

Blisters

DNA Health Report

REPORT CATEGORY —



SKIN & BEAUTY

Sample Client

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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.

Personal information

NAME

Sample Client

SEX AT BIRTH

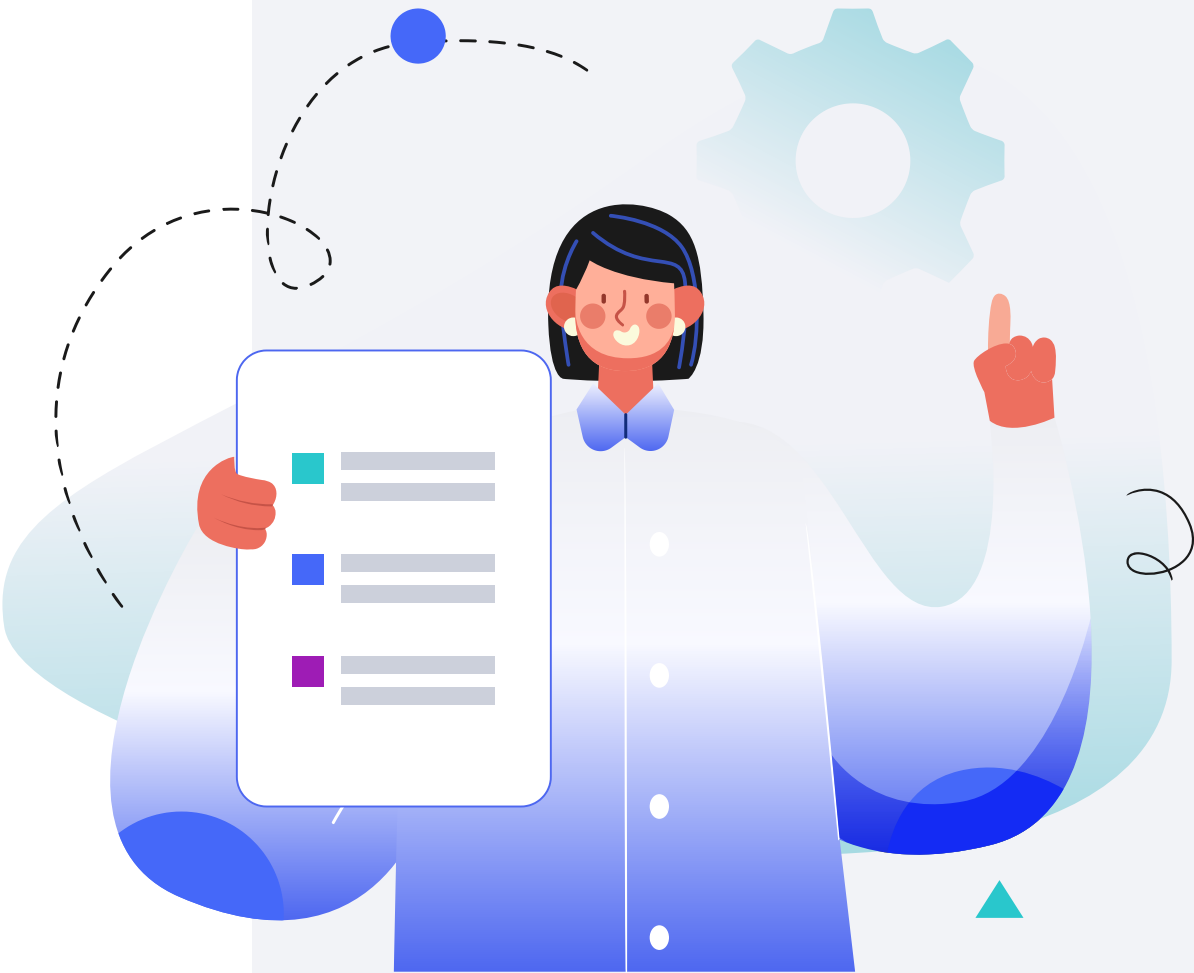
