

Regimen Guide

We have developed this guide to offer suggestions on how to combine multiple formulations from The Ordinary in a single regimen.

In general terms, water formulations should be applied before oil formulations and we recommend using a maximum of three serum formulations in a single regimen. The table below offers a summary on how our formulations can be combined into a regimen:



	Format	Regimen Step	Conflicts	Time of Use
Granactive Retinoid 2% Emulsion	Emulsion	Before Oils/Creams	Do not use with other retinoid treatments.	PM Only
Vitamin C Suspension 23% + Ha Spheres 2%	Suspension	After Water Solutions	Niacinamide	Ideally PM
Vitamin C Suspension 30% In Silicone	Suspension	After Water Solutions	Niacinamide	Ideally PM
Ascorbyl Tetraisopalmitate Solution 20% In Vitamin F	Oil Solution	After Water Solutions	-	AM and/or PM
Lactic Acid 10% + Ha 2%	Water Solution	Before Oils/Creams	-	Ideally PM
Azelaic Acid Suspension 10%	Suspension	After Water Solutions	-	Ideally PM
Salicylic Acid 2% Solution	Water Solution	After cleansing, before creams	-	AM and PM
Glycolic Acid 7% Toning Solution	Water Solution	After cleansing, before serums	-	Ideally PM
Hyaluronic Acid 2% + B5	Water Solution	Before Oils/Creams	-	AM and PM
Natural Moisturizing Factors + HA	Emulsion	Last step of skincare as a moisturizer (before makeup primer)	-	AM and PM
100% Organic Cold-Pressed Rose Hip Seed Oil	Oil	After Water Solutions	-	Any Time
Niacinamide 10% + Zinc 1%	Water Solution	Before Oils/Creams	Vitamin C	AM and/or PM
"Buffet"	Water Solution	Before Oils/Creams	-	AM and PM
Matrixyl 10% + Ha	Water Solution	Before Oils/Creams	-	AM and PM
Alpha Arbutin 2% + Ha	Water Solution	Before Oils/Creams	-	AM and PM
Caffeine Solution 5% + EGCG	Water Solution	Before Oils/Creams	-	AM and PM
High-Adherence Silicone Primer	Emulsion	Last step of skincare as a makeup primer	-	Any Time