

Clinical Formulations
with Integrity.
Formulations Cliniques
Empreintes d'Intégrité.



UV Protective
Packaging

The
Ordinary.

100% Niacinamide Powder
Topical Powder

Poudre Niacinamide 100%
Poudre pour Application Cutanée



Morning and/or Evening Routine: Mixing The Ordinary's Hyaluronic Acid + B5 Serum with Niacinamide Powder.

Routine Benefits: Cleansing, Enhanced Hydration, Normalizing Oil Production, Improving Skin Texture and Tone, and Protecting Against UV Damage.

Step 1. Cleanser (Water-Based)



Examples:

The Ordinary
Glycolipid Cream Cleanser
(Ideal for Dry to Normal Skin Types)
or
The Ordinary
Glucoside Foaming Cleanser
(Ideal for Normal to Oily Skin Types)



Step 2. Apply Hyaluronic Acid Serum and Niacinamide Powder Mixture



Example:

The Ordinary
Hyaluronic Acid 2% + B5
mix it with
The Ordinary 100%
Niacinamide Powder



Step 3. Moisturizer (Optional)



Examples:

The Ordinary
NMF + Beta Glucan
or
The Ordinary
NMF + HA



Step 4. Sunscreen (Daytime Only)



Examples:

Winona Sunblock Milk
Sunscreen SPF48 PA+++
(All Skin Types – Chemical + Mineral)
or
Good Molecules
Sheer Mineral SPF 30
(All Skin Types – Slight White cast)



Water-Based Cleansers: First, wet your face. Then, dispense about a coin-sized amount of your favourite cleanser onto the palm of your hand or fingers. Rub your hands together and gently massage the cleanser onto your face for about 15-30 seconds, ensuring all areas are covered. Optionally, you can use a soft, damp microfiber washcloth to help remove the cleanser. Afterwards, rinse thoroughly and pat dry using a clean towel.

Water-Based Serum with Niacinamide Powder: Dispense 3-5 drops of Hyaluronic Acid serum into the palm of your hand. Then add about ¼ spoon of Niacinamide powder (use the spoon provided). Mix these ingredients together with your fingers. Rub your hands together to evenly distribute the mixture. Then, apply it all over your face, avoiding the eyelids and lips. If desired, you can also blend it down towards your neck. Do not rinse.

Moisturizer: Dispense about a pea-to-bean-sized amount of moisturizer onto your fingertips. Rub the fingertips of both hands together, then massage it all over your face and neck or only onto desired areas. Do not rinse.

Sunscreen: I recommend using sunscreen whenever you spend prolonged periods outdoors. For optimal protection, you need to use a fair amount.

Apply about one-third to half a teaspoon to your face, neck, and a bit of your décolletage, ensuring all exposed skin is covered. Allow the sunscreen to fully absorb and set by applying it 10-15 minutes before going outside.

Sunscreen Reminder: Remember to reapply sunscreen every two hours when spending extended periods outdoors. Reapply immediately if the sunscreen has rubbed off, or in case of heavy sweating, swimming, or engaging in prolonged outdoor activities. However, if you spend most of your time indoors, frequent reapplication of sunscreen isn't necessary unless you are near windows receiving significant sunlight for extended periods.

Eyelids/Eye Area: The skin around the eyes is thin and delicate. Avoid using skincare products with active ingredients on the eyelids unless specified.

Important Note: Please remember that this guide reflects my personal experience with these products. Skincare is highly individual, and responses to products can vary. Therefore, the amounts suggested here are a starting point. You may find that you need slightly more or less of each product. Adjust the quantities to suit your specific skin needs and responses.



Morning and/or Evening Routine: Mixing The Ordinary's Peptide Serums with Niacinamide Powder

Routine Benefits: Cleansing, Enhanced Hydration, Reducing Fine Lines and Wrinkles, Improving Skin Texture, and Protecting Against UV Damage.

Step 1. Cleanser (Water-Based)



Examples:

The Ordinary
Glycolipid Cream Cleanser
(Ideal for Dry to Normal Skin Types)
or
The Ordinary
Glucoside Foaming Cleanser
(Ideal for Normal to Oily Skin Types)



Step 2. Apply Peptide Serum and Niacinamide Powder Mixture



Examples:

The Ordinary Argireline Solution 10%
or
The Ordinary Matrixyl 10% + HA
or
The Ordinary
Multi-Peptide + Copper Peptides 1%
mix it with
The Ordinary
100% Niacinamide Powder



Step 3. Moisturizer (Optional)



Examples:

The Ordinary
NMF + Beta Glucan
or
The Ordinary
NMF + HA



Step 4. Sunscreen (Daytime Only)



Examples:

Winona Sunblock Milk
Sunscreen SPF48 PA+++
(All Skin Types – Chemical + Mineral)
or
Good Molecules
Sheer Mineral SPF 30
(All Skin Types – Slight White cast)

Water-Based Cleansers: First, wet your face. Then, dispense about a coin-sized amount of your favourite cleanser onto the palm of your hand or fingers. Rub your hands together and gently massage the cleanser onto your face for about 15-30 seconds, ensuring all areas are covered. Optionally, you can use a soft, damp microfiber washcloth to help remove the cleanser. Afterwards, rinse thoroughly and pat dry using a clean towel.