Male

HEIGHT

5ft 5" 165cm

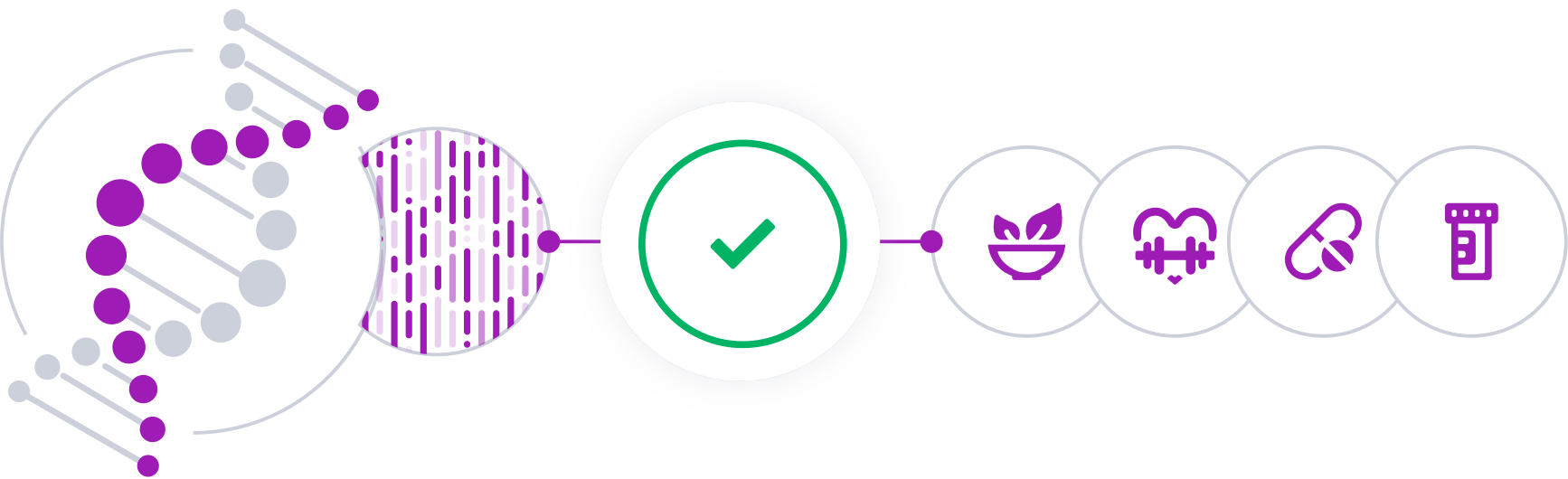
WEIGHT

137lb 62kg



How this works

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

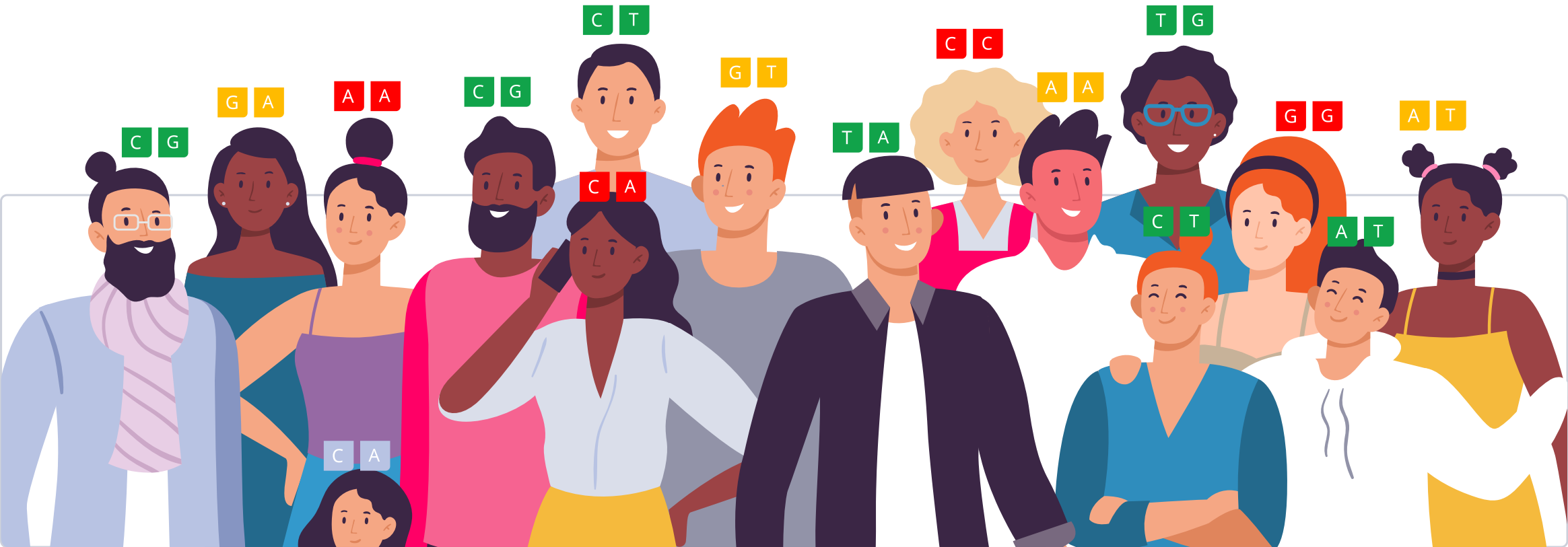


Similarly, our Trait Reports look at how your DNA influences your traits.



