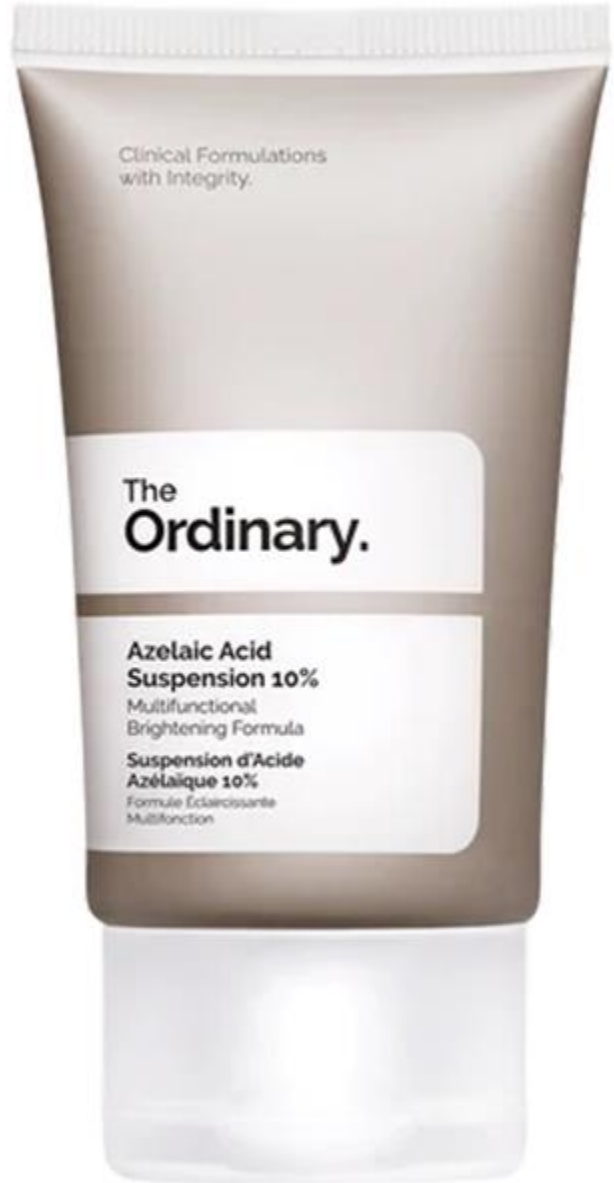

Clinical Formulations
with Integrity.
The
Ordinary.
Azelaic Acid
Suspension 10%
Multifunctional
Brightening Formula
Suspension d'Acide
Azélaïque 10%
Formule Éclaircissante
Multifonction



Evening Skincare Routine

Routine Benefits: Cleansing, Adding Long-Lasting Hydration, Unclogging Pores, Helping Fade Surface Hyperpigmentation (such as Dark Spots from Acne or Sun-Damaged Skin) Faster, Reducing Redness and Inflammation.

Step 1. Cleansing Balm and/or Water-Based Cleanser



Examples:

The Ordinary Squalane Cleanser
(All Skin Types – Makeup and SPF Removal)
and/or
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. Moisturizer Gel or Light Cream



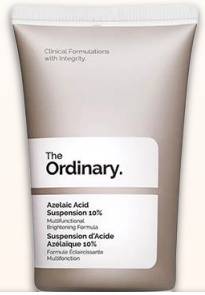


Examples:

The Ordinary
NMF + Beta Glucan
(Normal to Oily Skin)
or
The Ordinary NMF + HA
(All Skin Types)



Step 3. Suspension (Cream)





The Ordinary
Azelaic Acid Suspension 10%

The Ordinary Squalane Cleanser: This cleansing balm effectively dissolves and lifts makeup and sunscreen from the skin's surface. Begin by dispensing a coin-sized amount of the balm into the palm of your hand. Rub your hands together for 15-30 seconds to warm the product. Then, apply it to your dry, bare face, or directly over sunscreen or makeup. Gently massage it into your face and neck, including around your eyes, for about 1 minute, ensuring every area is covered. Optionally, you can use a soft, clean, damp microfiber washcloth to help in removing the cleanser, sunscreen, and/or makeup. Finally, rinse thoroughly and pat the skin dry with a clean towel.