Water-Based Serum with Niacinamide Powder: Dispense 3-5 drops of your favourite serum, along with about ¼ spoon (using the spoon provided) of Niacinamide powder, into the palm of your hand. Mix these ingredients together with your fingers. Rub your hands together to evenly distribute the mixture. Then, apply it all over your face, avoiding the eyelids and lips. If desired, you can also blend it down towards your neck. Do not rinse.

Moisturizer: Dispense about a pea-to-bean-sized amount of moisturizer onto your fingertips. Rub the fingertips of both hands together, then massage it all over your face and neck or only onto desired areas. Do not rinse.

Sunscreen: I recommend using sunscreen whenever you spend prolonged periods outdoors. For optimal protection, you need to use a fair amount.

Apply about one-third to half a teaspoon to your face, neck, and a bit of your décolletage, ensuring all exposed skin is covered. Allow the sunscreen to fully absorb and set by applying it 10-15 minutes before going outside.

Sunscreen Reminder: Remember to reapply sunscreen every two hours when spending extended periods outdoors. Reapply immediately if the sunscreen has rubbed off, or in case of heavy sweating, swimming, or engaging in prolonged outdoor activities. However, if you spend most of your time indoors, frequent reapplication of sunscreen isn't necessary unless you are near windows receiving significant sunlight for extended periods.

Eyelids/Eye Area: The skin around the eyes is thin and delicate. Avoid using skincare products with active ingredients on the eyelids unless specified.

Important Note: Please remember that this guide reflects my personal experience with these products. Skincare is highly individual, and responses to products can vary.

Therefore, the amounts suggested here are a starting point. You may find that you need slightly more or less of each product. Adjust the quantities to suit your specific skin needs and responses.



Morning and/or Evening: Mixing The Ordinary NMF + Beta Glucan or HA Moisturizer with Niacinamide Powder.

Routine Benefits: Cleansing, Enhanced Hydration, Normalizing Oil Production, Improving Skin Texture and Tone, and Protecting Against UV Damage.

Step 1. Cleanser (Water-Based)



Examples:

The Ordinary
Glycolipid Cream Cleanser
(Ideal for Dry to Normal Skin Types)
or
The Ordinary
Glucoside Foaming Cleanser
(Ideal for Normal to Oily Skin Types)



Step 2. Apply Moisturizer and Niacinamide Powder Mixture



Examples:

The Ordinary
NMF + Beta Glucan
or
The Ordinary
NMF + HA
mix it with
The Ordinary
100% Niacinamide Powder



Step 3. Sunscreen (Daytime Only)



Examples:

Winona Sunblock Milk
Sunscreen SPF48 PA+++
(All Skin Types – Chemical + Mineral)
or
Good Molecules
Sheer Mineral SPF 30
(All Skin Types – Slight White cast)



Water-Based Cleansers: First, wet your face. Then, dispense about a coin-sized amount of your favourite cleanser onto the palm of your hand or fingers. Rub your hands together and gently massage the cleanser onto your face for about 15-30 seconds, ensuring all areas are covered. Optionally, you can use a soft, damp microfiber washcloth to help remove the cleanser. Afterwards, rinse thoroughly and pat dry using a clean towel.

Moisturizer with Niacinamide Powder: Dispense a pea- to bean-sized amount of moisturizer into the palm of your hand. Add about ¼ spoonful of Niacinamide powder, using the provided spoon. Mix these ingredients with your fingers. Rub your hands together to evenly distribute the mixture. Then, apply it all over your face, avoiding the eyelids and lips. If desired, you can also blend it down towards your neck. Do not rinse.

Sunscreen: I recommend using sunscreen whenever you spend prolonged periods outdoors. For optimal protection, you need to use a fair amount.

Apply about one-third to half a teaspoon to your face, neck, and a bit of your décolletage, ensuring all exposed skin is covered. Allow the sunscreen to fully absorb and set by applying it 10-15 minutes before going outside.