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.



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.

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

When we give a risk score, the risk icon tells you if you are at a higher or lower risk compared to other people:



Genotype color info:

AA

You don't have any risk alleles

AA

You have 1 risk allele

AA

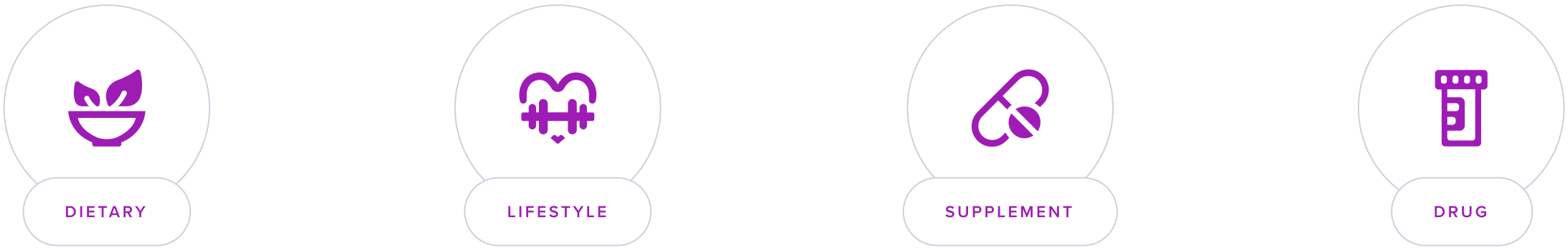
You have 2 risk alleles

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: lifestyle, diet, 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 the strength of evidence in the medical literature.

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



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:

- Genetics doesn’t play a considerable role in a condition or a trait.
- There is not enough research available to estimate a genetic predisposition.
- There are technical limitations to estimating or presenting a genetic predisposition.
- The topic is sensitive, and a genetic predisposition should only be estimated and presented by a healthcare professional.

Introduction

Blisters are raised pockets of skin filled with fluid. They form in response to friction, burning, freezing, chemical exposure, or certain skin conditions. Blisters can be filled with clear fluid (serum) or, in the case of injury, with blood or pus.

Common causes of blisters include:

- Friction, such as from tight shoes or repeated rubbing against the skin.
- Burns, including sunburns.
- Contact with chemicals, like those in detergents or cosmetics.
- Medical conditions, such as chickenpox, herpes, or dyshidrotic eczema.
- Frostbite.
- Insect bites or stings.

Risk Factors and Genetics

Factors that might increase the risk of developing blisters include:

- Engaging in activities with repetitive motions, like rowing or hiking, especially without appropriate gear.
- Exposure to chemicals without protective equipment.
- Having certain skin conditions or infections.
- Sunbathing or using tanning beds without protection.
- Wearing tight or ill-fitting shoes.
- Prolonged exposure to cold temperatures.
- Genetics

Genetics can play a role in susceptibility to certain skin conditions that manifest with blistering. For instance, a genetic predisposition might make some individuals more susceptible to specific infections or skin reactions that can result in blisters. Nonetheless, most everyday blisters are a result of direct skin injuries or irritations and are not heavily influenced by genetics.



TYPICAL LIKELIHOOD

Typical likelihood of having blisters based on 182,238 genetic variants we looked at



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.

DOSAGE		DOSAGE	
1	Topical Sodium Bicarbonate	2	Topical Borage Oil
3	Topical Honey	4	Cold Applications15 minutes
5	Topical Menthol	6	Topical Betaine
7	Moisturize the Skin	8	Avoid Scratching
9	Use Cushioned Shoes	10	Topical Aloe Vera

1

Topical Sodium Bicarbonate

IMPACT

1 / 5

EVIDENCE

1 / 5

How to implement

Apply a paste made from mixing sodium bicarbonate (baking soda) with a small amount of water to the affected skin area. Let it sit for 5-10 minutes before rinsing off with water. Repeat this process 1-2 times daily as needed for relief.

Description

Sodium bicarbonate, commonly known as baking soda, is used topically for its mild abrasive properties, making it a gentle exfoliant and skin cleanser. It is a chemical compound primarily used for skincare and minor first-aid purposes.

