

The Ordinary Morning (AM) Skincare Routines





Morning (AM) Routine Daily

This routine supports the skin with antioxidants while making it look brighter. It keeps it hydrated, helps restore the skin barrier, and protects against UVA and UVB damage.

Step 1. Use a Regular Cleanser



Examples:

Cetaphil
Daily Facial Cleanser
(Normal to Oily Skin)
or
CeraVe
Hydrating Facial Cleanser
(Normal to Dry Skin)



Take a clean towel
and pat the skin dry
(Leave on to the first serum)

Step 2. Apply Hydrating Serum



Do not
wash it off

Examples:

*The Ordinary
Marine Hyaluronics
or
**The Ordinary
Amino Acids + B5
or
**The Ordinary
Hyaluronic Acid 2% + B5



Wait
30-60
sec.

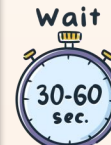
Step 3. Apply Antioxidant Serum



Do not
wash it off

Examples:

**The Ordinary
Ascorbyl Glucoside Solution 12%
(Vitamin C Derivative)
or
**The Ordinary
EUK 134 0,1%
or
**The Ordinary Pycnogenol 5%



Wait
30-60
sec.

(Optional) Step 4. Apply Moisturizer with NMF



Do not
wash it off

Example:

The Ordinary Natural
Moisturizing Factors + HA



Wait
1-2
min.

Step 5. Use Sunscreen



Do not
wash it off

Examples:

NIOD Survival 30
(All Skin Types – Mineral – Natural Tint)
or
COSRX Aloe Soothing
Sun Cream SPF 50
(All Skin Types – Chemical + Mineral)

Regular Cleanser: Dispense a coin-sized amount of cleanser onto the palm of your hand and apply it to wet skin, allowing the cleanser to spread evenly and absorb it better.

Gently massage the cleanser into the skin all over the face for about 30–60 seconds. Rinse and pat dry.

Serums/Solutions: Dispense *5–10 drops of watery serum or **3–6 drops of light-textured formulation onto the palm of your hand, and then apply it across your face and neck. Do not rinse.

Moisturizer: Dispense a pea- to a bean-sized amount of moisturizer onto your fingertips, and then apply it all over your face and neck. Do not rinse.

Sunscreen: Take about half a teaspoon of sunscreen and spread it evenly over the face and neck. If you want to include your décolletage, use about 1 teaspoon. Do not rinse.

Additional Notes: Always read the specifications and directions on individual product labels carefully. Choose products that are formulated or better suited for your skin type and needs.

Eyelids/Eye Area: Carefully read the labels of individual products for instructions or a warning about using the product in the eye area. If there is no special indication, it is likely safe to use.

OR





Morning (AM) Routine Daily

This routine helps to keep the skin's surface smooth, look plump, hydrated (glowing), and healthy-looking. It also reduces tell-tale signs of aging and protects the skin against UVA and UVB damage.

Step 1. Use a Regular Cleanser



Examples:

Cetaphil
Daily Facial Cleanser
(Normal to Oily Skin)
or
CeraVe
Hydrating Facial Cleanser
(Normal to Dry Skin)



Take a clean towel
and pat the skin dry
(Move on to the first serum.)

Step 2. Apply Hydrating Serum



Do not
wash it off

Examples:

*The Ordinary Marine Hyaluronic
or
**The Ordinary
Amino Acids + B5
or
**The Ordinary
Hyaluronic Acid 2% + B5



Wait
30-60
sec.

Step 3. Apply Peptide Serum



Do not
wash it off

Examples:

**The Ordinary
Matrixyl 10% + HA
or
**The Ordinary
Multi-Peptide + HA Serum
("Buffet")



Wait
30-60
sec.

(Optional) Step 4. Apply Moisturizer with NMF



Do not
wash it off

Example:

The Ordinary Natural
Moisturizing Factors + HA



Wait
1-2
min.

Step 5. Use Sunscreen



Do not
wash it off

Examples:

NIOD Survival 30
(All Skin Types – Mineral – Natural Tint)
or
COSRX Aloe Soothing
Sun Cream SPF 50
(All Skin Types – Mineral + Chemical)

Regular Cleanser: Dispense a coin-sized amount of cleanser onto the palm of your hand and apply it to wet skin, allowing the cleanser to spread evenly and absorb it better.

Gently massage the cleanser into the skin all over the face for about 30–60 seconds. Rinse and pat dry.

Serums: Dispense *5-10 drops of watery serum or **3-6 drops of light-textured serum onto the palm of your hand, and then apply it across your face and neck. Do not rinse.

Moisturizer: Dispense a pea- to a bean-sized amount of moisturizer onto your fingertips, and then apply it all over your face and neck. Do not rinse.

Sunscreen: Take about half a teaspoon of sunscreen and spread it evenly over the face and neck. If you want to include your décolletage, use about 1 teaspoon. Do not rinse.

Additional Notes: Always read the specifications and directions on individual product labels carefully. Choose products that are formulated or better suited for your skin type and needs.

Eyelids/Eye Area: Carefully read the labels of individual products for instructions or a warning about using the product in the eye area. If there is no special indication, it is likely safe to use.

OR





Morning (AM) Routine Daily

This routine reduces enlarged pores by regulating skin oiliness, makes dark spots fade away, restores the skin barrier, and protects the skin against UVA and UVB damage.

Step 1. Use a Regular Cleanser



Examples:

Cetaphil
Daily Facial Cleanser
(Normal to Oily Skin)
or
CeraVe
Hydrating Facial Cleanser
(Normal to Dry Skin)



Take a clean towel
and pat the skin dry
(Move on to the first serum.)

Step 2. Apply Niacinamide Serum



Do not
wash it off

Example:

The Ordinary
Niacinamide 10% + Zinc 1%



Wait
30-60
sec.

Step 3. Apply Moisturizer with NMF



Do not
wash it off

Example:

The Ordinary Natural
Moisturizing Factors + HA



Wait
30-60
sec.

Step 4. Apply Azelaic Acid



Do not
wash it off

Example:

The Ordinary 10%
Azelaic Acid Suspension



Wait
1-2
min.

Step 5. Use Sunscreen



Do not
wash it off

Examples:

NIOB Survival 30
(All Skin Types – Mineral – Natural Tint)
or
COSRX Aloe Soothing
Sun Cream SPF 50
(All Skin Types – Chemical + Mineral)

Regular Cleanser: Dispense a coin-sized amount of cleanser onto the palm of your hand and apply it to wet skin, allowing the cleanser to spread evenly and absorb it better. Gently massage the cleanser into the skin all over the face for about 30–60 seconds. Rinse and pat dry.

Niacinamide Serum: Dispense about 3-5 drops of serum onto your palm or fingertips, and then apply it across your face and neck. Do not rinse.

Moisturizer: Dispense a pea- to a bean-sized amount of moisturizer onto your fingertips, and then apply it all over your face and neck. Do not rinse.

Suspension: Dispense a pea- to a bean-sized amount of suspension onto your fingertips, and then apply it all over your face and neck. Do not rinse.

Sunscreen: Take about half a teaspoon of sunscreen and spread it evenly over the face and neck. If you want to include your décolletage, use about 1 teaspoon. Do not rinse.

Additional Notes: Always read the specifications and directions on individual product labels carefully. Choose products that are formulated or better suited for your skin type and needs.

Eyelids/Eye Area: Carefully read the labels of individual products for instructions or a warning about using the product in the eye area. If there is no special indication, it is likely safe to use.

The Ordinary Evening (PM) Skincare Routines





Evening (PM) Routine MON, WED and FRI

AHA = Alpha Hydroxy Acids = Glycolic Acid, Lactic Acid or Mandelic Acid

Removes dead skin cells on the skin's surface, smooths fine lines and wrinkles, hydrates the skin and reduces dark spots.

BHA = Beta Hydroxy Acids = Salicylic Acid in Skincare

Removes dead skin cells on the surface and in the pores, regulates oiliness, reduces enlarged pores and blackheads and has anti-inflammatory properties.

Step 1. Use an Oil or Balm
and/or Regular Cleanser



Examples:

Hada Labo Cleansing Oil
(All Skin Types – Removes Mineral Sunscreen)

or

*The Ordinary Squalane Cleanser
(All Skin Types – Removes Mineral Sunscreen)

or

Cetaphil Daily Facial Cleanser
(Normal to Oily Skin)

or

CeraVe Hydrating Facial Cleanser
(Normal to Dry Skin)



Take a clean towel
and pat the skin dry
(Move on to the first serum.)