Sunscreen Reminder: Remember to reapply sunscreen every two hours when spending extended periods outdoors. Reapply immediately if the sunscreen has rubbed off, or in case of heavy sweating, swimming, or engaging in prolonged outdoor activities. However, if you spend most of your time indoors, frequent reapplication of sunscreen isn't necessary unless you are near windows receiving significant sunlight for extended periods.

Eyelids/Eye Area: The skin around the eyes is thin and delicate. Avoid using skincare products with active ingredients on the eyelids unless specified.

Important Note: Please remember that this guide reflects my personal experience with these products. Skincare is highly individual, and responses to products can vary.

Therefore, the amounts suggested here are a starting point. You may find that you need slightly more or less of each product. Adjust the quantities to suit your specific skin needs and responses.



Morning and/or Evening: Mixing The Ordinary NMF + Beta Glucan or HA Moisturizer with Niacinamide Powder.
Routine Benefits: Cleansing, Hydrating, Reducing Fine Lines and Wrinkles, Improving Skin Texture and Tone, and Protecting Against UV Damage.

Step 1. Cleanser (Water-Based)



Examples:

The Ordinary
Glycolipid Cream Cleanser
(Ideal for Dry to Normal Skin Types)
or
 The Ordinary
Glucoside Foaming Cleanser
(Ideal for Normal to Oily Skin Types)



Step 2. Apply Your Favourite Water-Based Serum (Optional)



Examples:

The Ordinary Marine Hyaluronic
or
 *The Ordinary
Hyaluronic Acid 2% + B5
or
 *The Ordinary Matrixyl 10% + HA
or
 *The Ordinary
Multi-Peptide + HA Serum



Step 3. Apply Moisturizer and Niacinamide Powder Mixture



Examples:

The Ordinary
NMF + Beta Glucan
or
 The Ordinary
NMF + HA
mix it with
 The Ordinary
100% Niacinamide Powder



Step 4. Sunscreen (Daytime Only)



Examples:

Winona Sunblock Milk
Sunscreen SPF48 PA+++
(All Skin Types – Chemical + Mineral)
or
 Good Molecules
Sheer Mineral SPF 30
(All Skin Types – Slight White cast)



Water-Based Cleansers: First, wet your face. Then, dispense about a coin-sized amount of your favourite cleanser onto the palm of your hand or fingers. Rub your hands together and gently massage the cleanser onto your face for about 15-30 seconds, ensuring all areas are covered. Optionally, you can use a soft, damp microfiber washcloth to help remove the cleanser. Afterwards, rinse thoroughly and pat dry using a clean towel.

Water-based Serum(s): Dispense about 5-10 drops of Marine Hyaluronic or *3-5 drops of your favourite thicker water-based serum onto your palm or fingertips.

Rub both hands together to blend, then gently massage it over your entire face, extending to the neck if you choose. Do not rinse.

Moisturizer with Niacinamide Powder: Dispense a pea- to bean-sized amount of moisturizer into the palm of your hand. Add about ¼ spoonful of Niacinamide powder, using the provided spoon. Mix these ingredients with your fingers. Rub your hands together to evenly distribute the mixture. Then, apply it all over your face, avoiding the eyelids and lips. If desired, you can also blend it down towards your neck. Do not rinse.

Sunscreen: I recommend using sunscreen whenever you spend prolonged periods outdoors. For optimal protection, you need to use a fair amount.

Apply about one-third to half a teaspoon to your face, neck, and a bit of your décolletage, ensuring all exposed skin is covered. Allow the sunscreen to fully absorb and set by applying it 10-15 minutes before going outside.

Sunscreen Reminder: Remember to reapply sunscreen every two hours when spending extended periods outdoors. Reapply immediately if the sunscreen has rubbed off, or in case of heavy sweating, swimming, or engaging in prolonged outdoor activities. However, if you spend most of your time indoors, frequent reapplication of sunscreen isn't necessary unless you are near windows receiving significant sunlight for extended periods.

Eyelids/Eye Area: The skin around the eyes is thin and delicate. Avoid using skincare products with active ingredients on the eyelids unless specified.

Important Note: Please remember that this guide reflects my personal experience with these products. Skincare is highly individual, and responses to products can vary.

Therefore, the amounts suggested here are a starting point. You may find that you need slightly more or less of each product. Adjust the quantities to suit your specific skin needs and responses.



Conflicts

What NOT to use
in the Same Routine

Mixing The Ordinary's Niacinamide Powder with leave-on AHA or BHA exfoliating acids is not recommended, as it can lead to reduced effectiveness and potential skin irritation. AHAs and BHAs work best at an acidic pH, while niacinamide prefers a neutral pH. Mixing them can destabilize the pH balance, thereby reducing the efficacy of both ingredients. If you want to use both products, mix the Niacinamide powder with your favourite non-conflicting product and apply it in the morning. Then, use your AHA or BHA leave-on product in the evening.