Water-Based Cleansers: First, wet your face. Then, dispense about a coin-sized amount of your favourite cleanser into 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, clean, damp microfiber washcloth to help remove the cleanser. Afterwards, rinse thoroughly and pat dry using a clean towel.

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

Azelaic Acid Suspension: Dispense a pea-to-bean-sized amount of the suspension onto your fingertips. Rub the fingertips of both hands together, then apply it all over your face, avoiding the eyelids and lips. Include the neck if desired. Do not rinse. Alternatively, you can apply it only to areas of concern, such as your forehead, cheeks, chin, or neck; adjust the amount accordingly.

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 Skincare Routine

Routine Benefits: Cleansing, Adding Long-Lasting Hydration, Unclogging Pores, Helping Fade Surface Hyperpigmentation (Such as Dark Spots from Acne or Sun-Damaged Skin) Faster, Reducing Redness and Inflammation, Providing Antioxidant Support, *Minimizing the Appearance of Fine Lines and Wrinkles, and **Protecting Against UV Damage.

Step 1. Cleansing Balm and/or Water-Based Cleanser	(Optional) Step 2. Face Serum (Water-Based)	(Optional) Step 3. Moisturizer Gel or Light Cream	Step 4. Suspension (Cream)	Step 5. Sunscreen (Daytime only!)
				
Examples: The Ordinary Squalane Cleanser *(All Skin Types – Removes Makeup and SPF)* **and/or** 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)*	**Examples:** The Ordinary Hyaluronic Acid 2% + B5 **and/or** The Ordinary Niacinamide 10% + Zinc 1% **or** *The Ordinary Ascorbyl Glucoside Solution 12%	**Examples:** The Ordinary NMF + Beta Glucan *(Normal to Oily Skin)* **or** The Ordinary NMF + HA *(All Skin Types)*	The Ordinary Azelaic Acid Suspension 10%	**Examples:** **NIOD Survival 20 or 30 *(All Skin Types – Mineral + Natural Tint)* **or** **Good Molecules Sheer Mineral SPF 30 *(All Skin Types – Slight White cast)*









The Ordinary Squalane Cleanser: This cleansing balm effectively dissolves and lifts makeup and sunscreen from the skin's surface. Begin by dispensing a coin-sized amount of the balm into the palm of your hand. Rub your hands together for 15-30 seconds to warm the product. Then, apply it to your dry, bare face, or directly over sunscreen or makeup. Gently massage it into your face and neck, including around your eyes, for about 1 minute, ensuring every area is covered. Optionally, you can use a soft, clean, damp microfiber washcloth to help in removing the cleanser, sunscreen, and/or makeup. Finally, rinse thoroughly and pat the skin dry with a clean towel.

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, clean, damp microfiber washcloth to help remove the cleanser. Afterwards, rinse thoroughly and pat dry using a clean towel.

Face Serum: Dispense about 3-5 drops of your favourite serum onto your palm or fingertips. Rub both hands together to blend, then apply it over the face. You can include the neck if desired. 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.

Azelaic Acid Suspension: Dispense a pea-to-bean-sized amount of the suspension onto your fingertips. Rub the fingertips of both hands together, then apply it all over your face, avoiding the eyelids and lips. Include the neck if desired. Do not rinse. Alternatively, you can apply it only to areas of concern, such as your forehead, cheeks, chin, or neck; adjust the amount accordingly.

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

Do not use The Ordinary Azelaic Acid Suspension 10% in the same routine as an AHA or BHA low pH exfoliating acid cleanser.
Concern: This can lead to irritation and increased skin sensitivities over time.
How to use: Use them on alternate days or choose the one most suitable for your concerns.

