jaw for 2 days first. Add one new product at a time, a week apart. Stop and see a doctor if your skin burns, swells or blisters.

Hair

WHAT WE SEE

Your hairline shows early thinning at the temples. This is common at your age, but the cause needs a doctor to confirm. Treatment works best when started early.

HAIRLINE

Early recession at temples

SCALP

Mildly oily

DENSITY

Good for now

WHAT TO DO

See a dermatologist or trichologist first

Proven

They confirm the cause and tell you if medicine is right for you. This is the most useful step.

Research: Olsen 2002

Minoxidil 5%, only if the doctor agrees

Proven

Works for early male-pattern hair loss, but you must keep using it to keep the result. Do not start it on your own.

Research: Olsen 2002

ALSO DO

- Photograph your hairline in the same light each month.
- Wash 2 to 3 times a week with a mild shampoo.

AVOID

- Hair-growth products from social media ads.
- Tight caps and helmets worn for many hours without breaks.

Face and jaw

WHAT WE SEE

Your face is well balanced. The lower third is slightly longer than the other two, which is very common. Jaw definition depends on bone, body fat and posture. You can change the last two.

FACE THIRDS

1.00 : 1.00 : 1.12

JAW

Defined, softened by body fat

POSTURE

Slight forward head

WHAT TO DO

Lower body fat gently, if you carry extra

Likely works

A small drop in body fat makes the jaw and cheeks look sharper. Aim for slow, steady change.

Research: Coetzee 2009

Fix forward-head posture

Maybe

Screen at eye level, shoulders back, and a few neck and upper-back exercises a week.

Research: Early studies only

~~Mewing and tongue-posture exercises~~

Skip

No good studies show these change an adult's face. Skip them. Use the time for sleep and sunscreen.

Research: No supporting studies found

Diet and sleep

WHAT WE SEE

Skin and hair respond to what you eat and how you sleep, but only slowly. Think of this as support for everything else in your plan.

SLEEP

Aim for 7 to 8 hours

PROTEIN

At every meal

WATER

Through the day

WHAT TO DO

Sleep 7 to 8 hours at a fixed time

Likely works

Poor sleep is linked to worse skin and tired-looking eyes.

Research: Oyetakin-White 2015

EAT MORE OF

- Protein at every meal: dal, paneer, curd, eggs, fish or chicken.
- Vegetables and fruit, half your plate at lunch and dinner.

GO EASY ON

- Sugary drinks and sweets. Some people find pimples worsen on high-sugar diets.
- Late nights on screens.

Your 12 weeks

Weeks 1–2

Build the base

- Start cleanser, sunscreen and moisturiser
- Book the hair check-up
- Take your week-0 photos

Weeks 3–4

Add the pimple treatment

- Start adapalene, 3 nights a week
- Expect mild dryness. Add moisturiser if needed

Weeks 5–8

Add the mark fader

- Start niacinamide each morning
- Move adapalene to alternate nights if skin is calm

Weeks 9–12

Review

- Compare photos with week 0
- Keep what works, drop what irritates

See a doctor in person if you notice

- Deep, painful or scarring pimples.
- Sudden or patchy hair loss.
- A mole that changes in size, shape or colour.
- Skin that burns, swells or blisters after a product.

Research

Hughes 2013

Hughes MC et al. Sunscreen and prevention of skin aging: a randomized trial. Ann Intern Med 2013;158:781–790.

Mahmoud 2010

Mahmoud BH et al. Impact of long-wavelength UVA and visible light on melanocompetent skin. J Invest Dermatol 2010;130:2092–2097.

Zaenglein 2016

Zaenglein AL et al. Guidelines of care for the management of acne vulgaris. J Am Acad Dermatol 2016;74:945–973.

Hakozaki 2002

Hakozaki T et al. The effect of niacinamide on reducing cutaneous pigmentation and suppression of melanosome transfer. Br J Dermatol 2002;147:20–31.

Olsen 2002

Olsen EA et al. A randomized clinical trial of 5% topical minoxidil versus 2% topical minoxidil in male pattern hair loss. J Am Acad Dermatol 2002;47:377–385.

Coetzee 2009

Coetzee V et al. Facial adiposity: a cue to health? Perception 2009;38:1700–1711. (Verify before launch.)

Oyetakin-White 2015

Oyetakin-White P et al. Does poor sleep quality affect skin ageing? Clin Exp Dermatol 2015;40:17–22.

PeakLooks gives general guidance and is not medical advice. Ask a registered doctor before using prescription medicine such as minoxidil or isotretinoin.