Step 1. Cleanser



Examples:
The Ordinary
Glycolipid Cream Cleanser
or
The Ordinary
Glucoside Foaming Cleanser



Step 2. AHA and/or BHA Leave-On Exfoliating Acid Products



Examples:
Paula's Choice 2% BHA Liquid Exfoliant
or
The Ordinary 7%
Glycolic Acid Exfoliating Toner
or
The Ordinary Lactic Acid 5% or 10% + HA
or
The Ordinary Mandelic Acid 10% + HA
or
The Ordinary 2% Salicylic Acid Solution
and SA 2% Anhydrous Solution



Step 3. Niacinamide Powder



The Ordinary
100% Niacinamide Powder

Mixing The Ordinary's Niacinamide Powder with rinse-off AHA or BHA exfoliating acid masks is not recommended, as it can lead to reduced effectiveness and potential skin irritation. AHAs and BHAs work best at an acidic pH, while niacinamide prefers a neutral pH. Mixing them can destabilize the pH balance, thereby reducing the efficacy of both ingredients. If you wish to use both products, mix the Niacinamide powder with your favourite non-conflicting product and apply it in the morning. Then, use your AHA or BHA mask in the evening. Remember to monitor the frequency of your exfoliating acid masks and avoid using them more than twice per week.

Step 1. Cleanser



Examples:
The Ordinary
Glycolipid Cream Cleanser
or
The Ordinary
Glucoside Foaming Cleanser



Step 2. AHA and/or BHA Rinse-Off Exfoliating Acid Masks



Examples:
The Ordinary
Salicylic Acid 2% Masque
or
The Ordinary
AHA 30% + BHA 2% Peeling Solution



Step 3. Niacinamide Powder



The Ordinary
100% Niacinamide Powder

It is generally not recommended to mix The Ordinary's Niacinamide Powder with Azelaic Acid due to potential issues with effectiveness and skin tolerance. Azelaic Acid functions optimally at a pH level different from that of Niacinamide. When these two are mixed, it can lead to a pH imbalance, potentially reducing the effectiveness of both ingredients. If you wish to use both products, mix the Niacinamide powder with your favourite non-conflicting product and apply it in the morning, and then use your Azelaic Acid in the evening, or vice versa.

Step 1. Cleanser



Examples:

The Ordinary
Glycolipid Cream Cleanser
or
The Ordinary
Glucoside Foaming Cleanser



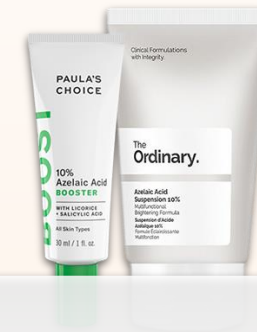
Step 2. Niacinamide Powder



The Ordinary
100% Niacinamide Powder



Step 3. Azelaic Acid Formulations



Examples:

Paula's Choice
10% Azelaic Acid Booster
or
The Ordinary
Azelaic Acid Suspension 10%

Mixing Niacinamide Powder with Vitamin C (Ascorbic Acid) or its derivative formulations might reduce their effectiveness. When combined, they may form niacinamide ascorbate, a complex potentially less effective than each ingredient used separately. Additionally, this reaction could cause temporary flushing or redness on certain skin types. If you wish to use both products, mix the Niacinamide powder with your favourite non-conflicting product and apply it in the morning, then use your Vitamin C product in the evening, or vice versa.

Step 1. Cleanser



Examples:
The Ordinary
Glycolipid Cream Cleanser
or
The Ordinary
Glucoside Foaming Cleanser



