



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



The  
**Ordinary.**

**Ascorbyl Tetraisopalmitate  
Solution 20% in Vitamin F**  
High-Strength Oil-Solubilized Vitamin C  
Derivative in Vitamin F

**Solution d'Ascorbyl Tetraisopalmitate 20%  
dans une base de Vitamine F**  
Dérivé de Vitamine C Haute Performance Soluble  
dans de l'Huile, dans une base de Vitamine F



**Morning and/or Evening Skincare Routine**  
**Routine Benefits:** Cleansing, Addressing Eye Aging, Adding Long-Lasting Hydration, Fading Discoloration, Protecting from Free Radicals, Boosting Collagen, Enhancing Texture and Tone, 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)*



**(Optional) Step 2. Eye Serum (Water-Based)**



**Examples:**  
 The Ordinary Caffeine 5% + EGCG  
 or  
 The Ordinary Multi-Peptide Eye Serum



**(Optional) Step 3. Face Serum (Water-Based)**



**Examples:**  
 The Ordinary Hyaluronic Acid 2% + B5  
 or  
 The Ordinary Alpha Arbutin 2% + HA



**Step 4. Vitamin C Serum (Anhydrous – Water Free)**



**Examples:**  
 The Ordinary Ascorbyl Tetraisopalmitate Solution 20% in Vitamin F



**Step 5. Sunscreen (Daytime Only)**



**Examples:**  
 NIOD Survival 30  
*(All Skin Types Mineral + Natural Tint)*  
 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 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.

**Eye Serum:** Dispense about one drop of your favourite eye serum onto your fingertip. Rub the fingertips of both hands together, then press the serum evenly onto the eye contour and blend it out. Do not rinse.

**Face Serum:** Dispense about 3-5 drops of your favourite serum onto your palm or fingertips. Rub both hands together, then apply it across your face. You may also include the neck if desired. Do not rinse.

**Vitamin C Serum:** Dispense about 3-5 drops of your vitamin C solution onto your palm or fingertips. Rub both hands together, then apply it to your face, avoiding the eyelids, eye contours, and lips. You can include the neck if desired. 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.



## Evening Skincare Routine

**Routine Benefits:** Cleansing, Exfoliating, Fading Discoloration, Protecting from Free Radicals, Boosting Collagen, Enhancing Texture and Tone, and Providing Long-Lasting Surface Hydration.

### 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)*



### (Optional) Step 2. AHA Exfoliant



#### Examples:

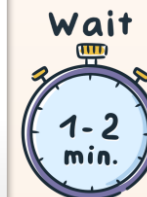
The Ordinary 7% Glycolic Acid Exfoliating Toner  
**or**  
The Ordinary Lactic Acid 5% or 10% + HA  
**or**  
The Ordinary Mandelic Acid 10% + HA



### Step 3. Vitamin C Serum (Anhydrous – Water Free)



The Ordinary Ascorbyl Tetraisopalmitate Solution 20% in Vitamin F



### (Optional) Step 4. Moisturizer (Light Cream)



The Ordinary Natural Moisturizing Factors + HA

**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.

**Exfoliating Acid Toner:** To apply the toner, first dampen a cotton pad with the product, making sure not to over-soak the pad. Gently swipe the pad across your face and neck, avoiding the eyelids, eye contour, and lips. Alternatively, you can dispense about 10 drops of toner onto the palm of your hand, rub your hands together, and then apply it evenly over your face and neck, avoiding the eye contour, eyelids, and lips. Do not rinse.

**Lactic Acid or Mandelic Acid Exfoliant:** Dispense about 5-8 drops of lactic acid or 3-5 drops of mandelic acid onto the palm of your hand. Rub your hands together, then apply it evenly over your face and neck, avoiding the eyelids and lips. Do not rinse.

**Waiting Time:** Wait a few minutes after applying the exfoliant before moving onto the next step to maintain pH balance.