[Sodium bicarbonate](#) is a popular ingredient in food, medicine, and household products. You probably know it as **baking soda**.

It’s often used as an over-the-counter antacid to relieve gut issues like indigestion and heartburn [\[R\]](#), [\[R\]](#), [\[R\]](#).

How it helps

Topical sodium bicarbonate helps soothe blisters by reducing inflammation and irritation, promoting a more comfortable healing environment. Its mild antibacterial properties may also prevent infection, further aiding the healing process.

2

Topical Borage Oil

IMPACT

1 / 5

EVIDENCE

1 / 5

How to implement

Apply borage oil directly to the skin area you wish to treat, such as dry or irritated patches, once or twice daily. It is best used after showering or washing the area to enhance absorption. No need to rinse off; let the oil naturally absorb into your skin.

Description

Borage oil, obtained from the seeds of the *Borago officinalis* plant, is rich in gamma-linolenic acid (GLA). It is used topically for its moisturizing properties and potential to alleviate skin conditions like eczema and psoriasis.

How it helps

Topical Borage Oil contains gamma-linolenic acid, which may enhance skin barrier function and promote healing by reducing inflammation and irritation associated with blisters. Its moisturizing properties can also prevent further skin damage.

3

Topical Honey

IMPACT

1 / 5

EVIDENCE

1 / 5

How to implement

Apply a thin layer of raw, unpasteurized honey directly to the affected area of the skin. Cover it with a sterile bandage and leave it on for at least 1 hour, or overnight for best results. Repeat daily until improvement is seen.

Description

Honey is a natural topical application known for its moisturizing, antibacterial, and wound-healing properties. It is used to soothe dry skin, promote skin repair, and address minor burns and cuts.

[Honey](#) is a thick, sweet substance. It’s made by honeybees from the nectar of flowering plants. There are many different types of honey. For example, kanuka honey is made from the flowers of the New Zealand kanuka tree [\[R\]](#), [\[R\]](#).

Besides sugar, honey also contains amino acids (protein building blocks), vitamins, and minerals [\[R\]](#).

People use honey for its anti-inflammatory and antioxidant properties. It may help with [\[R\]](#), [\[R\]](#), [\[R\]](#), [\[R\]](#):

- Heart problems
- Gut problems
- Cough
- Skin problems

How it helps

Topical honey aids in blister treatment by creating a moist healing environment and its antibacterial properties help prevent infection, thereby facilitating the natural healing process and reducing the risk of complications.

4



Cold Applications

IMPACT

1 / 5

EVIDENCE

1 / 5

How to implement

Apply a cold pack or a bag of frozen peas wrapped in a towel to the affected area for 15-20 minutes, every 2-3 hours during the first 48 hours of experiencing pain or swelling.

TYPICAL STARTING DOSE

15 minutes

Description

Cold applications, such as ice packs, can help reduce inflammation, alleviate pain, and promote muscle recovery after injuries or intense physical activity. Applying cold can provide temporary relief from discomfort and support the body's natural healing processes.

People use cold applications to relieve pain, reduce inflammation, and more [\[R, R\]](#).

Types of cold applications include [\[R, R\]](#):

- Ice packs
- Ice baths
- Cryotherapy

How it helps

Cold applications effectively reduce inflammation and numb the area around blisters, which alleviates pain and discomfort. This therapeutic approach supports the body's natural healing processes by minimizing swelling and promoting recovery.

5



Topical Menthol

IMPACT

1 / 5

EVIDENCE

1 / 5

How to implement

To use topical menthol, apply a small amount of the medication to the affected area and rub it in gently. You can repeat this application as needed, but do not use more than the recommended amount. Topical menthol can cause side effects, such as skin irritation, redness, and itching.

Description

Topical menthol is a type of over-the-counter medication that can be used to relieve pain and inflammation. It is available in a variety of forms, including creams, ointments, and patches. Topical menthol works by cooling the skin, which can help to reduce pain and inflammation.

How it helps

Topical menthol helps alleviate discomfort from blisters by providing a cooling sensation that can reduce the perception of pain and itchiness. Its mild analgesic properties may also promote a soothing effect on the affected skin, enhancing overall comfort during the healing process.

6

Topical Betaine

IMPACT

1 / 5

EVIDENCE

1 / 5

How to implement

Apply a pea-sized amount of topical betaine gel or cream to the affected area of the skin. Gently rub in until fully absorbed. Repeat this process twice daily, in the morning and evening, for at least four weeks to see improvements.