If you have
Sensitive Skin

Step 2. Apply an AHA/BHA
Exfoliating Acid Toner or Serum



Examples:

The Ordinary
Glycolic Acid 7% Toning Solution (pH 3.5-3.9)

or

*The Ordinary
Lactic Acid 5% or 10% + HA (pH 3.6-3.8)

or

**The Ordinary
Mandelic Acid + HA (pH 3.5-4.5)

or

**The Ordinary
Salicylic Acid 2% Solution (pH 3.2-4.0)



Do not
wash it off



(Optional) Step 3.
Apply Moisturizer with NMF



Example:

The Ordinary Natural
Moisturizing Factors + HA



Do not
wash it off

Double Cleansing (PM only) with Oil or Balm: If you use waterproof makeup or mineral sunscreen, use a cleansing oil or balm as the first step. Pour a coin-sized amount of oil or balm cleanser onto your palm then apply it to dry skin or on top of your sunscreen or makeup. (**NOTE:** For the cleansing balm, rub hands together for about 30 seconds to warm the product, allowing it to melt into an oil.) Gently massage the cleanser into the face and neck— including around the eyes — for about 30–60 seconds or 2 minutes for difficult-to-remove sunscreen or makeup. Rinse and leave the skin wet, following it up with your regular cleanser.

Regular Cleanser: Dispense a coin-sized amount of cleanser onto the palm of your hand and apply it to wet skin, allowing the cleanser to spread evenly and absorb it better. Gently massage the cleanser into the skin all over the face for about 30–60 seconds. Rinse and pat dry.

Glycolic Acid Toner: Dampen a cotton pad with toner, while being careful not to over-soak the pad, and then apply it across your face and neck.

Alternative application methods include dispensing 5-10 drops directly onto the palm of your hand and then applying it across your face and neck. Do not rinse.

AHA/BHA Serums or Solutions: Dispense *5-10 drops of watery serum or **3-6 drops of light-textured formulation onto the palm of your hand, and then apply it across your face and neck. Do not rinse.

Moisturizer: Dispense a pea- to a bean-sized amount of moisturizer onto your fingertips, and then apply it all over your face and neck. Do not rinse.

Additional Notes: Always carefully read the specifications and directions on individual product labels. Choose products that are formulated or better suited for your skin type and needs.

EyeLids/Eye Area: Carefully read individual product labels for instructions or a warning about using the product in the eye area. If there is no special indication, it is likely safe to use.

AHA/BHA Exfoliant Frequency: How often you use your AHA or BHA will depend on how well your skin tolerates it. Begin with 2–3 times per week. Then, as the skin builds tolerance, increase to every other day or daily as needed (and tolerated).

OR





Evening (PM) Routine Wednesday and/or Sunday

30% AHA = Alpha Hydroxy Acids = Glycolic, Lactic, Tartaric and Citric Acid

Removes dead skin cells on the skin's surface, smooths fine lines and wrinkles, hydrates the skin and reduces dark spots.

2% BHA = Beta Hydroxy Acids = Salicylic Acid in Skincare

Removes dead skin cells on the surface and in the pores, regulates oiliness, reduces enlarged pores and blackheads and has anti-inflammatory properties.

Step 1. Use an Oil or Balm and/or Regular Cleanser



Examples:

Hada Labo Cleansing Oil
(All Skin Types – Removes Mineral Sunscreen)
or
The Ordinary Squalane Cleanser
(All Skin Types – Removes Mineral Sunscreen)
or
Cetaphil Daily Facial Cleanser
(Normal to Oily Skin)
or
CeraVe Hydrating Facial Cleanser
(Normal to Dry Skin)



Take a clean towel
and pat the skin dry

Wait



Step 2. Apply AHA+BHA Exfoliating Acid Mask



10 min

Rinse thoroughly
with lukewarm
water
(No cleanser needed!)



Take a clean towel
and pat the skin dry

The Ordinary
AHA 30% + BHA 2%
Peeling Solution
(pH 3.5 – 3.7)

Step 3. Apply Hydrating Serum



Do not
wash it off

Examples:

*The Ordinary
Marine Hyaluronics
or
**The Ordinary
Amino Acids + B5
or
**The Ordinary
Hyaluronic Acid 2% + B5



Step 4. Apply Moisturizer with NMF



Do not
wash it off

Example:

The Ordinary Natural
Moisturizing Factors + HA

Double Cleansing (PM only) with Oil or Balm: If you use waterproof makeup or mineral sunscreen, use a cleansing oil or balm as the first step. Pour a coin-sized amount of oil or balm cleanser onto your palm then apply it to dry skin or on top of your sunscreen or makeup. (**NOTE:** For the cleansing balm, rub hands together for about 30 seconds to warm the product, allowing it to melt into an oil.) Gently massage the cleanser into the face and neck—including around the eyes — for about 30–60 seconds or 2 minutes for difficult-to-remove sunscreen or makeup. Rinse and leave the skin wet, following it up with your regular cleanser.

Regular Cleanser: Dispense a coin-sized amount of cleanser onto the palm of your hand and apply it to wet skin, allowing the cleanser to spread evenly and absorb it better.

Gently massage the cleanser into the skin all over the face for about 30–60 seconds. Rinse and pat dry and wait 5-10 minutes for the skin to fully dry.

The Ordinary AHA+BHA Peeling Solution: Apply a thin layer of the solution evenly over the face and/or neck to clean dry skin, avoiding the areas immediately close to the eyes and lips. Leave it on for no more than 10 minutes. Rinse and pat dry.

Application Method for Acne/Pimples: Do NOT apply to open wounds/picked pimples; instead, carefully apply the peel around them. You can use a soft microfiber washcloth to help gently remove the peel from the skin to avoid irritating these areas further.

Hydrating Serum: Dispense about *5-10 drops of watery serum or **3-6 drops of light textured serum onto your palm or fingertips, and then apply it across your face and neck. Do not rinse.

Moisturizer: Dispense a pea- to a bean-sized amount of moisturizer onto your fingertips, and then apply it all over your face and neck. Do not rinse.

Additional Notes: Always read the specifications and directions on individual product labels carefully. Choose products that are formulated or better suited for your skin type and needs.

Eyelids/Eye Area: Carefully read the labels of individual products for instructions or a warning about using the product in the eye area. If there is no special indication, it is likely safe to use.

Peeling Solution Frequency: Use no more than twice a week. Give the skin 3-4 days to rest between each application.

AND





Evening (PM) Routine TUE, THUR, SAT and/or SUN

This routine helps to hydrate, make plump and repair the skin barrier. Additionally, the Retinol/Retinoids help accelerate the skin's cell turnover, increasing collagen production, evening out the skin texture, and reducing fine lines and wrinkles.

Step 1. Use an Oil or Balm and/or Regular Cleanser



Examples:

Hada Labo Cleansing Oil
(All Skin Types – Removes Mineral Sunscreen)
or
The Ordinary Squalane Cleanser
(All Skin Types – Removes Mineral Sunscreen)
or
Cetaphil Daily Facial Cleanser
(Normal to Oily Skin)
or
CeraVe Hydrating Facial Cleanser
(Normal to Dry Skin)



Step 2. Apply Water-Based Serum



Examples:

*The Ordinary Marine Hyaluronics
or
**The Ordinary Amino Acids + B5
or
**The Ordinary Hyaluronic Acid 2% + B5



Step 3. Apply Anhydrous Solution/Emulsion



Examples:

The Ordinary Granactive Retinoid 2% in Emulsion or Squalane
or
The Ordinary Retinol 0,2% - 0,5% in Squalane



(Optional) Step 4. Apply Moisturizer with NMF



Example:

The Ordinary Natural Moisturizing Factors + HA

Double Cleansing (PM only) with Oil or Balm: If you use waterproof makeup or mineral sunscreen, use a cleansing oil or balm as the first step. Pour a coin-sized amount of oil or balm cleanser onto your palm then apply it to dry skin or on top of your sunscreen or makeup. (**NOTE:** For the cleansing balm, rub hands together for about 30 seconds to warm the product, allowing it to melt into an oil.) Gently massage the cleanser into the face and neck—including around the eyes — for about 30–60 seconds or 2 minutes for difficult-to-remove sunscreen or makeup. Rinse and leave the skin wet, following it up with your regular cleanser.

Regular Cleanser: Dispense a coin-sized amount of cleanser onto the palm of your hand and apply it to wet skin, allowing the cleanser to spread evenly and absorb it better. Gently massage the cleanser into the skin all over the face for about 30–60 seconds. Rinse and pat dry.

Serums: Dispense *5-10 drops of watery serum or **3-6 drops of light-textured serum onto the palm of your hand or fingertips, and then apply it across your face and neck. Do not rinse.

Retinol/Retinoid: Dispense about 3-4 drops of retinol/retinoid serum onto the palm of your hand or fingertips, then apply it all over your face and neck (avoiding eyelids, corners of the eyes, nose, and lips). Do not rinse.