Step 2. Niacinamide Powder



The Ordinary
100% Niacinamide Powder

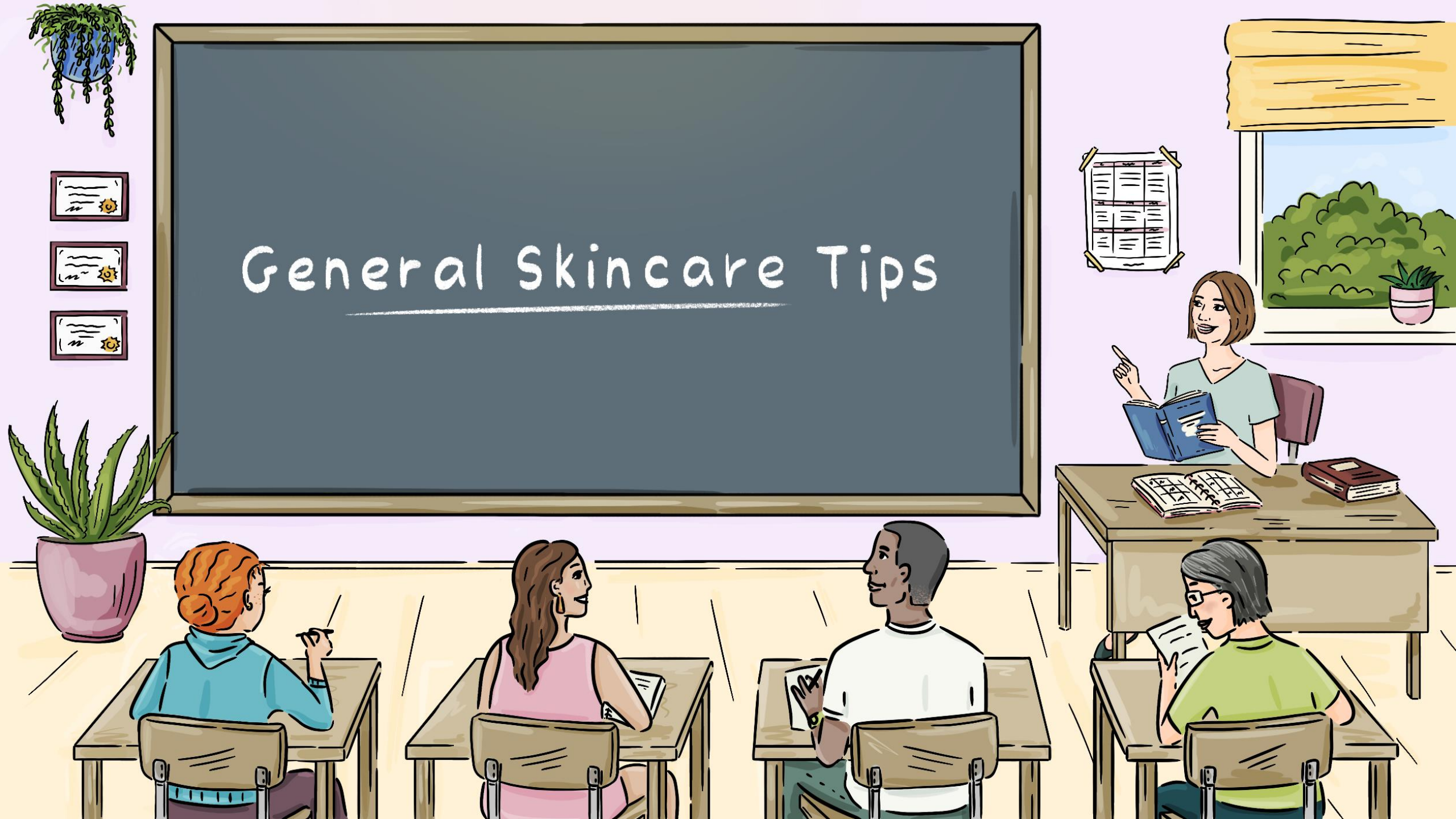


Step 3. Pure Vitamin C Products



Examples:
The Ordinary
Ascorbyl Glucoside Solution 12%
or
The Ordinary
Ethylated Ascorbic Acid 15% Solution
or
The Ordinary
Ascorbic Acid 8% + Alpha Arbutin 2%
or
The Ordinary Ascorbyl Tetraisopalmitate 20%
or
The Ordinary
Vitamin C Suspensions 23% or 30%

General Skincare Tips



The Ordinary.

Skincare Products

Order Of Application

1



Water-Based
Serum(s)

2



Anhydrous
Solution(s)

3



Oil(s)

4



Cream(s)/
Moisturizer

5



Suspension(s)

6



Sunscreen
(Daytime only)

I recommend using a maximum of two small bottles in a single regimen followed by a moisturizer or a suspension (if needed) to ensure a comfortable feeling and layering.

How to do a proper patch test for skincare products:

- First, choose a location for the patch test. I recommend the upper forearm over behind the ears, as any severe reactions, such as swelling, will be less severe and not dangerous in this area.
- Select the upper forearm as the testing area, then wash it with a gentle soap or cleanser and pat it completely dry.
- Apply a small amount of the product onto the upper forearm.
- Wait at least 24 hours to see if any delayed reaction occurs. During this time, avoid touching or washing the area.
- If no reaction occurs after 24 hours, you can rinse the area and assume the product is safe for use. If any redness, burning, itching, or unusual irritation occurs during the patch test, discontinue its use.
- If the patch test goes well, you can assume the product is safe for use. However, it is still recommended to gradually introduce the product to your skincare routine, starting with small amounts and monitoring your skin's response.