Step 1. AHA/BHA Exfoliating Acid Cleanser



Examples:

The Inkey List
Salicylic Acid Cleanser
(pH 4.5-5.0)
or
Facetheory Clarifying Cleanser
(pH 3.50)
or
Facetheory Glycolic Acid
Face and Body Scrub
(pH 3.75)





Step 2. Suspension



The Ordinary
Azelaic Acid Suspension 10%

Do not use The Ordinary Azelaic Acid Suspension 10% in the same routine as an AHA or BHA leave-on product.
Concern: This can lead to irritation and increased skin sensitivities over time.
How to use: Use them on alternate days or select the one most suitable for your concerns.

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. Suspension



The Ordinary
Azelaic Acid Suspension 10%

Do not use The Ordinary Azelaic Acid Suspension 10% in the same routine as an AHA and/or BHA exfoliating acid mask.
Concern: This can lead to severe skin irritation and sensitivities.
How to use: Use the mask on different days than your Azelaic Acid product, allowing 1-2 days of rest in between for recovery.
Frequency Mask: Do not use it more than twice a week.

Step 1. Cleanser



Examples:

The Ordinary
Glycolipid Cream Cleanser
or
The Ordinary
Glucoside Foaming Cleanser



Step 2. AHA and/or BHA Exfoliating Acid Masks

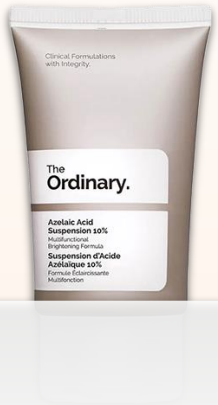


Examples:

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



Step 3. Suspension



The Ordinary
Azelaic Acid Suspension 10%

Do not use The Ordinary Azelaic Acid Suspension 10% in the same routine as peptide products.
Concern: The acidic pH of the Azelaic Acid can disrupt the stability of peptides, potentially reducing their efficacy and leading to skin irritation or sensitivities.
How to use: Apply peptide products in the morning and the Azelaic Acid solution in the evening, or vice versa, or on alternate days.

Step 1. Cleanser



Examples:

The Ordinary
Glycolipid Cream Cleanser
or
The Ordinary
Glucoside Foaming Cleanser



Step 2. Peptide Serums



Examples:

The Ordinary
Multi-Peptide Eye Serum
or
The Ordinary
Argireline Solution 10%
or
The Ordinary Matrixyl 10% + HA
or
The Ordinary Multi-Peptide + HA
or Copper Peptides 1%



Step 3. Suspension



The Ordinary
Azelaic Acid Suspension 10%

Do not mix The Ordinary Azelaic Acid Suspension 10% with Niacinamide Powder.
Concern: Niacinamide works best within its optimal pH range of 5.0 to 7.0.
If it's mixed or formulated in a product whose pH is outside this range, its efficacy may be compromised.
How to use: For example, mix your Niacinamide Powder with a suitable serum formulation like The Ordinary Hyaluronic Acid, then apply it to the skin, wait a minute for it to absorb, and follow with your Azelaic Acid suspension.

Step 1.
Cleanser



Examples:

The Ordinary
Glycolipid Cream Cleanser
or
The Ordinary
Glucoside Foaming Cleanser



Step 2. Powder



Example:

The Ordinary
100% Niacinamide Powder





Step 3. Suspension



The Ordinary
Azelaic Acid Suspension 10%

Do not use The Ordinary Azelaic Acid Suspension 10% in the same routine as EUK 134.
Concern: If EUK 134 is used in an acidic environment, it can become ineffective and potentially cause skin irritation.
How to use: Apply EUK 134 in the morning and the Azelaic Acid suspension in the evening, or vice versa.

Step 1.
Cleanser



Examples:

The Ordinary
Glycolipid Cream Cleanser
or
The Ordinary
Glucoside Foaming Cleanser



Step 2. Antioxidant
Product From The Ordinary



Example:

The Ordinary EUK 134 0,1%



Step 3. Suspension



The Ordinary
Azelaic Acid Suspension 10%

Do not use The Ordinary Azelaic Acid Suspension 10% in the same routine as high-strength pure Vitamin C (ascorbic acid) products.
Concern: The combination may be too strong for the skin to tolerate, especially with consistent use, leading to irritation and sensitivities.
How to use: Use your Azelaic Acid suspension in the morning and the Vitamin C in the evening, or vice versa.

