

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:

 Use in the AM  Use in the PM  For Eyes  Avoid Contact with Eyes  UV Protection Recommended



100% Organic Cold-Pressed Moroccan Argan Oil

Targets	Dehydration
Format	Oil
Regimen Step	After Water Solutions
Conflicts	-
Time of Use	Ideally PM



Hyaluronic Acid 2% + B5

Targets	Hydration, Skin Repair
Format	Water Solution
Regimen Step	Before Oils/Creams
Conflicts	-
Time of Use	AM and PM



100% Plant-Derived Squalane

Targets	Dehydration
Format	Pure Molecule
Regimen Step	After water solutions
Conflicts	-
Time of Use	AM and PM



Natural Moisturizing Factors + HA

Targets	Hydration, Skin repair
Format	Emulsion
Regimen Step	Last step of skincare as a moisturizer (before makeup primer)
Conflicts	-
Time of Use	AM and PM



AHA 30% + BHA 2% Peeling Solution

Targets	Dullness, Textural Irregularities
Format	Water Solution
Regimen Step	Use as a masque and rinse off
Conflicts	-
Time of Use	1-2 times a week, Ideally PM