

A JENSKIN FIELD GUIDE

Face Mapping, *Decoded.*

What your skin is actually telling you — the science, not the folklore.

JenSkin

SKIN LONGEVITY SCIENCE

THE PREMISE

Face mapping went viral. Most of it is *folklore*.

You've seen the charts: chin breakouts mean your hormones, forehead means your gut, cheeks mean your lungs. It's a tidy story borrowed from traditional medicine — and it feels like a decoder ring for your skin.

The problem is that most of the zone-to-organ mapping has no real evidence behind it. Your forehead isn't wired to your liver.

But the instinct is right. Your skin genuinely is a readout of what's happening inside — it's just speaking in biology, not folklore. So here's the honest version: eight common things you can see in the mirror, what's likely driving each one, and the blood marker that actually measures it.

THE SIGN What you notice in the mirror.

UNDERNEATH The internal driver that's usually behind it.

CHECK The biomarker that puts a number on it — all part of the JenSkin panel.

THE DECODER

Eight signs, read honestly.

01

Breakouts along your jaw & chin

FOLKLORE *“Your reproductive organs are stressed.”*

Persistent lower-face breakouts really are the most hormonal pattern — but the levers are *androgens and insulin*, not an organ. When blood sugar and insulin run high, they nudge oil production and skin cell turnover toward congestion.

CHECK FASTING INSULIN · FASTING GLUCOSE

02

Dullness — the glow is gone

FOLKLORE *“You're toxic / need a detox.”*

Real glow is circulation and calm. When systemic inflammation is elevated, skin reads flat, tired, and uneven — no highlighter fixes it. Low omega-3 status compounds it by weakening the barrier that keeps skin plump and light-reflective.

CHECK HS-CRP · OMEGA-3 INDEX

03

Persistent dryness & flaking

FOLKLORE *“You're just not drinking enough water.”*

Drinking water rarely fixes it — the barrier is the issue. Your skin's moisture seal is built from fats, so a low omega-3 index leaves it leaky. Low vitamin D adds to barrier dysfunction and reactivity.

CHECK OMEGA-3 INDEX · VITAMIN D

04

Crepey texture, less bounce

FOLKLORE *"It's just age — nothing to do."*

Some is age. But a big, modifiable driver is *glycation*: when blood sugar runs high, sugar binds to collagen and stiffens it, so skin loses its spring. It's measurable, and it responds to blood-sugar stability.

CHECK HBA1C · FASTING GLUCOSE

05

Redness & reactivity that won't settle

FOLKLORE *"Sensitive skin — you were born with it."*

Reactive, ruddy, easily-irritated skin often tracks with the body's background inflammatory tone — what researchers call inflammaging. Calm the systemic signal and the surface follows.

CHECK HS-CRP

06

Blemishes & cuts heal slowly

FOLKLORE *"You're just a slow healer."*

Skin repair is enzyme work, and *zinc* is a required cofactor — low zinc shows up as lingering marks and sluggish healing. High blood sugar slows repair further.

CHECK ZINC · FASTING GLUCOSE

07

New dryness & breakouts in your 40s

FOLKLORE *“Your products stopped working.”*

The products didn't change — your *estrogen* did. In perimenopause, declining and fluctuating estrogen reshapes collagen, moisture, and oil at once, producing dryness and adult breakouts together. It's a hormone shift you can measure.

CHECK ESTRADIOL

08

Skin aging faster than you'd expect

FOLKLORE *“Good genes or bad luck.”*

Premature aging often reflects oxidative burden — the wear-and-tear of unstable molecules on skin structure. Oxidized LDL is a window into that oxidative stress, and it's one you can act on with diet, sun protection, and antioxidants.

CHECK OXIDIZED LDL

Notice the pattern: nearly every “face mapping” sign traces back to a handful of measurable drivers — blood sugar, inflammation, barrier fats, hormones. Not organs. Numbers.

THE REAL DECODER

Your skin isn't lying. It's just speaking in *symptoms.*

The JenSkin panel measures all nine of the biomarkers in this guide — the actual drivers behind what you see in the mirror — and turns them into a plain-English report on what's aging your skin, and what to do first.

[LEARN ABOUT THE PANEL →](#)

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The JenSkin panel is a wellness tool, not a diagnostic test. This guide is for education only and is not medical advice — it cannot diagnose or treat any condition. For medical concerns, talk to your physician.