Step 1. Cleanser	Step 2. Vitamin C (Ascorbic Acid) Products	Step 3. Suspension
		
Examples: The Ordinary Glycolipid Cream Cleanser **or** The Ordinary Glucoside Foaming Cleanser	**Examples:** The Ordinary Ascorbic Acid 8% + Alpha Arbutin 2% **or** The Ordinary Ethylated Ascorbic Acid 15% Solution **or** The Ordinary Vitamin C Suspension 23% + HA Spheres 2% **or** The Ordinary Vitamin C Suspension 30% in Silicone	The Ordinary Azelaic Acid Suspension 10%





Note: Please check the ingredients list of your Vitamin C product. If it contains ascorbic acid at a strength of 15% or more, avoid use with The Ordinary Azelaic Acid Suspension at the same time. Also, if the amount of Ascorbic Acid isn't specified in the ingredients list, it's safer to avoid using them together to reduce the risk of skin sensitivities.

Do not use The Ordinary Azelaic Acid Suspension 10% in the same routine as potent retinol or retinoid formulations.
Concern: The acidic environment created by Azelaic Acid can sensitize the skin, and using it with a potent retinol or retinoid in the same routine may increase sensitivity, leading to irritation, especially with consistent use.
How to use: Use them on alternate days in your evening skincare routine to minimize the chances of this happening.

Step 1. Cleanser



Examples:

The Ordinary
Glycolipid Cream Cleanser
or
The Ordinary
Glucoside Foaming Cleanser



Step 2. Retinol/Retinoid products



Examples:

The Ordinary
Retinol 0.5% or 1% in Squalane
or
The Ordinary Granactive Retinoid 5% in Squalane