Note 1: For Salicylic Acid skincare products, follow the same process, but repeat the application once a day for three days in a row to test if you are sensitive to it, as the reaction may occur days later.

Note 2: If you experience any immediate reactions after application, such as severe irritation, swelling, or blistering, stop use immediately and consult a doctor for advice.

Clean Face



Pat Dry



Cleanse Your Face and Pat Dry:

Cleansing your face is the most crucial step in your entire skincare routine. It is essential to remove makeup, sunscreen, and any buildup of dead skin cells, oil, dirt, sweat, and other impurities. After cleansing, make sure to pat off any excess water droplets from the skin's surface to ensure proper layering and absorption of your skincare products that follow.

Damp Skin vs. Wet Skin

Damp Skin



"Damp skin" refers to skin that has been patted dry with a towel. It may not look significantly different from dry skin, but it could have a shiny or dewy appearance. Applying skincare products to damp skin can help them absorb more effectively, as the moisture softens the skin's surface and enhances the penetration of the products you layer on top. To achieve damp skin, cleanse or wash your face, then use a clean towel to gently pat all over, removing any excess water droplets from the skin surface. Voilà, damp skin! Proceed with your skincare products. (Note: For dry skin, simply wait an additional 5-10 minutes.)

Wet Skin



On the other hand, **"wet skin"** refers to skin with visible water droplets still present on the surface and not yet dried off. Applying skincare products to wet skin can cause them to become diluted and less effective, leading to a tight, dry feeling or even skincare pilling, as the products may not fully penetrate the skin. In the worst-case scenario, this can result in sensitivities and irritation. Do NOT apply any skincare products to wet skin!

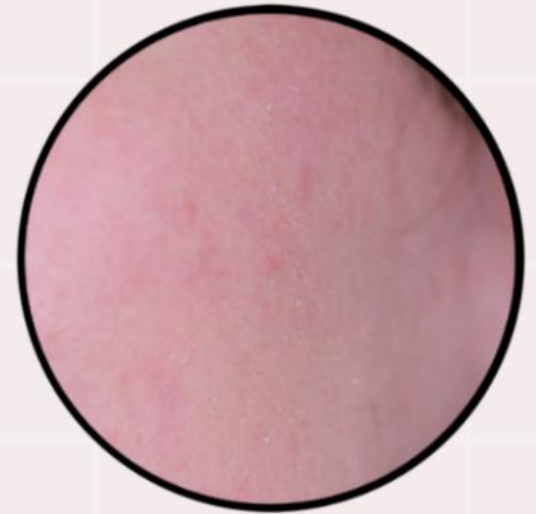
Skincare Pilling:

Pilling occurs when skincare products begin to ball up on the surface of the skin, giving the appearance of tiny little balls. Some people may mistake these balls for dead skin cells when, in reality, it is the product they've previously applied that is pilling. Pilling can happen when the formulations of your products do not mix well together, such as combining oil or silicone-based products with water-based products, or when applying products to wet skin.