Moisturizer: Dispense a pea- to a bean-sized amount of moisturizer onto your fingertips, and then apply it all over your face and neck. Do not rinse.

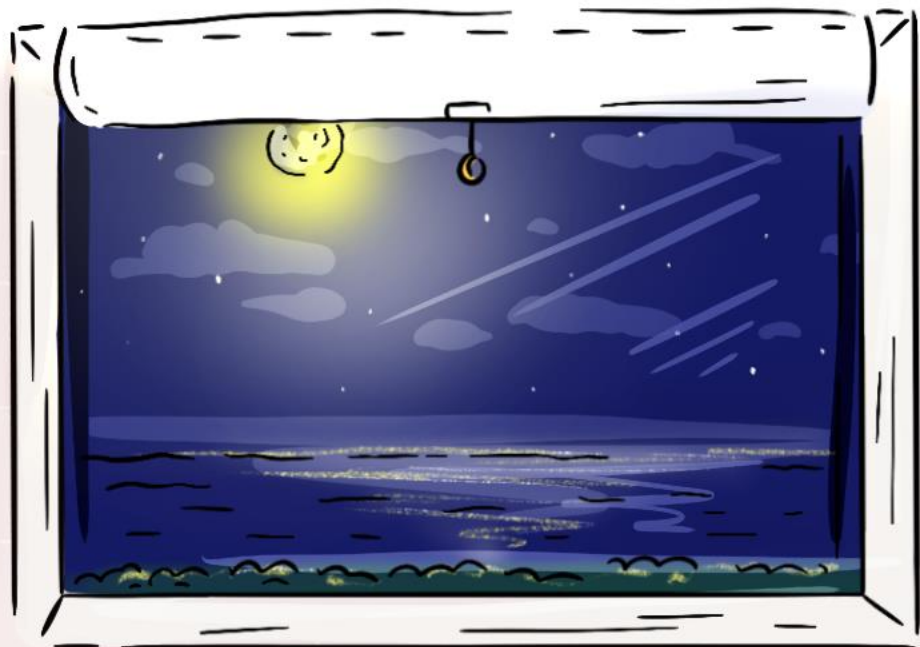
Additional Notes: Always carefully read the specifications and directions on individual product labels. Choose products that are formulated or better suited for your skin type and needs.

Eyelids/Eye Area: Carefully read individual product labels for instructions or a warning about using the product in the eye area. If there is no special indication, it is likely safe to use.

Frequency Retinol/Retinoid: How often you use your retinol/retinoid will depend on how well your skin tolerates it. Begin with 2–3 times per week. Then, as the skin builds tolerance, increase to every other day or daily as needed (and tolerated).

Evening Skincare Routine

NO Exfoliant or Retinol/Retinoid



Oil, Balm and/or
Regular Cleanser



Hydrating
Serum



Moisturizer





Evening (PM) Routine using **NO** Exfoliant and/or Retinol/Retinoid

This routine helps to keep the skin's surface smooth, look plump, hydrated (glowing), and healthy-looking.

Step 1. Use an Oil or Balm and/or Regular Cleanser



Examples:

Hada Labo Cleansing Oil
(All Skin Types – Removes Mineral Sunscreen)
or
The Ordinary Squalane Cleanser
(All Skin Types – Removes Mineral Sunscreen)
or
Cetaphil Daily Facial Cleanser
(Normal to Oily Skin)
or
CeraVe Hydrating Facial Cleanser
(Normal to Dry Skin)



Take a clean towel
and pat the skin dry
(Move on to the first serum)

Step 2. Apply Hydrating Serum

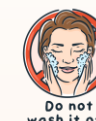


Examples:

*The Ordinary
Marine Hyaluronic
or
**The Ordinary
Amino Acids + B5
or
**The Ordinary
Hyaluronic Acid 2% + B5



(Optional) Step 3. Apply Moisturizer with NMF



Example:

The Ordinary Natural
Moisturizing Factors + HA

Double Cleansing (PM only) with Oil or Balm: If you use waterproof makeup or mineral sunscreen, use a cleansing oil or balm as the first step. Pour a coin-sized amount of oil or balm cleanser onto your palm then apply it to dry skin or on top of your sunscreen or makeup. (**NOTE:** For the cleansing balm, rub hands together for about 30 seconds to warm the product, allowing it to melt into an oil.) Gently massage the cleanser into the face and neck—including around the eyes — for about 30–60 seconds or 2 minutes for difficult-to-remove sunscreen or makeup. Rinse and leave the skin wet, following it up with your regular cleanser.

Regular Cleanser: Dispense a coin-sized amount of cleanser onto the palm of your hand and apply it to wet skin, allowing the cleanser to spread evenly and absorb it better.

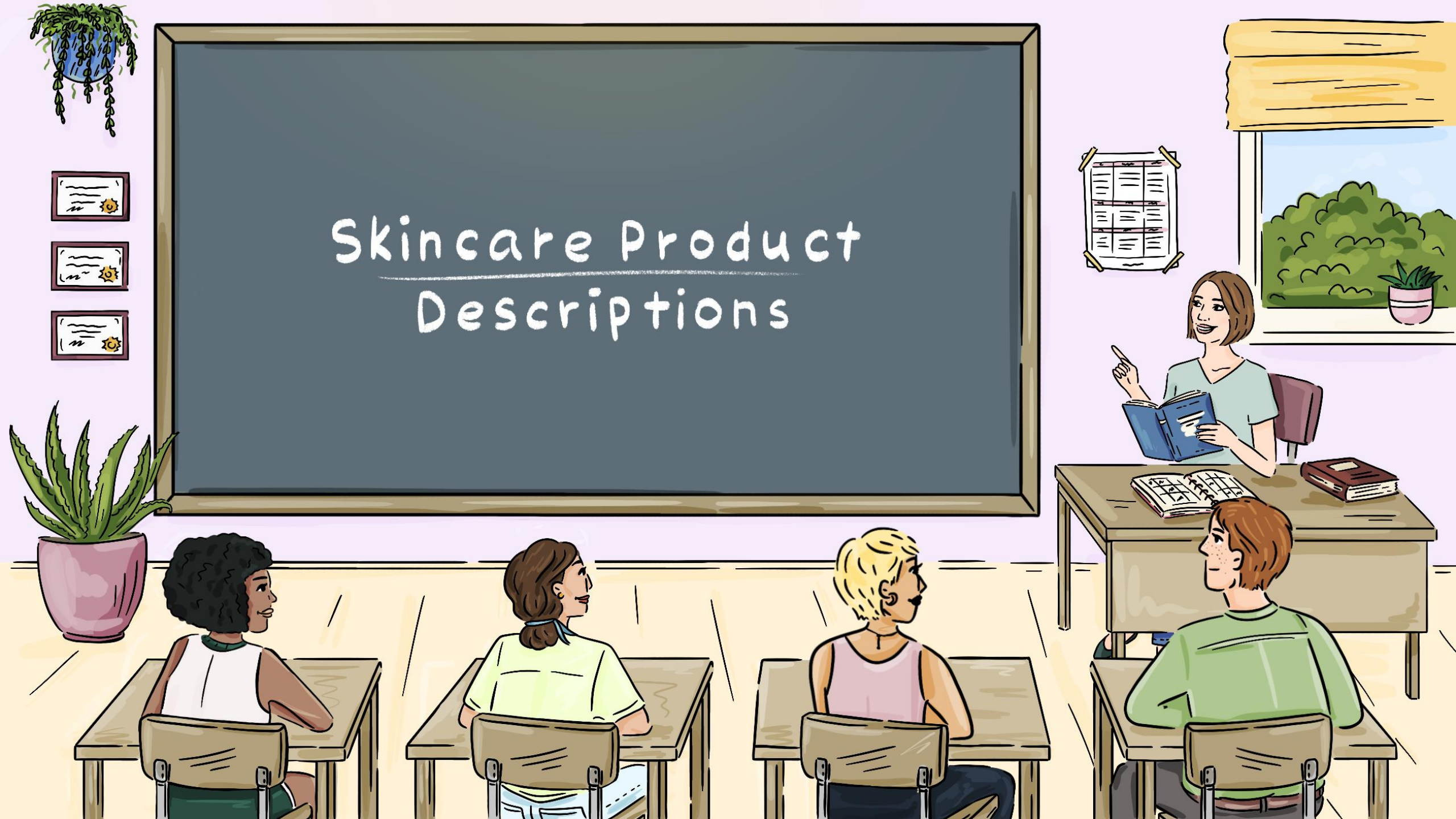
Gently massage the cleanser into the skin all over the face for about 30–60 seconds. Rinse and pat dry.