**Vitamin C Serum:** Dispense about 3-5 drops of your vitamin C solution onto your palm or fingertips. Rub both hands together, then apply it to your face, avoiding the eyelids, eye contours, and lips. You can include the neck if desired. Do not rinse.

**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.

**Exfoliating Acid Frequency:** Start with 2-3 applications per week. If this suits your skin and you're satisfied with the results, maintain this routine. If not, increase to every other day, and eventually to daily if tolerated. The frequency depends on your personal skin tolerance, needs and what else you may be using during the week, which can change over time, so it's crucial to continuously adjust it to meet your skin's evolving needs.

**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.



## Evening Skincare Routine

**Routine Benefits:** Cleansing, Exfoliating, Fading Discoloration, Protecting from Free Radicals, Boosting Collagen, Reducing Fine Lines and Wrinkles, Enhancing Texture and Tone, and Providing Long-Lasting Surface Hydration.

### 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. Vitamin C Serum (Anhydrous – Water Free)



The Ordinary Ascorbyl Tetraisopalmitate Solution 20% in Vitamin F



### (Optional) Step 3. Retinol/Retinoid (Anhydrous – Water Free)



#### Examples:

The Ordinary Retinol 0.2%, 0.5% or 1% in Squalane  
**or**  
The Ordinary Granactive Retinoid 2% or 5% in Emulsion or Squalane



### (Optional) Step 4. Moisturizer (Light Cream)



The Ordinary Natural Moisturizing Factors + HA

**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.

**Vitamin C Serum:** Dispense about 3-5 drops of your vitamin C solution onto your palm or fingertips. Rub both hands together, then apply it to your face, avoiding the eyelids, eye contours, and lips. You can include the neck if desired. Do not rinse.

**Retinol/Retinoids:** Dispense 3-4 drops of your favourite serum onto your palm or fingertips. Rub both hands together to blend, then apply it evenly over the face, avoiding the eyelids and lips. You can include the neck if desired. Do not rinse.

**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.

**Retinol/Retinoid Frequency:** Begin with 2-3 applications per week. If this routine suits your skin and you are satisfied with the results, continue as is.

Otherwise, gradually increase to every other day, and eventually to daily usage, if tolerated and needed. The frequency depends on your personal skin tolerance, needs, and what else you may be using during the week.

As these factors can change over time, it's crucial to continuously adjust your routine to meet your skin's evolving needs.

**Eyeids/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



Using The Ordinary's Ascorbyl Tetraisopalmitate Solution 20% in Vitamin F in the same routine as high-concentration Niacinamide products might reduce the effectiveness of both products. When combined, they may form Niacinamide Ascorbate, a complex that is potentially less effective than each ingredient used separately. Additionally, this reaction could cause temporary flushing, characterized by redness and mild irritation or sensitivities. To avoid these issues, it's best to use your Niacinamide product in the morning and your Vitamin C serum in the evening, or vice versa.

### Step 1. Cleanser



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



### Step 2. Niacinamide Products



**Examples:**  
Geek & Gorgeous B-Bomb  
(10% Niacinamide Serum)  
**or**  
The Inkey List  
10% Niacinamide Serum  
**or**  
The Ordinary  
10% Niacinamide + Zinc 1%



### Step 3. Vitamin C Serum (Anhydrous – Water Free)



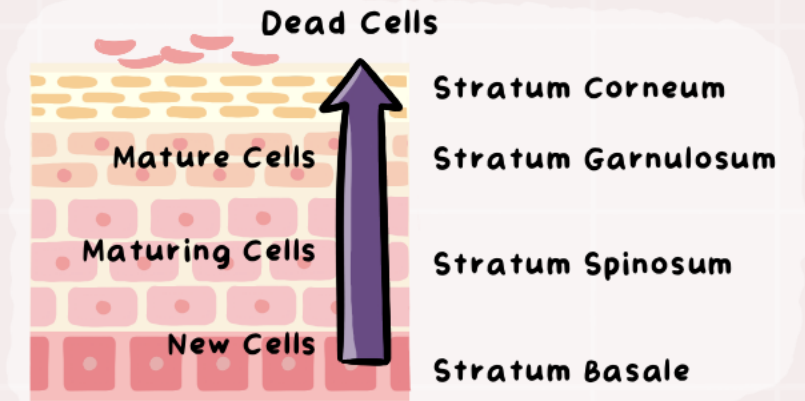
The Ordinary  
Ascorbyl Tetraisopalmitate  
Solution 20% in Vitamin F