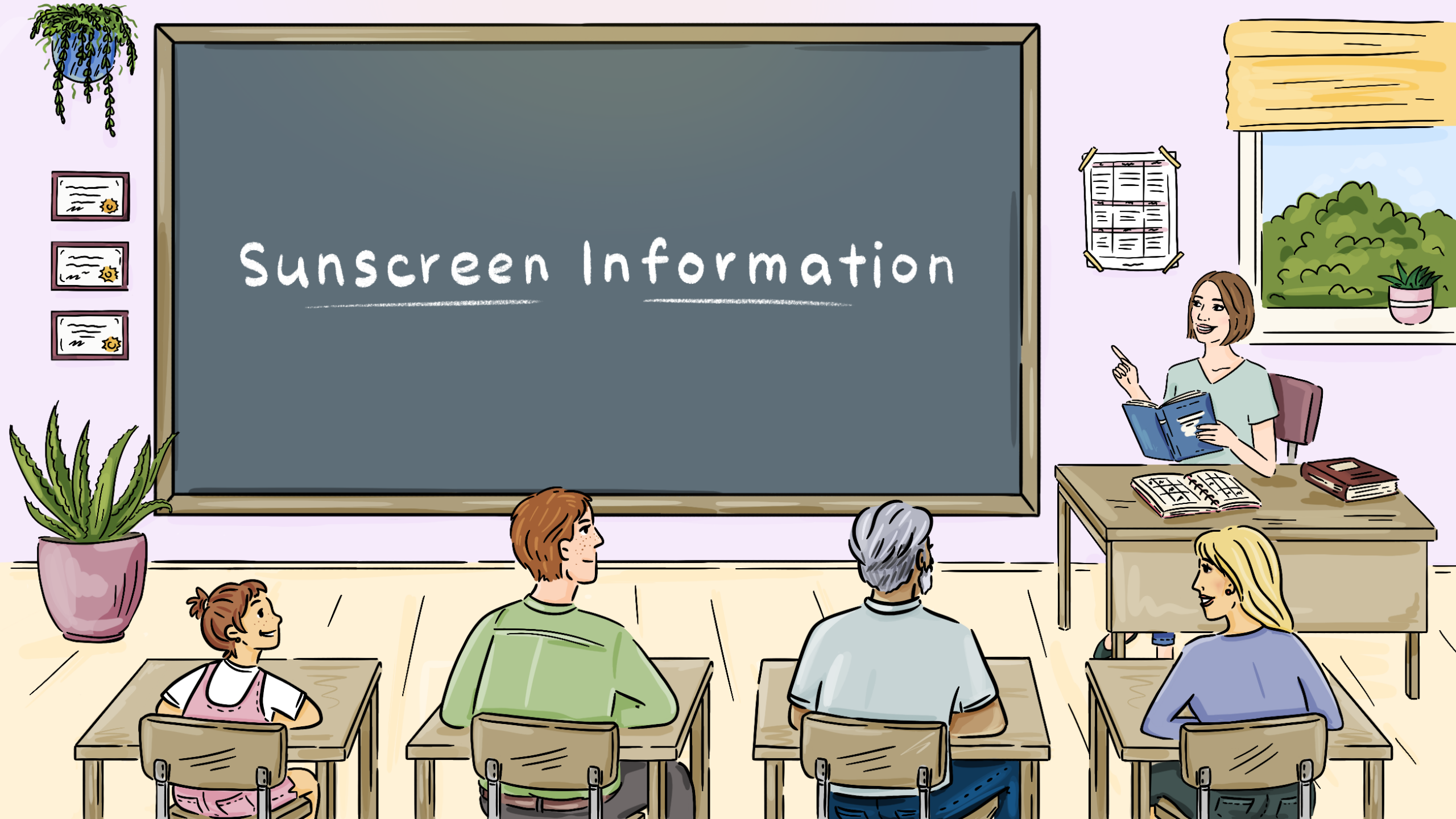
To avoid skincare pilling, it's important to follow these tips:



- Apply products to freshly washed and thoroughly dried skin. After washing your face, use a clean, dry towel to remove any excess water.
- Avoid mixing oil or silicone-based products with water-based products.
- Allow each product to fully absorb into the skin before layering on more. Waiting 30 seconds to 1 minute between each product can be helpful.
- Avoid using too much of each product. Using too much product can cause it to remain on the skin's surface instead of being absorbed.



If you continue to experience skincare pilling, you may need to consider changing the products you use or restructure/rearrange your skincare routine. If this doesn't work, it may be necessary to change your skincare formulations, or try similar products from different brands to see if the issue persists.