Serums/Solutions: Dispense *5-10 drops of watery serum or **3-6 drops of light-textured serum onto the palm of your hand, and then apply it across your face and neck. Do not rinse.

Moisturizer: Dispense a pea- to a bean-sized amount of moisturizer onto your fingertips, and then apply it all over your face and neck. Do not rinse.

Additional Notes: Always carefully read the specifications and directions on individual product labels. Choose products that are formulated or better suited for your skin type and needs.

Eyelids/Eye Area: Carefully read individual product labels for instructions or a warning about using the product in the eye area. If there is no special indication, it is likely safe to use.



Skincare Product Descriptions

Oil/Balm Cleanser

(removes oil, sweat, dirt, waterproof makeup and mineral sunscreen)



Rohto Mentholatum - Hada Labo Gokujyun Oil Cleansing (for all skin types)

This cleanser helps in removing dirt, oil, sweat, and other impurities from the skin. It also helps in removing sunscreen and makeup and even waterproof makeup without leaving the skin dry or tight. It is free of artificial colorings, mineral oils, alcohol, and fragrance. You can also use it as the first cleanser in a double-cleansing routine.

The Ordinary Squalane Cleanser (for all skin types)

This gentle balm cleanser helps in removing dirt, oil, sweat, and other impurities from the skin and breaks down the most stubborn makeup and mineral sunscreen while leaving the skin smooth and moisturised. You can also use it as the first cleanser in a double-cleansing routine.



Regular Cleanser

(removes oil, sweat, dirt, light makeup and sunscreen)

Cetaphil Daily Facial Cleanser (for normal to oily, sensitive skin)

It is a gentle foaming cleanser that removes dirt, sweat, excess oils, light makeup that is not waterproof, and sunscreen that is not mineral from the skin without leaving the skin dry or tight. It can be used as a second cleanser in a double-cleansing routine after the initial oil or balm.

CeraVe Hydrating Cleanser (for normal to dry, sensitive skin)

It can remove dirt, sweat, light makeup and regular sunscreen that are not waterproof or mineral, and other impurities without disrupting the skin's natural protective barrier or stripping the skin of its natural moisture and oils. It can also be used as a second cleanser in a double-cleansing routine after the initial oil or balm.



Water-Based Serums

The Ordinary Marine Hyaluronics (for all skin types)

This product has a very light texture and is absorbed quickly. It contains several algae and amino acids that boost skin hydration and reparation.

The Ordinary Amino Acids + B5 (for all skin types)

This solution includes Amino Acids, Amino Acid derivatives, and D-Panthenol. Amino acids are the building blocks of both peptides and proteins; they help maintain skin hydration and help to repair the skin's natural barrier ability. D-Panthenol helps increase skin hydration by minimising moisture loss through the skin. And it may even help to reduce sensitivity-induced redness in the skin.

The Ordinary Hyaluronic Acid 2% + B5 (for all skin types)

This formulation contains different molecular sizes of hyaluronic acid. The larger molecular HA is excellent for surface hydration and plumping the skin, and it works to protect the skin. The lower molecular HA can hydrate the skin deeper and may also help the skin repair itself.

The Ordinary Ascorbyl Glucoside Solution 12% (for all skin types)

This solution contains a Vitamin C derivative. Once absorbed into the skin, it is converted into pure vitamin C (Ascorbic Acid). Therefore, it works as an antioxidant and skin protectant. It brightens uneven skin while improving the appearance of wrinkles and fine lines.



Water-Based Serums

The Ordinary Matrixyl 10% + HA (for all skin types)

This serum contains Matrixyl™ 3000 (Palmitoyl Tripeptide-1 coupled with Palmitoyl Tetrapeptide-7) and Matrixyl™ synthe'6, which may stimulate collagen production to reduce fine lines and wrinkles. In addition, the added Hyaluronic Acid will help to hydrate, repair, and plump the skin.

The Ordinary Multi-Peptide + HA Serum “aka Buffet” (for all skin types)

This serum contains glycerine, peptides, sodium hyaluronate (hyaluronic acid), amino acids, and other skin-replenishing and hydrating ingredients that rejuvenate the skin by targeting multiple signs of ageing.

The Ordinary Niacinamide 10% + Zinc 1% (for all skin types; Ideal for normal to oily)

Niacinamide is a multifunctional ingredient; it has excellent skin-lightening properties reducing hyperpigmentation and brown spots and wrinkle-smoothing properties as it can increase collagen production and the production of three essential proteins keratin, filaggrin, and involucrin. It also increases free fatty acids, cholesterol, and ceramides, resulting in a stronger skin barrier and better-hydrated skin. Furthermore, it has oil-regulating and anti-inflammatory properties that benefit acne- or breakout-prone skin. Additionally, it contains zinc-PCA which helps to normalize oil production and limit the reproduction of acne-causing bacteria. Moreover, PCA is a natural moisturizing factor that increases hydration in the uppermost layers of the skin.



Anhydrous Solution (water-free serum)

The Ordinary EUK 134 0,1% (for all skin types)

EUK 134 is a mimetic of superoxide dismutase and catalase, forming an exceptionally rare self-regenerating molecule that scavenges superoxide free radicals, eliminates hydrogen peroxide and converts reactive oxygen species into water and oxygen. It can regenerate itself to offer round-the-clock antioxidant support. All in all, this is a really potent antioxidant that can help reduce the redness caused by UV rays, and also help the skin protect itself from all the environmental pollutants out there.

The Ordinary Pycnogenol 5% (for all skin types)

Pycnogenol is a potent antioxidant, which protects our skin against UV-caused oxidative stress. It also helps the skin produce more hyaluronic acid, thus increasing its hydration and producing skin collagen, which gives skin its elasticity.



AHA/BHA Exfoliating Acid Mask



The Ordinary AHA 30% + BHA 2% Peeling Solution (for all skin types; not suitable for sensitive skin)

This exfoliating acid face mask contains 30% alpha-hydroxy acids, of which the majority is glycolic acid, followed by small amounts of lactic, tartaric, and citric acids. These acids break the bond between the outer layer of skin and the dead skin cells. This process helps to improve sun-damaged skin, uneven skin tone, rough and flaky patches of skin, fine lines, and wrinkles. It also increases the skin's hydration. Furthermore, the face mask contains 2% beta hydroxy acid, also known as salicylic acid, which exfoliates the skin on the surface and in the pores. It also has anti-inflammatory properties. Additionally, it can smooth the skin's texture and help fight blackheads close to the skin's surface. The mask also contains a hyaluronic acid crosspolymer, vitamin B5 (panthenol), black carrot, and Tasmanian pepper berry, which gives the solution its reddish color (the color can vary from reddish to slightly pinkish as the berry is of natural origin).



AHA/BHA Exfoliating Acids

The Ordinary Glycolic Acid 7% Toning Solution (for all skin types; ideal for non-sensitive, normal to dry skin)

Glycolic acid breaks the bond between the outer layer of skin and the dead skin cells. This process helps to improve sun-damaged skin, uneven tone, rough, flaky patches of skin, fine lines, and wrinkles. It also increases the skin's hydration. It might even protect skin against UV damage. However, since it removes the dead skin cells, new "fresh" skin is revealed underneath that can be more susceptible to sun damage.

The Ordinary Lactic Acid 5% and 10% (for all skin types; ideal for non-sensitive, normal to dry skin)

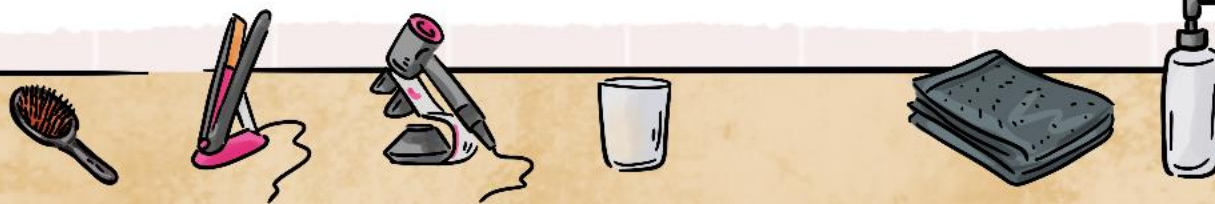
Lactic acid has similar benefits to Glycolic acid, although its larger molecules allow it to penetrate the skin more slowly.

The Ordinary Mandelic Acid 10% + HA (for all skin types)

Mandelic acid is an AHA derived from bitter almonds. It helps remove dead skin cells, resulting in a smoother skin texture and a more even complexion. Additionally, it has antibacterial and anti-inflammatory properties, which may be effective against acne/breakouts. It may also be effective against dark spots and other skin discolorations. Compared to glycolic or lactic acid, mandelic acid has larger molecules, which penetrate the skin slowly—this is what makes it so gentle for all skin types.