Description

Topical Betaine is a special kind of cream or lotion you apply to your skin. It helps to moisturize and soothe irritated skin, making it feel better. It's really important to keep our skin healthy because it's our body's first line of defense against germs and diseases.

How it helps

Topical Betaine helps maintain skin hydration and reduces irritation, which can mitigate friction and guard against blister formation. Its moisturizing properties promote skin barrier function, making it beneficial for individuals prone to blisters.

7



Moisturize the Skin

IMPACT

0 / 5

EVIDENCE

0 / 5

How to implement

Apply a moisturizer to your skin within a few minutes after bathing or showering once daily. For dry skin conditions, moisturizing twice daily, once in the morning and once at night before bed, may be beneficial. Choose a moisturizer suited for your skin type; for sensitive skin, opt for fragrance-free options.

Description

Moisturizing the skin involves applying skincare products to maintain skin hydration, prevent dryness, and support a healthy skin barrier, which can help alleviate skin conditions like dryness, itching, and flakiness.

A water imbalance in the skin can make it dry and more susceptible to irritation [\[R\]](#).

Moisturizers help the skin retain water. In doing so, they may strengthen the skin barrier [\[R\]](#).

There are many types of moisturizing products, including [\[R\]](#):

- Gels
- Lotions
- Creams
- Ointments

These products differ in their water and oil content. Ointments contain the most oil. Lotions and gels contain more water. Creams have a bit of both [\[R\]](#).

It might take some trial and error to find products that work best for your skin type [\[R\]](#).

People with skin conditions like eczema may benefit more from using moisturizers with a lot of oil. These include ointments and creams [\[R\]](#), [\[R\]](#).

How it helps

Keeping the skin moisturized can prevent dryness and cracking, which can lead to blister formation. Moisturized skin is more flexible and resilient, reducing the risk of developing blisters.

8



Avoid Scratching

IMPACT

0 / 5

EVIDENCE

0 / 5

How to implement

Keep your fingernails short and smooth to minimize damage if you do scratch. Whenever you feel the urge to scratch, try applying a moisturizer, using ice packs, or tapping/slapping the area lightly instead to reduce itching.

Description

Avoiding excessive scratching of the skin, especially in the presence of skin conditions like eczema, helps prevent further skin irritation and potential infection. It supports skin health and encourages healing.

How it helps

Scratching a blister can introduce bacteria and cause an infection, delaying the healing process. Keeping the area clean and avoiding scratching helps the blister to heal faster.

9



Use Cushioned Shoes

IMPACT

0 / 5

EVIDENCE

0 / 5

How to implement

Wear shoes with cushioned soles whenever you are walking or standing, especially on hard surfaces. It is beneficial to replace them once you notice the cushioning has worn out, typically every 300 to 500 miles for runners or every six months for regular use.

Description

Cushioned shoes are footwear designed with added padding and support, commonly used to provide comfort and reduce the impact on joints and feet during walking or physical activities. They can help alleviate foot pain and discomfort, making them suitable for individuals with various foot conditions.

How it helps

Wearing cushioned shoes helps to reduce friction and pressure on the feet, which are common causes of blisters. By providing better support and a softer surface, cushioned shoes can prevent skin irritation and blister formation.

10

Topical Aloe Vera

IMPACT

0 / 5

EVIDENCE

0 / 5

How to implement

Apply a thin layer of pure aloe vera gel extracted directly from the aloe plant or an aloe vera-based product directly to the affected area. Gently rub it in until it is absorbed. Repeat this application 2-3 times daily until the symptoms improve.

Description

Aloe vera is a plant-derived gel known for its skin-soothing and healing properties. Topical applications of aloe vera are commonly used to relieve sunburn, minor burns, and skin irritation, promoting faster healing and reducing discomfort.

[Aloe vera](#) lives in the desert, and its thick leaves store water in the form of a gel [\[R\]](#).

Topical aloe vera may help soothe burns and skin conditions [\[R\]](#).

Oral aloe vera may help with blood sugar and gut health [\[R\]](#).

How it helps

Topical Aloe Vera has been shown in studies to reduce inflammation and promote healing, making it effective for soothing and healing blisters.

Next Steps

Remember, your genes only tell one important part of your health story!

Now that you've seen your DNA-based results for this health topic, let's take a look at other contributing factors.

Your lab results

Your lab results are impacted by the combined effect of your genes, environment and lifestyle.

Lab tests will give you the best picture of your current health status, while your genes provide insight into your health predispositions and which recommendations are best for you.