# 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.

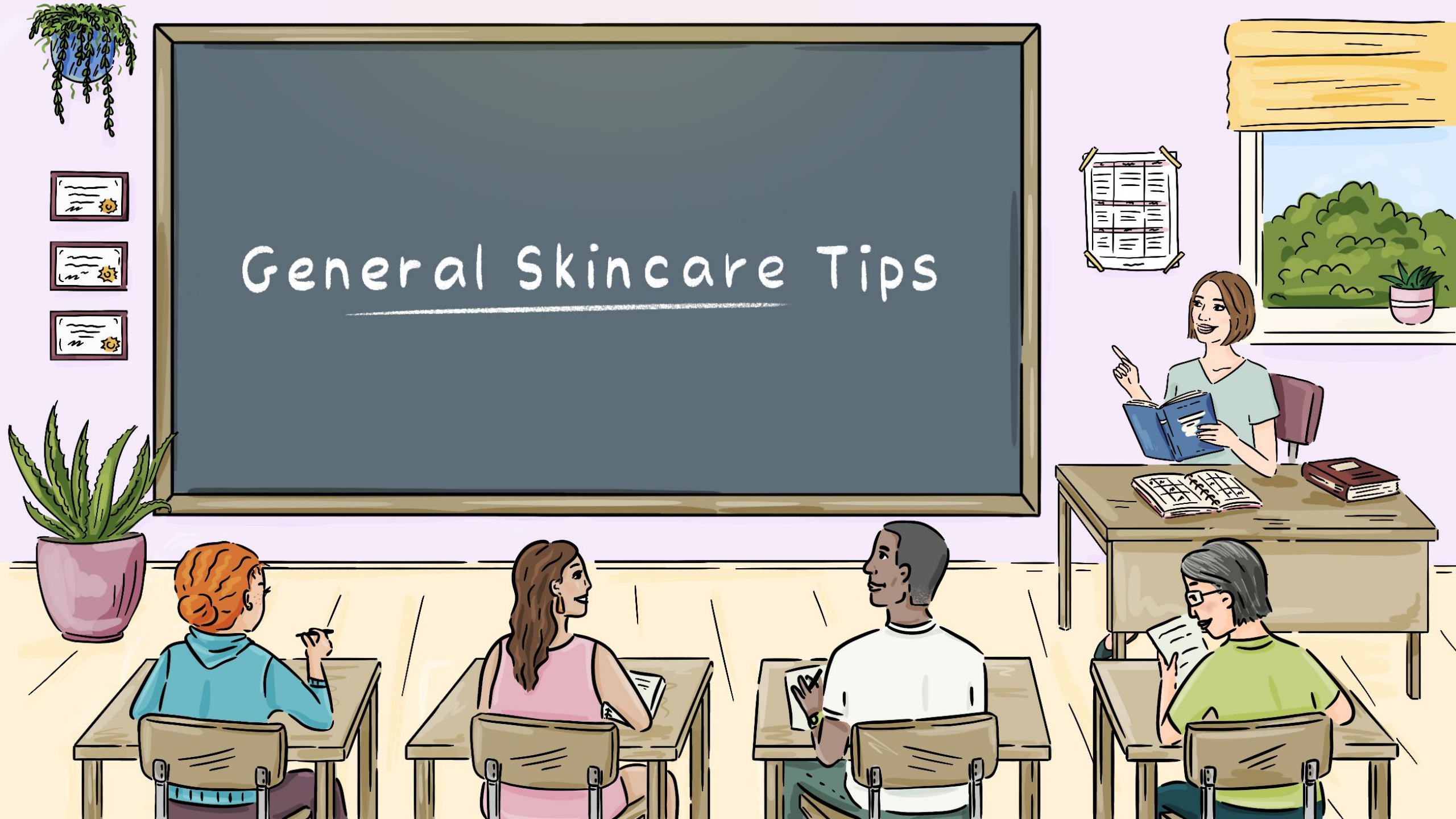
## When do I need to use Sunscreen with Retinol or Retinoids?