The Ordinary Salicylic Acid 2% Solution (for all skin types; ideal for normal to oily; including sensitive skin)

Salicylic acid, also known as BHA, can exfoliate the skin on the surface and in the pores. It also has anti-inflammatory properties. Additionally, it can smooth the skin's texture and help fight blackheads that are close to the skin's surface.



Retinol/Retinoid

The Ordinary Retinol 0.2, or 0.5 or 1% Retinol in Squalane (for all skin types)

Retinol (a form of Vitamin A) is the most researched and proven anti-aging ingredient available over the counter. It is converted to retinoic acid (tretinoin) once applied to the skin to do its job. Once it is converted, it works and provides its benefits. It makes the skin smoother, firmer, and tighter and, therefore, less wrinkled. It is also beneficial for acne-prone skin as it normalizes keratinization and makes the pores produce less sebum. Squalane in this formulation helps in hydrating the skin and reducing the signs of irritation.

The Ordinary Granactive Retinoid in Emulsion 2% or Squalane 2% or 5% (for all skin types)

Granactive retinoid (hydroxypinacolone retinoate [HPR]) is a new form of retinoid (a retinoic acid ester) and is directly related to retinoic acid (tretinoin). So, it does not need to be converted into retinoic acid. It is something that needs to be done by the skin while using retinol (two conversions) or Retinal (one conversion). It also seems to be less irritating than retinol. It helps reduce fine lines and wrinkles, sunspots, other signs of sun-damaged skin, and uneven skin texture. It also regulates oiliness to help reduce enlarged pores. Moreover, it may be beneficial for fading melasma and other hyperpigmentation.



Moisturizer



The Ordinary Natural Moisturizing Factors + HA (for all skin types)

Natural moisturizing factors (NMFs) keep the outer layer of the skin protected and well hydrated. NMFs are made up of multiple amino acids, fatty acids, triglycerides, urea, ceramides, phospholipids, glycerin, saccharides, sodium PCA, hyaluronic acid, and many other compounds that are naturally present in the skin. NMFs draw moisture from the air into the skin, keeping it hydrated. They also help create a barrier so that harmful microorganisms cannot penetrate the skin. This moisturizer provides NMFs to supplement the skin's own moisturizing factors, ensuring the outer layer remains protected and hydrated. Its continued use can also help improve skin barrier function.



Azelaic Acid Suspension



The Ordinary Azelaic Acid 10% (for all skin types; ideal for normal to oily)

Azelaic acid has anti-inflammatory and antibacterial properties. Also, it helps with healthy skin cell production, preventing blackheads, whiteheads, and inflamed acne lesions. In addition, it has skin-lightening abilities and may work against PIH and even melasma.



Sunscreen

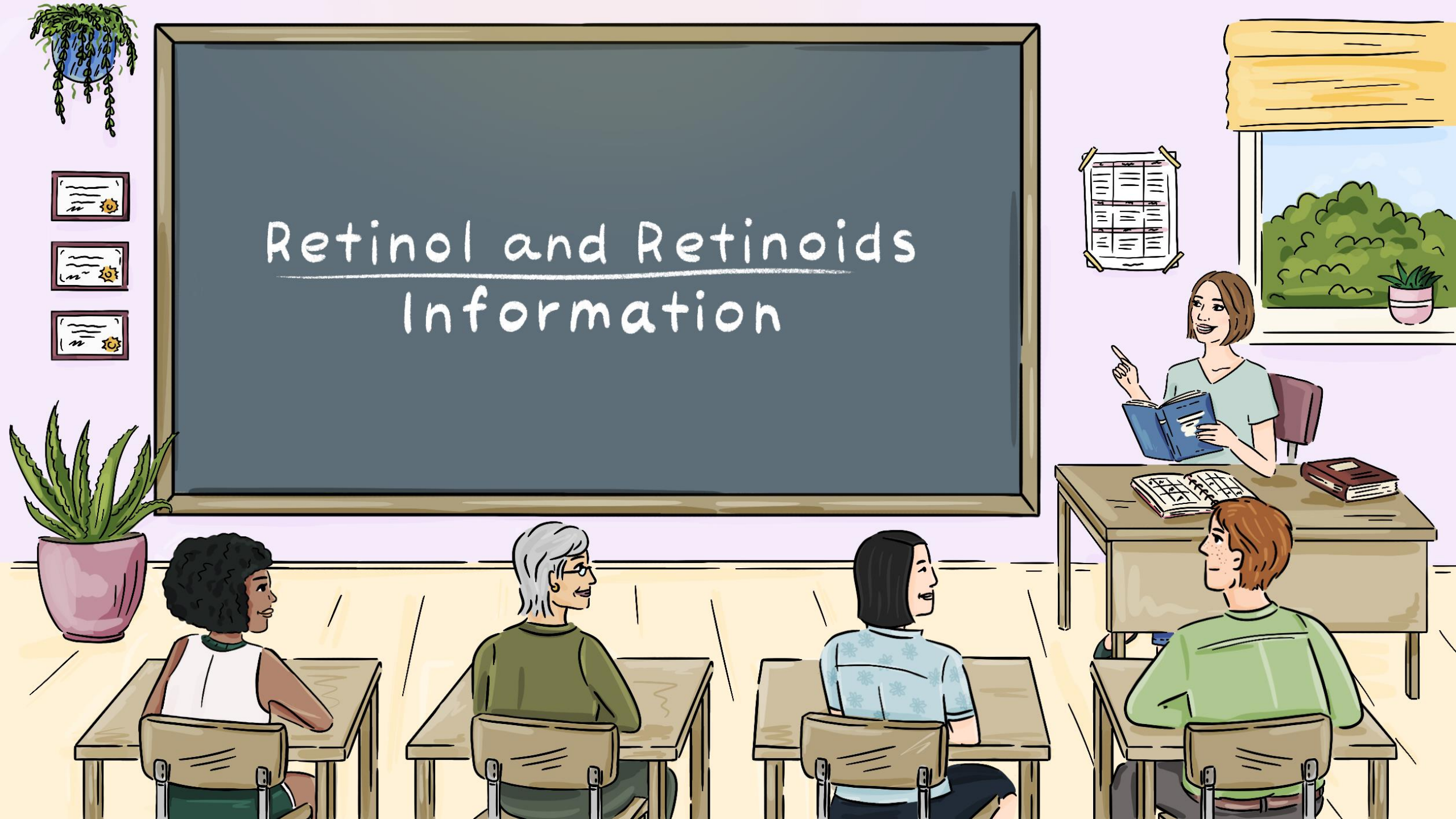
COSRX Aloe Soothing Sun Cream (for all skin types)

It has a lightweight, quickly absorbing formulation that hydrates like a moisturizer, leaves no white cast, and does not feel greasy. In addition, it uses a combination of chemical and mineral filters that protect the skin against UVA (PA+++) and UVB (SPF 50+) rays.

NIOD SURVIVAL 30 (S30) (for all skin types – mineral – natural tint)

It is a lightweight, textured sunscreen with a natural tint, suitable for all skin types and tones. It offers mineral-only UVB (SPF 30) and UVA (PA+++) protection. It contains antioxidants and uses different technologies that help reduce the effects of free radicals, including superoxide radicals, nitrogen radicals, carbonyl radicals, glycation, advanced glycation end-products (AGE), pollution, smog, stress, infrared rays, and blue light. **NOTE:** Mineral sunscreen filters are less likely to be absorbed by living skin cells and, therefore, are less likely to irritate the skin.

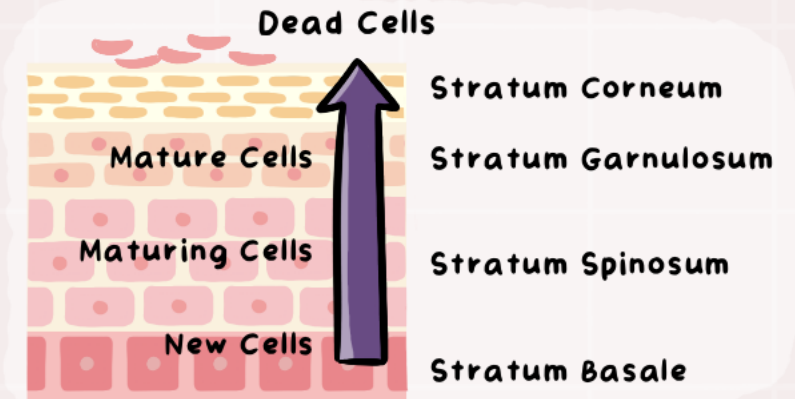




Retinol and Retinoids Information

What to Know About Retinol and Retinoids?