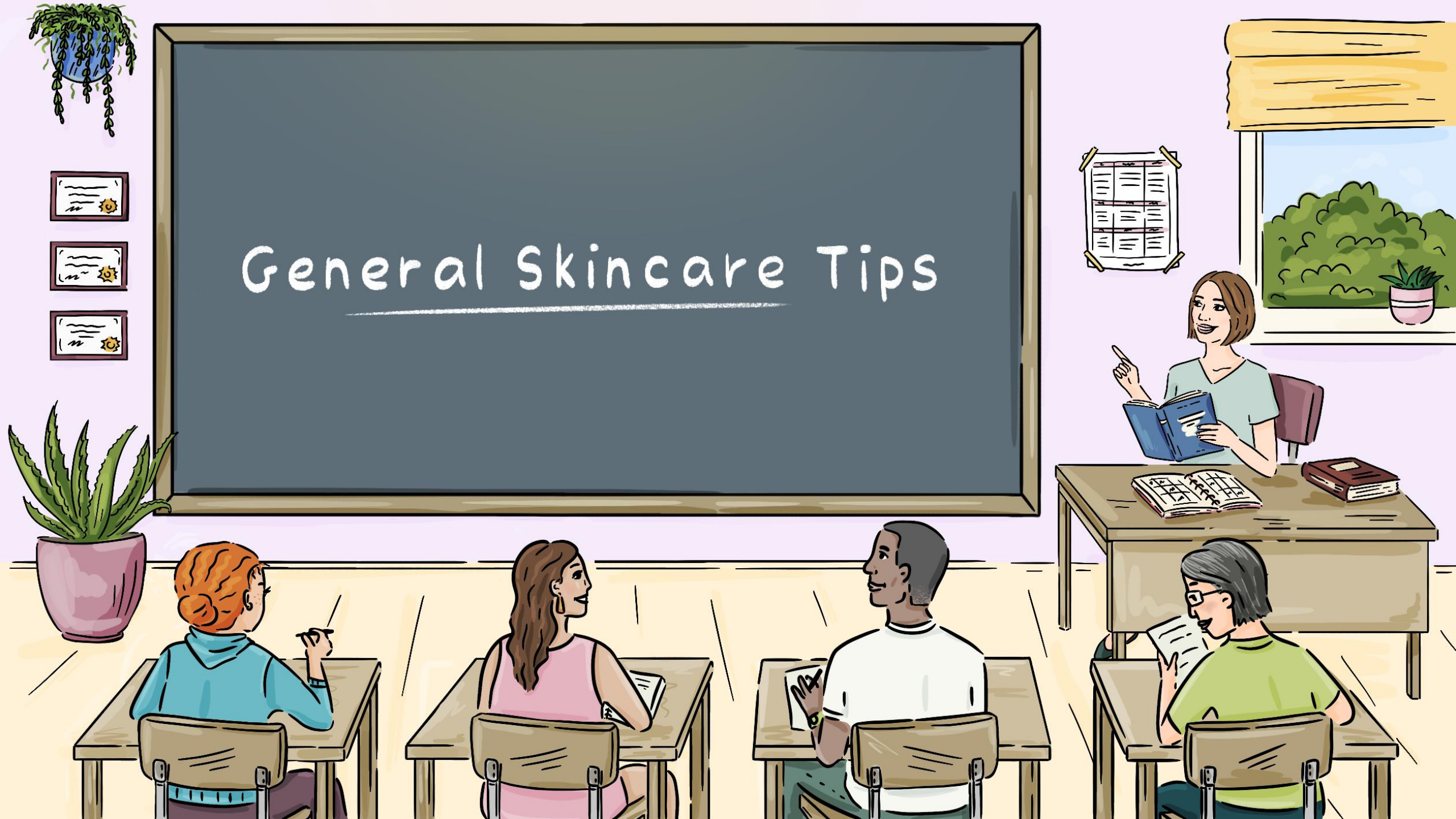


Step 3. Suspension



The Ordinary
Azelaic Acid Suspension 10%

Note: It's also a good idea to avoid other retinoids like adapalene and tretinoin. If you're using these, consider applying them on alternate days or even less frequently. Alternatively, choose only one of them, either the retinoid or the Azelaic Acid suspension, depending on how your skin reacts to the individual treatments.


General Skincare Tips

The Ordinary.

Skincare Products

Order Of Application

1	2	3	4	5	6
					
Water-Based Serum(s)	Anhydrous Solution(s)	Oil(s)	Cream(s)/ Moisturizer	Suspension(s)	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



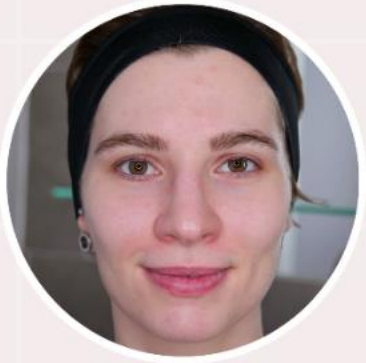
Pat Dry



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



Wet Skin



Damp Skin vs. Wet 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.)

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!

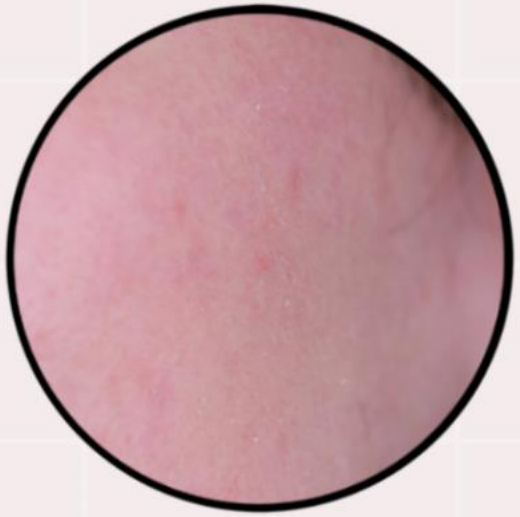
Skincare Pilling:

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.