Sunscreen Information

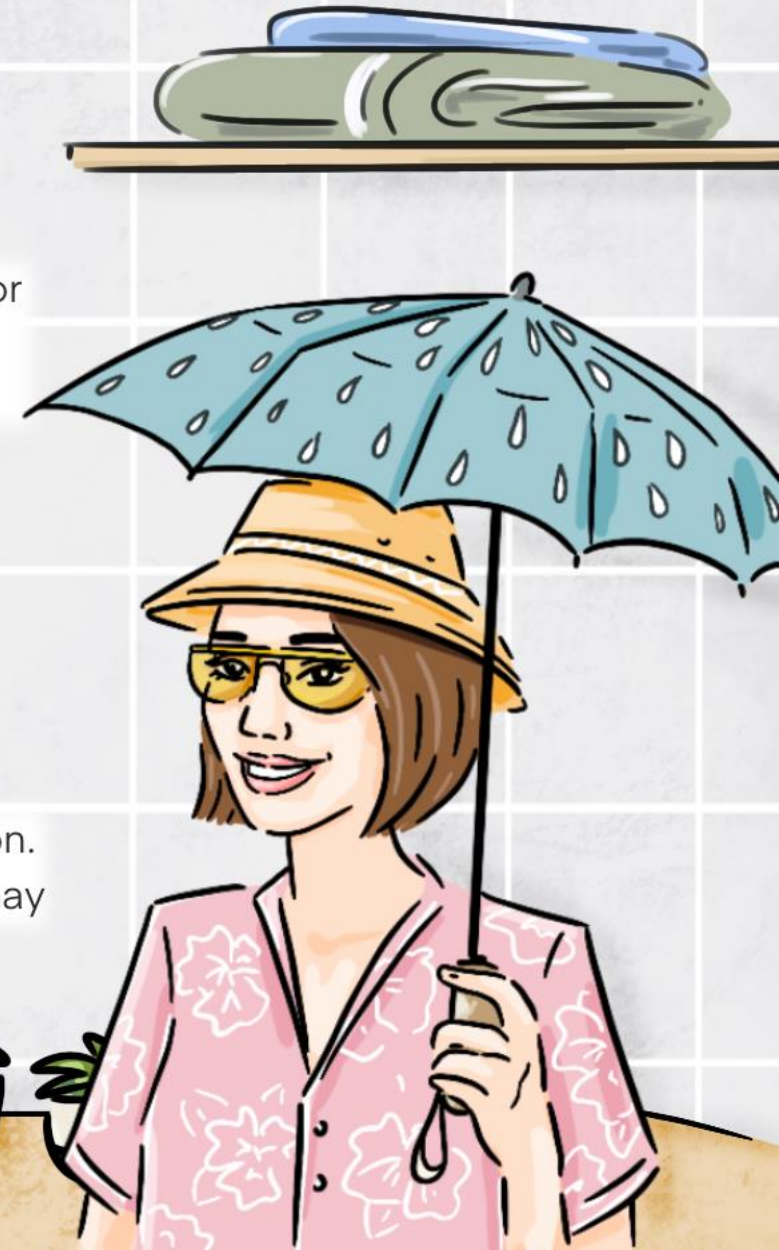
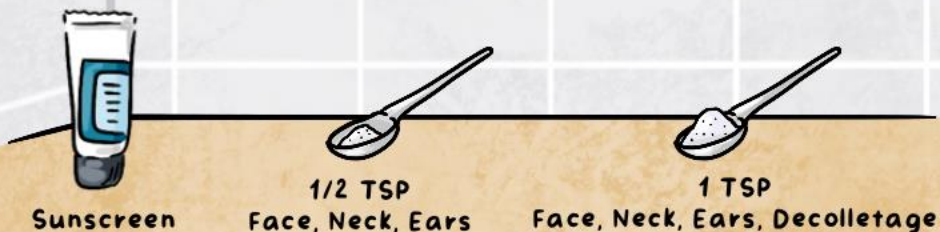
Sunscreen Application:

Sunscreen is the most important step in your daytime skincare routine, as it helps protect the skin from the harmful effects of the sun's ultraviolet (UV) rays. These rays can cause sunburn, premature aging, and in the worst case, skin cancer. Applying sunscreen correctly is crucial to ensure proper protection.

It is recommended to apply sunscreen 10-15 minutes before sun exposure to allow time for the product to absorb or set and provide sufficient protection. Reapply every two hours, or more frequently if sweating, swimming, or participating in extended outdoor activities.

When it comes to the amount of sunscreen to use, a general rule of thumb is to use about half a teaspoon for the face, neck, and ears, and one full teaspoon if you want to include the décolletage. It's better to apply more than less, as inadequate application can result in uneven protection and increased risk of sun damage.

Depending on your sunscreen's formulation, it can feel uncomfortable on your skin. You can reduce the amount or start over, but ensure it is applied evenly for proper protection. However, I suggest trying a different sunscreen with a different formulation or texture that may work better for your skin type, so that you can ensure proper protection!



How to Remove Sunscreen?

Removing sunscreen before bed or continuing with your skincare routine is essential to prevent clogged pores and dry skin.

While most sunscreens can be easily removed using a regular cleanser, some types, particularly mineral or waterproof sunscreens, may require extra effort.

In these cases, an oil-based cleanser or cleansing balm can be highly effective.

Dispense a coin-sized amount of the balm or oil cleanser onto your palm, then rub it between your hands for a few seconds to warm the product.

Gently massage it onto your dry face, over the sunscreen, for 1-2 minutes.

Take your time to thoroughly break down the sunscreen. Afterward, rinse your face with lukewarm or warm water. If desired, you can also use a soft, clean, damp washcloth to help remove the cleanser, sunscreen, or makeup.

If you prefer to double cleanse, you can now follow up with a second cleanser to address any specific skin concerns or remove any remaining traces of sunscreen.

You can either proceed with your regular skincare routine or leave your skin as it is.



When should you apply sunscreen in a skincare routine, and when should you apply makeup?

Sunscreen, whether it is chemical or mineral-based, should be the last step in your morning skincare routine.

Apply it after using your toner, essence, serums, oil and moisturizer (if used). Once you have applied sunscreen, wait for at least 10 minutes to allow it to set.

After this waiting period, you can apply makeup on top of your SPF. This ensures that your sunscreen won't move around during makeup application.