Retinol and retinoids are vitamin-A derivatives that speed up the skin cell turnover process and bring new and healthy skin cells to the surface. The new skin that develops is delicate and thinner and should therefore not be exposed directly to sunlight. So, it is best to use retinol or retinoids at night to get all the benefits.



Can I use Retinol or Retinoids during Pregnancy?

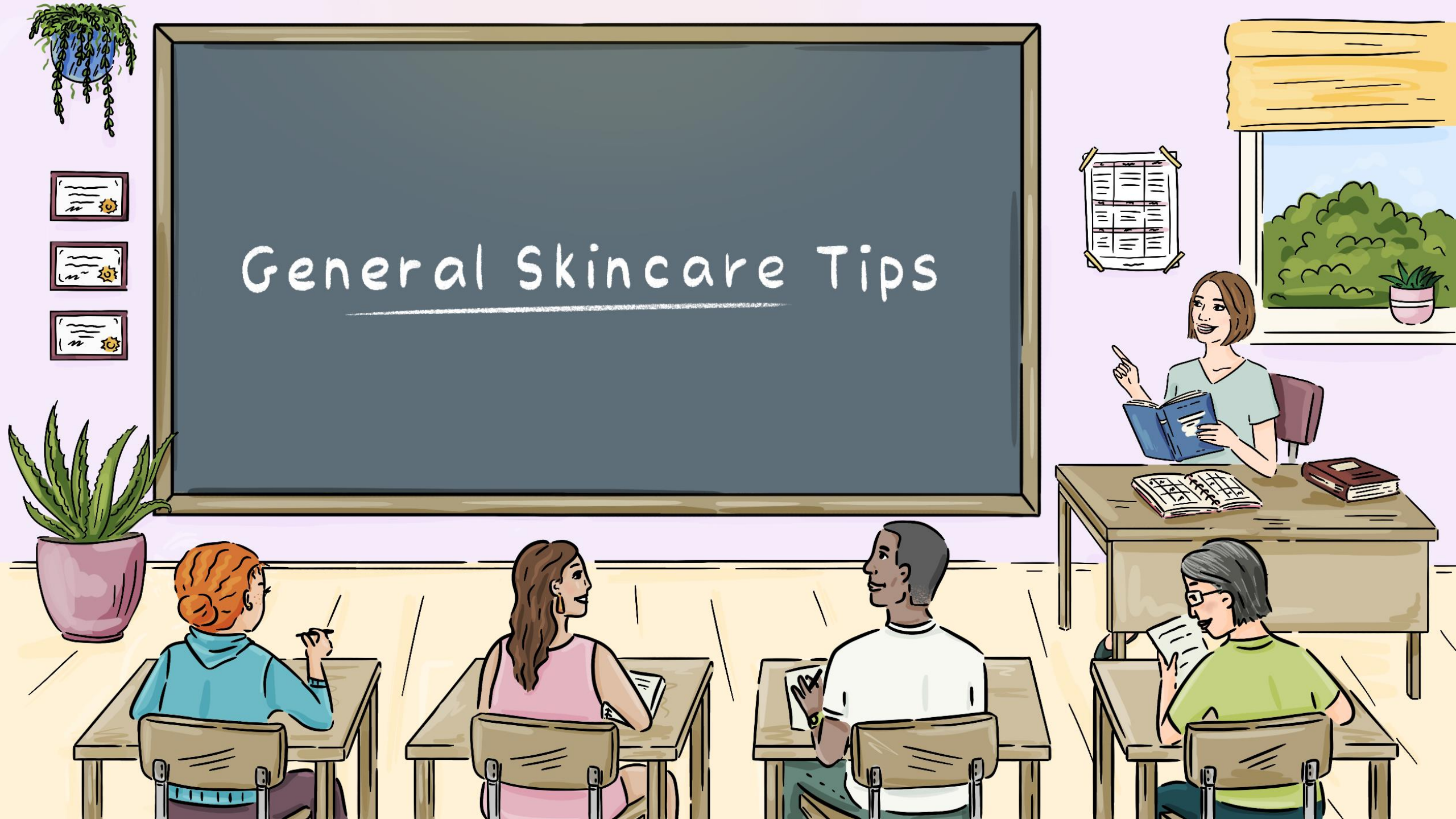
It is generally recommended that any skincare product containing retinol or retinoids should be avoided if you are pregnant or breastfeeding. Always consult your doctor first if you are adding retinol or retinoids to your skincare when pregnant or breastfeeding.

When do I need to use Sunscreen with Retinol or Retinoids?

There is no need to add sunscreen to your routine if you are using retinol or retinoids at night. Sunscreen should be used only in the daytime!



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.

Patch-Test

One of the best skincare tips to remember is to do a patch test before introducing something new into your routine. Here's how:



- Apply a small amount of the product onto a clean area of skin on the upper forearm.
- If a reaction happens immediately after application, such as burning or itching, wash the product off and do not use it any further. If blistering, swelling or other severe irritation occurs, stop use immediately and consult a doctor for advice.
- If everything went well after the initial application, leave it on the skin and keep the area dry for 24 hours. After 24 hours, you can rinse the area.
- If any redness, burning, itching, or other unusual irritation is observed during the patch test, do not continue to use the product.

Note: For Salicylic Acid – Follow the same process but apply the product once a day for three days to test if you are sensitive to it.

1. Clean Face and Pat Dry

Cleansing your skin is a must to remove makeup, sunscreen and buildup (oil, dirt, sweat) from the day. After cleansing, take a clean towel to remove the water drops from the skin surface. Gently pat the skin dry, do not rub. This is a crucial step to getting the best layering possible. Your cleanser is the only product that needs to be removed from the skin (aside from face masks). Everything else you use can be left on during the day and night.

Clean Face



Pat Dry



Damp Skin



Wet Skin



2. Damp Skin vs. Wet Skin

Damp skin is when the skin has absorbed some water but is dry to the touch. After washing your face, the skin remains damp for up to 30 minutes. However, many products need to be applied to dry skin, such as retinol/retinoids or exfoliating acids like glycolic and lactic acid. Much of the skin's dampness is gone after 5–10 minutes, so if your skin is sensitive, you'll want to wait for at least this long before applying those types of products. Ultimately, you should test what works best for your individual skin needs.

3. Waiting Time between Applications

Always wait until each product has been absorbed before applying the next, which is usually about 30 to 60 seconds. If you feel that the product has been absorbed sooner, continue without waiting.



Skincare Pilling

Pilling refers to the look products have when they begin to ball up on the skin surface. It looks like tiny little balls and some people believe these balls are their skin (dead skin cells) rubbing off when it's actually the product they've previously applied that is pilling.

Pilling can occur when the formulations of your products do not go well together, such as mixing oil/silicones and water-based products, or if you apply products directly on wet skin.

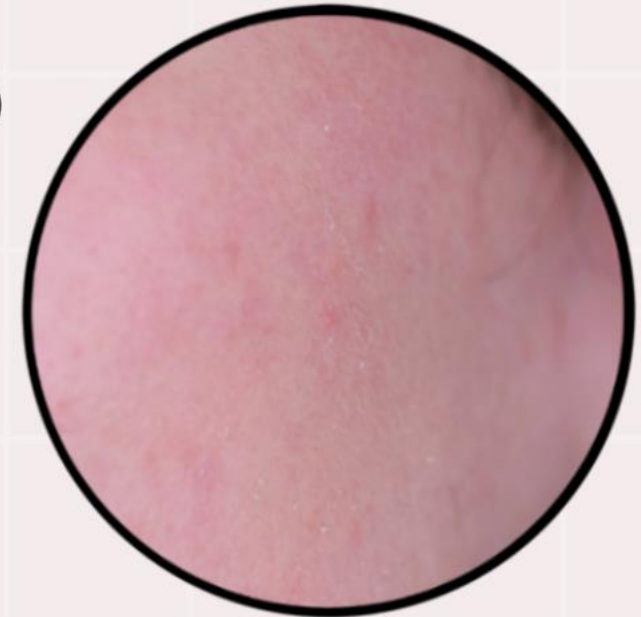
These tips may help to avoid skincare pilling:

- Apply products to the freshly washed and thoroughly dried face.
(After washing, you should take a clean, dry towel and remove any access water drops that may remain.)
- Avoid mixing oil or silicone formulations and water-based products.
- Allow each product to absorb before layering on more.
(Waiting 30 seconds to 1 minute in between can be of great help.)
- Avoid using too much of each product.
(You want the product to be absorbed into the skin and not to remain on the skin surface.)



If you're still seeing skincare pilling, you may need to change the skincare products used in your morning and evening routines or restructure/rearrange them.

If that does not work, reconsider changing your skincare formulations, and if you can find similar products for your skin concerns from other brands, replace them to see if the issue will continue.