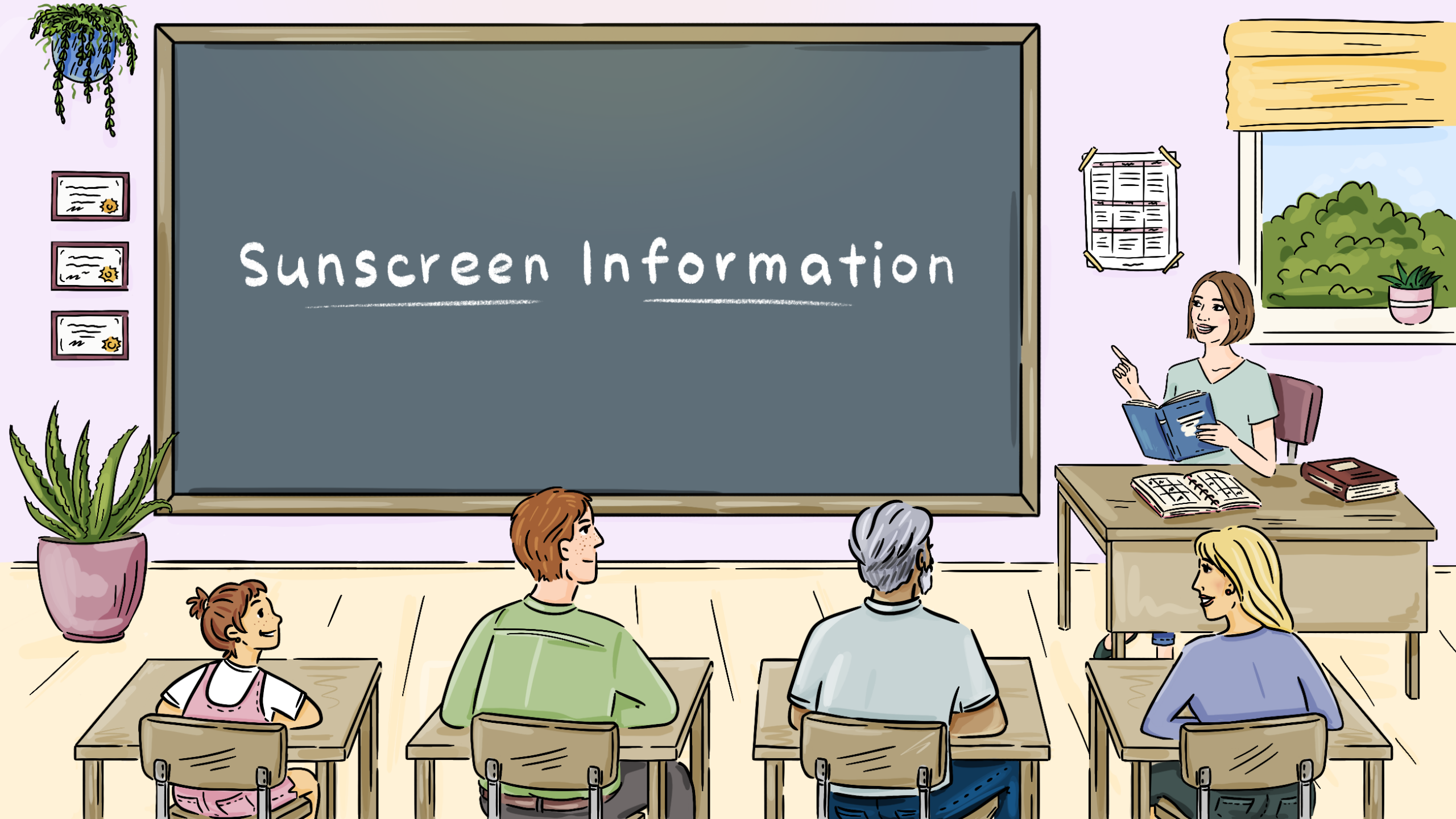
To avoid skincare pilling, it's important to follow these tips:



- 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.