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.



## 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**

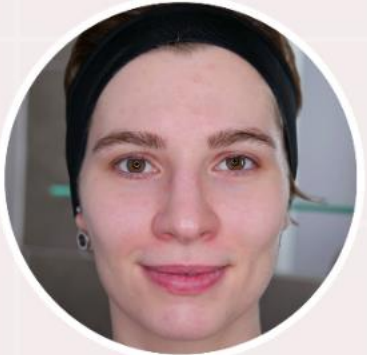


## **Cleanse Your Face and Pat Dry:**

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!

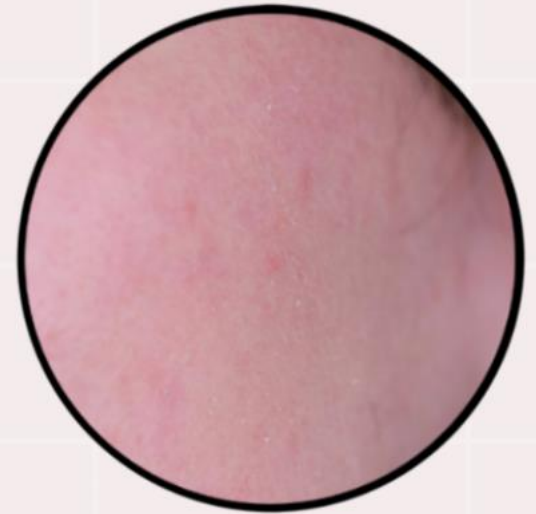


## Skincare Pilling:

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.