What to Know about Skin Peeling

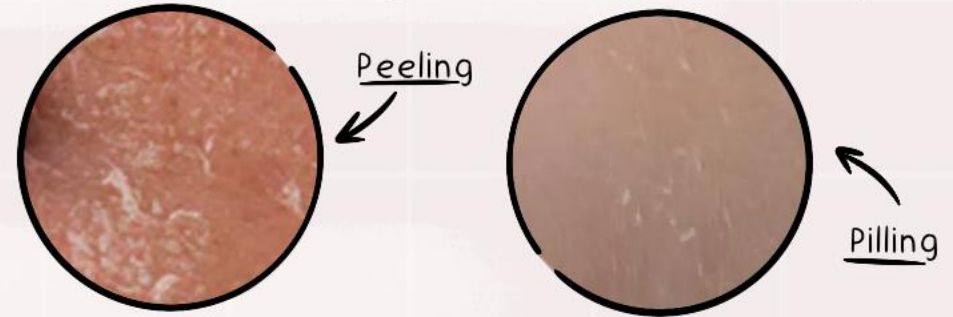
Skin peeling is when skin sheds its outer layer to be replaced by new skin. In medical terminology, this process is called desquamation. Peeling or flaking skin is the skin's way of recovering or healing from damage or dryness. It is usually not noticeable or a major cause for concern.

What Causes Skin Peeling?

Some of the most common causes of skin peeling include:

- **Sunburn:** If the skin is exposed to too much sun or artificial UV rays, it can burn. The red burn will fade and may start to peel after a few days as the skin gets rid of damaged skin cells.
- **Dry skin:** If the skin is suffering from a lack of water and oil, it can dry out. This can lead to skin peeling if not remoisturized.
- **Retinoids/retinol:** Retinol treatments increase skin cell turnover. Because of this, there will be more dead skin cells than usual, which can lead to skin peeling.
- **AHAs:** Alpha hydroxy acids, like glycolic, lactic, and mandelic acids, loosen the bonds between dead skin cells on the top layers of skin. This lifts the dead skin cells away from the healthy skin underneath.
- **Benzoyl peroxide:** This popular acne treatment helps peel away the top layer of skin to get rid of dead skin cells, bacteria, and excessive oil to help improve the health of the skin.

Skin treatments, like those listed above, may contribute to excessive peeling, redness, and dryness. However, they can also lessen the signs of sun damage, uneven skin tone, and aging. They can also help smooth out flaky skin patches and acne.



Skin Conditions that Contribute to Skin Peeling

Along with burns and skin treatments, there are also skin conditions that can cause skin peeling:

- **Eczema:** Also known as atopic dermatitis, eczema causes red, peeling, itchy skin. The skin may look scaly or cracked and may develop crusty sores.
- **Facial psoriasis:** Psoriasis can cause red, scaly, dry patches of skin that can be itchy and sensitive.
- **Rosacea:** Rosacea can cause red, inflamed skin and sometimes pus-filled bumps. The skin can feel dry and peel.
- **Allergic contact dermatitis:** Allergic contact dermatitis is an allergic reaction to a substance, like a skin care product. It usually causes red, scaly, itchy skin.
- **Seborrheic dermatitis:** This skin condition typically develops in the oiliest spots on the body, like the face, scalp, chest, or back. It causes greasy skin with crusty white or yellow flakes.



Choose Products That Are Designed for Your Skin Concerns

Everyone has different skin concerns, which means what works for someone else isn't guaranteed to work for you. Choose products that are designed for your needs. This ensures you'll see the best results, as opposed to giving your skin something it doesn't need.

Severe Conditions

Hyperpigmentation



Acne



Visit a Dermatologist for Major Skin Concerns

Over-the-counter skincare products may provide visible results when it comes to skincare concerns such as hyperpigmentation, dehydrated skin, acne, fine lines, and wrinkles, etc. Those products are not medical treatments so be realistic about the results you expect. If you have a severe medical condition, consider visiting a dermatologist in your area for a more advanced treatment regime.

Be Patient and Consistent

Remember to always be patient and consistent with your skincare routine, as it can take time to see results.

Hyperpigmentation



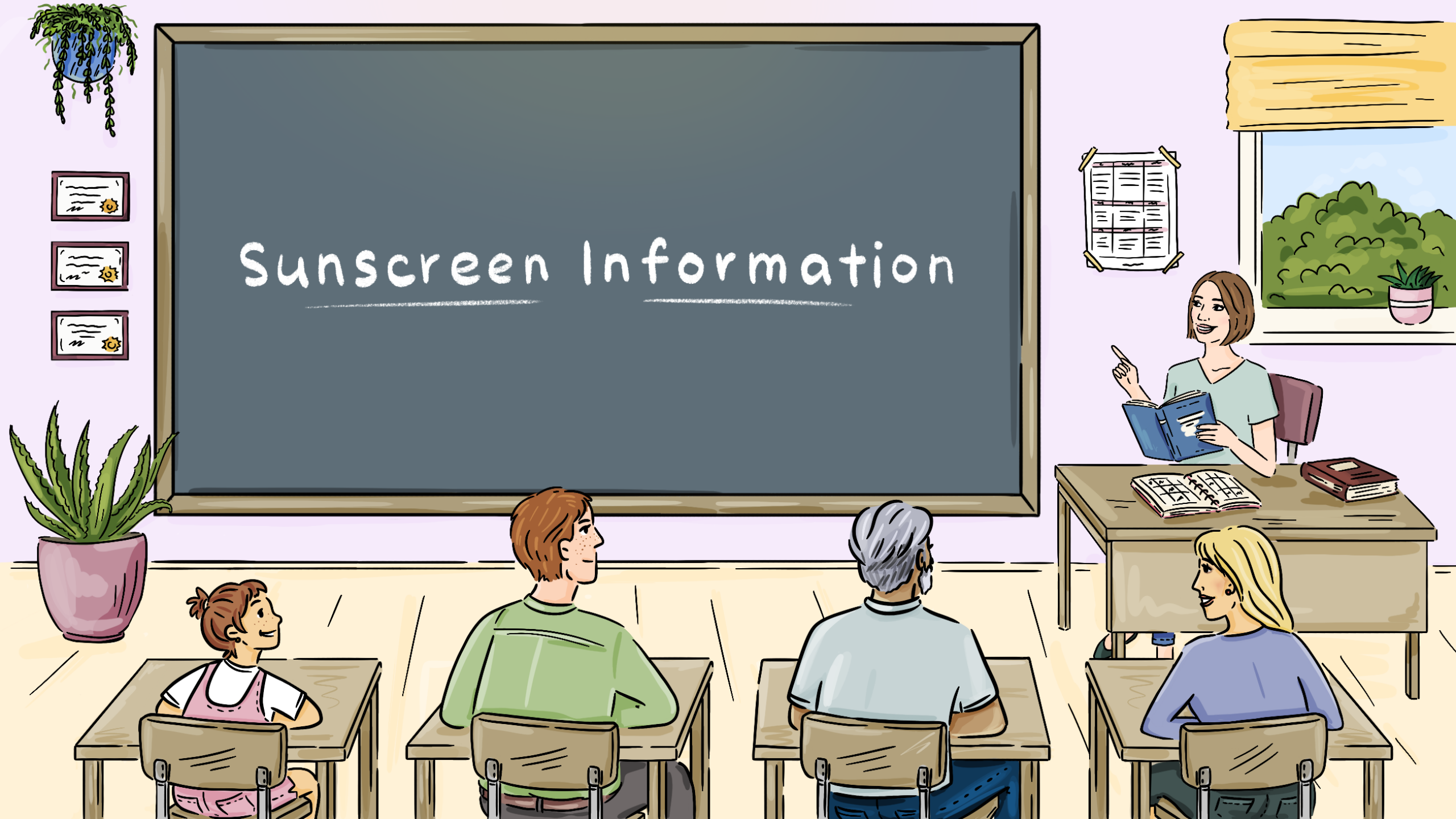
Vitamin C
Niacinamide
Glycolic Acid

Mild to Moderate Acne



Benzoyl Peroxide
Salicylic Acid
Retinol/Retinoids





Sunscreen Information

1. When is the Best Time to Wear Sunscreen?



When trying to protect your skin, wearing sunscreen is an excellent way to keep your skin safe from dangerous UV rays. However, even with proper sunscreen application, you are advised to avoid spending too much time outdoors during the peak hours of the day.

It's recommended to limit time outside between the hours of 10:00 a.m. and 4:00 p.m. If you need to go out, apply your sunscreen as directed and wear proper sunshades, including hats, sunglasses, and clothing to cover your body. Of course, you can also use umbrellas to help shield yourself from the sun when you can't find any shade.

Now, since there is no chance of sun exposure at night, you can go ahead and skip sunscreen application!



2. Understanding Sunscreen Labels: What You Need to Know When Choosing a Sunscreen

When choosing sunscreen, you want to pay particular attention to the sun protection factor (SPF). SPF is an indication of UVB protection. For example, when blocking UVB rays, you want to look for:



- SPF 10 to block up to 90% of rays
- SPF 20 to block up to 95% of rays
- SPF 30 to block up to 97% of rays
- SPF 60 to block up to 98% of rays



Now, when it comes to UVA exposure, SPF doesn't indicate any level of protection.

It's also important to note that sunscreen with SPF 30 is sufficient to protect most people when applied evenly. That means trying to "double-up" on SPF by choosing SPF 60 over SPF 30 isn't necessarily effective as it only offers up to 1% more protection from UVB rays.

It's also worth noting that SPF protection has nothing to do with how long you are exposed to the sun. Instead, it relates to the amount of solar exposure. That means the same amount of SPF would offer far less protection when the UV index is too high than it would when the UV index is moderate in terms of how long it is effective.

Additionally, the formula of the product has a lot to do with how long the product will actively protect you from the UVB rays. For instance, sunscreen with chemical sun filters begins to lose its efficacy within 2 hours and must be reapplied frequently to maintain adequate protection.

Some sunscreens include a PA+ rating on their products. Japan originally developed this system to represent how much UVA protection the product offers.



Here's what each PA rating stands for:

- PA+ provides some UVA protection
- PA++ provides moderate UVA protection
- PA+++ provides high UVA protection
- PA++++ provides extremely high UVA protection



Finally, when reviewing your sunscreen options, you're likely to come across the following terms:

- Broad-spectrum – This indicates that the sunscreen contains ingredients that help to effectively protect against UVB and UVA rays.
- Water-resistant – This tells you that the sunscreen is resistant to water and can wash away anywhere between 40 to 80 minutes after application.
- Sensitive skin – If you have sensitive skin, you want to look for formulas indicated as "mineral" or "physical" formulas. These tend to contain zinc oxide and titanium dioxide and may be less likely to cause skin irritation in people with sensitive skin.



The Skin Cancer Foundation and other medical professionals advise that you use a broad-spectrum sunscreen with a minimum SPF of 15 every day. However, if you're doing extended outdoor activities, it is recommended that you use a broad-spectrum, water-resistant sunscreen with an SPF of 30 or higher.



Should You Wear Sunscreen Indoors?

UVB rays are the primary UV rays that cause sunburn. While windows block them to a large extent, more than 50% of UVA rays can penetrate these barriers.

That said, UVA and UVB rays can still reach you if you're within several feet of a window.

Since both rays contribute to the development of skin cancer, you should use sunscreen, even indoors, especially when sitting close to a window.



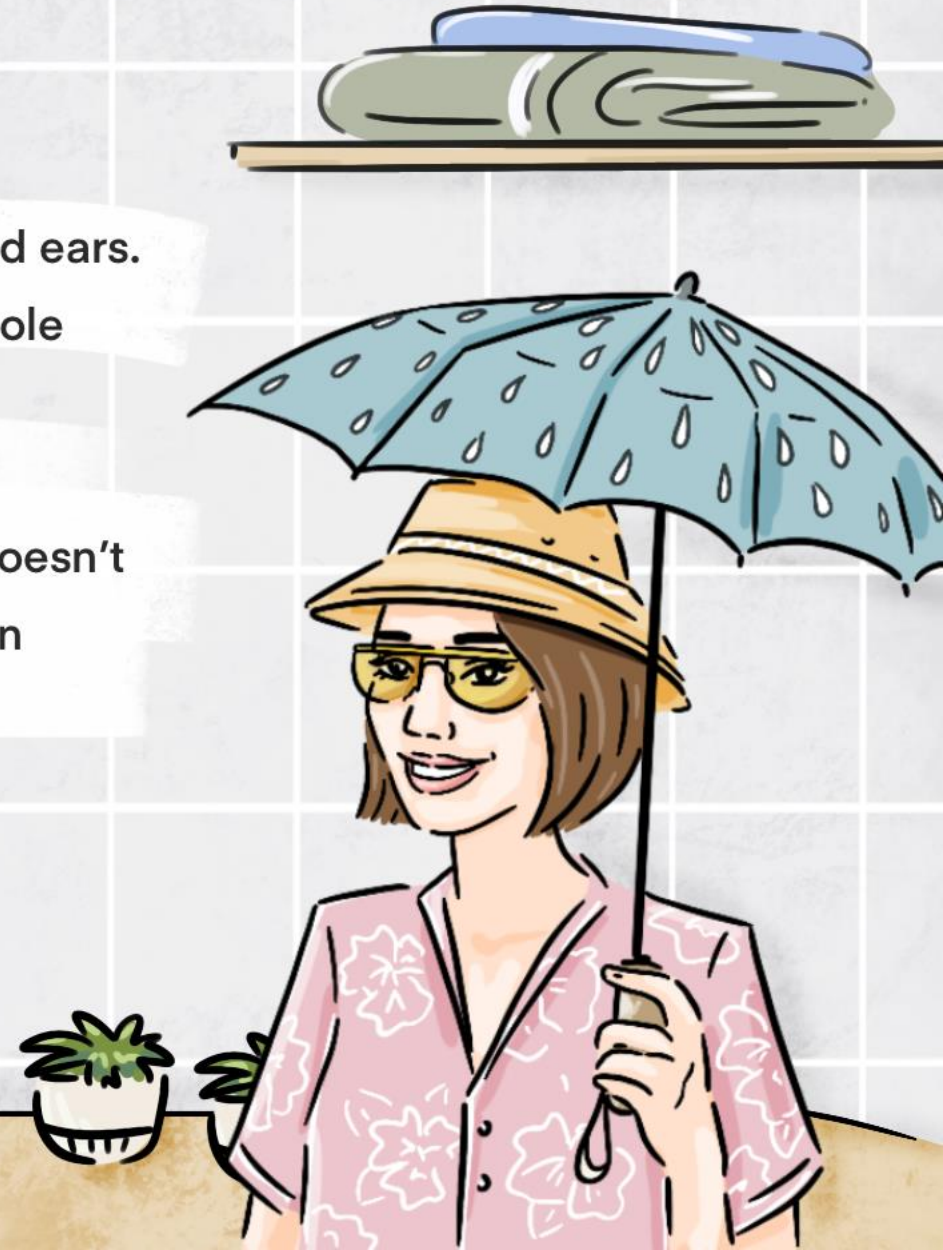
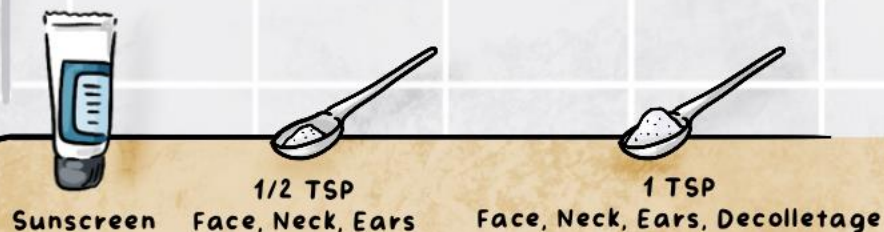
Application:

Always apply sunscreen 10–15 minutes before sun exposure.

As a general rule, use about half a teaspoon for your face, neck, and ears.

If you want to include your décolletage, use approximately one whole teaspoon.

If you accidentally apply too much sunscreen or if the sunscreen doesn't feel comfortable, reduce the amount, but ensure that you have even protection. If you continue to feel uncomfortable, consider using a different sunscreen.



How to remove sunscreen?

Before going to bed or doing your skincare routine, you should always remove the sunscreen that has been applied. A freshly washed face will help ensure you're not drying out the skin or clogging the pores.

Most sunscreens come off easily with a regular cleanser. However, some are more difficult to remove, especially mineral sunscreens or those labeled as waterproof or water-resistant. An oil-based cleanser or cleansing balm will work best in these cases. Dispense a coin-sized amount of balm/oil cleanser onto your palm and gently massage it into the face for 1–2 minutes (or longer for stubborn sunscreens). Take your time to break down the sunscreen fully. As a final step, rinse your face thoroughly with lukewarm water.

If you like, you can then move on to a second cleanse to target your complexion or skin concerns or to remove any last traces of your sunscreen, if necessary.

Now that you have a clean and freshly washed face, you can either move on to your regular skincare routine, or just leave your face as it is!



1. Cleansing Oil or Balm

2. Regular Cleanser (e.g Gel/Cream/Foaming)
or Treatment Cleanser (Salicylic Acid, Benzoyl Peroxide)