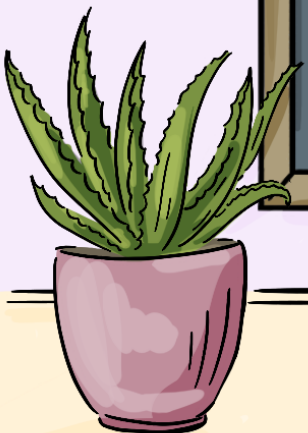
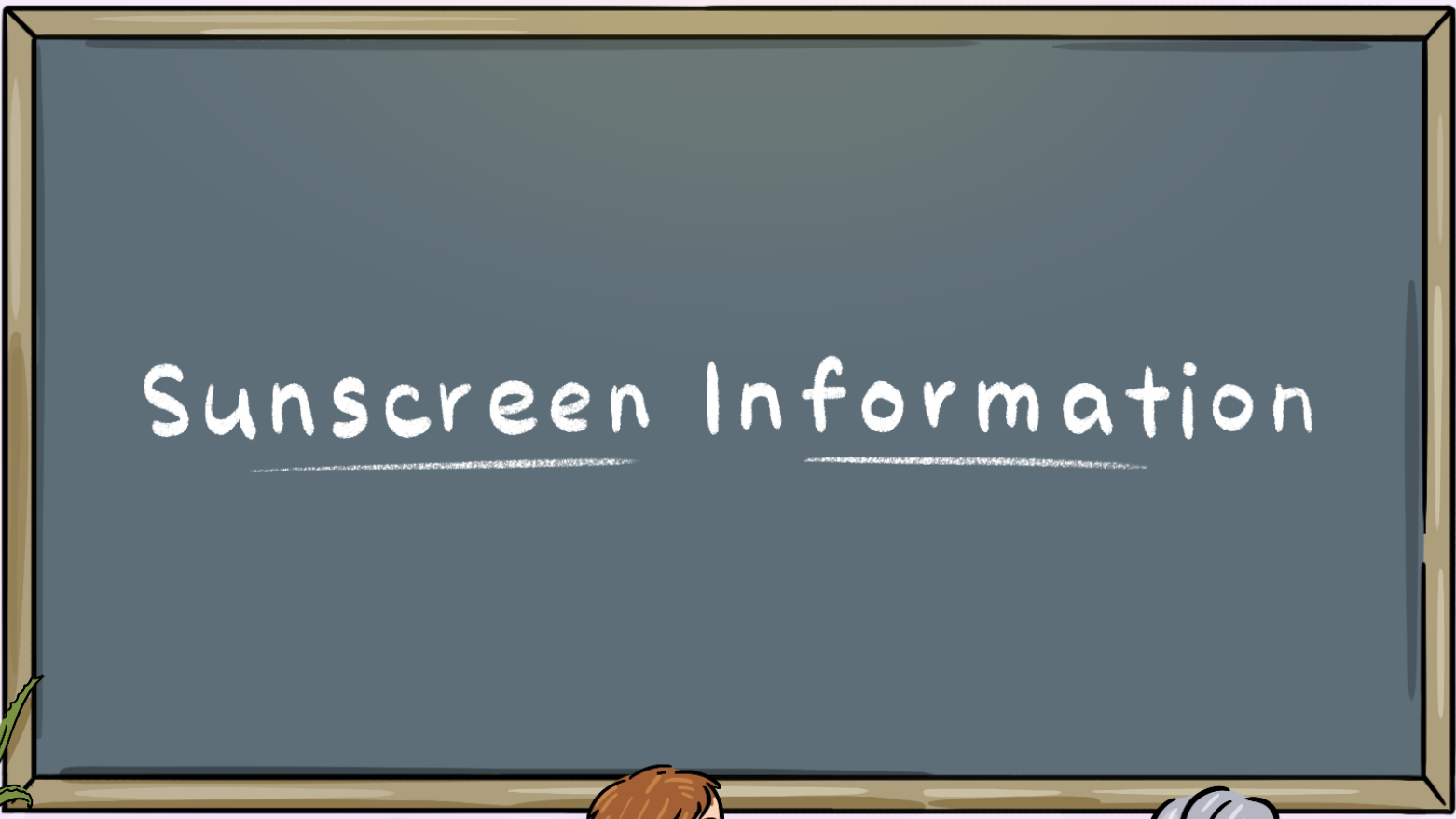
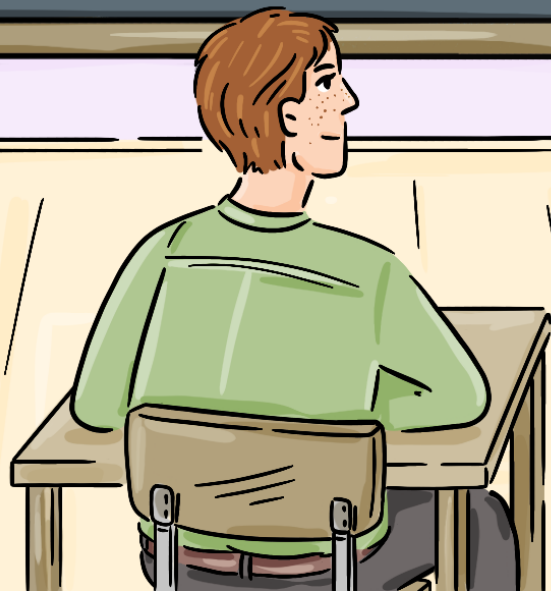
To avoid skincare pilling, it's important to follow these tips:

- 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!



Sunscreen



1/2 TSP  
Face, Neck, Ears



1 TSP  
Face, Neck, Ears, Décolletage





# 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.

