

HOW TO USE THE ORDINARY GRANACTIVE RETINOID 2% IN EMULSION OR SQUALANE



SIMPLE SKINCARE
ROUTINE SET UP



Morning/AM Routine

Step 1. Gentle Cleanser



Examples:

Cetaphil
Daily Facial Cleanser
(Oily/Combination Skin)

or

The Inkey List
Hyaluronic Acid Cleanser
(All Skin Types)



Pat the skin dry

Step 2. Moisturizer with SPF or 'Regular Sunscreen'



Do not wash it off

Examples:

CeraVe AM Ultra-Light
Moisturizing Lotion SPF 30
(Normal to Combination/Oily Skin)

or

COSRX Aloe Soothing
Sun cream SPF 50
(All Skin Types)

Gentle Cleanser: Dispense a coin-sized amount of cleanser into the palm of your hand. Apply it to wet skin (wetting the skin helps the cleanser to absorb and spread evenly). Gently massage cleanser throughout face for about 30-60 seconds. Rinse and pat dry.

Sunscreen: Take about a half to a full teaspoon of SPF 30 or greater broad-spectrum sunscreen. Apply evenly around the face, neck, and décolletage. Do not rinse.

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

Eyelids/Eye Area: Read individual product labels for their instructions or warning about getting the product in the eye area. If there is no special indication, it is likely safe to use. It is best to test it, especially if you have sensitive eyes.



Evening/PM Routine

Method 1: Regular Cleansing To Remove Excess Sebum, Dirt, Water-Soluble Makeup and/or Sunscreen

Step 1. Gentle Cleanser



Examples:

Cetaphil
Daily Facial Cleanser
(Oily/Combination Skin)

or

The Inkey List
Hyaluronic Acid Cleanser
(All Skin Types)



Pat the skin
dry

Step 2. Granactive Retinoid



The Ordinary
Granactive Retinoid 2%
in Emulsion or Squalane

(Helps to improve the appearance of fine
lines, wrinkles and uneven skin tone)



Wait

Step 3. Moisturizer (Optional)



Example:

The Ordinary Natural
Moisturizing Factors + HA
(All Skin Types)

Gentle Cleanser: Dispense a coin-sized amount of cleanser into the palm of your hand. Apply it to wet skin (wetting the skin helps the cleanser to absorb and spread evenly).

Gently massage cleanser throughout face for about 30-60 seconds. Rinse and pat dry.

Granactive Retinoid: Use about 3-6 drops. Apply evenly throughout the face, neck, and décolletage. Avoid lips, eyelids, corners of the eyes, and nose.

Moisturizer: Apply a thin layer of moisturizer all over your face, neck and décolletage. Massage in a circular motion. Do not rinse.

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

Frequency Retinoid: Begin with 2-3 times per week. Increase as skin builds tolerance to every other day or daily as needed (and if tolerated).

Eyelids/Eye Area: Read individual product labels for their instructions or warning about getting the product in the eye area.

If there is no special indication, it is likely safe to use. It is best to test it, especially if you have sensitive eyes.



Evening/PM Routine

Method 2: Double Cleansing To Remove Excess Sebum, Dirt, Stubborn & Waterproof Makeup and/or Sunscreen

Step 1. Oil/Balm Cleanser



Examples:

The Inkey List Oat Cleansing Balm
(All Skin Types/Sensitive)
or
Paula's Choice Omega Complex
Cleansing Balm
(All Skin Types)
or
The Ordinary Squalane Cleanser
(All Skin Types)



Step 2. Gentle Cleanser



Examples:

Cetaphil
Daily Facial Cleanser
(Oily/Combination Skin)
or
The Inkey List
Hyaluronic Acid Cleanser
(All Skin Types)



Step 3. Granactive Retinoid



The Ordinary
Granactive Retinoid 2%
in Emulsion or Squalane
*(Helps to improve the appearance of fine
lines, wrinkles and uneven skin tone)*



Step 4. Moisturizer (Optional)



Examples:
The Ordinary Natural
Moisturizing Factors + HA
(All Skin Types)

Oil or Balm Cleanser: Dispense about a coin-sized amount of oil or balm cleanser onto the palm of your hand and apply to dry/wet skin.

Gently massage cleanser onto the face—including around the eyes—for about 30-60 seconds. Rinse and leave the skin wet.

Gentle Cleanser: Dispense a coin-sized amount of cleanser into the palm of your hand. Apply it to wet skin (wetting the skin helps the cleanser to absorb and spread evenly).

Gently massage cleanser throughout face for about 30-60 seconds. Rinse and pat dry.

Granactive Retinoid: Use about 3-6 drops. Apply evenly throughout the face, neck, and décolletage. Avoid lips, eyelids, corners of the eyes, and nose.

Moisturizer: Apply a thin layer of moisturizer all over your face, neck and décolletage. Massage in a circular motion. Do not rinse.

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

Frequency Retinoid: Begin with 2-3 times per week. Increase as skin builds tolerance to every other day or daily as needed (and if tolerated).

Eyelids/Eye Area: Read individual product labels for their instructions or warning about getting the product in the eye area.

If there is no special indication, it is likely safe to use. It is best to test it, especially if you have sensitive eyes.

ADVANCED
SKINCARE
ROUTINE SET UP



Morning/AM Routine

Step 1. Gentle Cleanser



Examples:

Cetaphil Daily Facial Cleanser
(Oily/Combination Skin)

or

The Inkey List Hyaluronic Acid Cleanser
(All Skin Types)



Step 2. Hydrating Toner (Optional)



Do not wash it off

Examples:

Paula's Choice Pore-Reducing Toner
(Oily/Combination Skin)

or

Paula's Choice Enriched Calming Toner
(Dry to Very Dry Skin)



Wait

3. Eye Serum (Optional)



Do not wash it off

Example:

The Ordinary Caffeine Solution 5% + EGCG



Wait

Step 4. Serum(s)/Treatments (Optional)



Do not wash it off

Examples:

The Ordinary Ascorbyl Glucoside Solution 12%

or

The Ordinary Alpha Arbutin 2% + HA

or

The Ordinary Niacinamide 10% + Zinc 1%



Wait

Step 5. Moisturizer with SPF or 'Regular Sunscreen'



Do not wash it off

Examples:

CeraVe AM Ultra-Light Moisturizing Lotion SPF 30
(Normal to Combination/Oily Skin)

or

COSRX Aloe Soothing Sun cream SPF 50
(All Skin Types)

Gentle Cleanser: Dispense a coin-sized amount of cleanser into the palm of your hand. Apply it to wet skin (wetting the skin helps the cleanser to absorb and spread evenly).

Gently massage cleanser throughout face for about 30-60 seconds. Rinse and pat dry.

Hydrating Toner: Dampen a cotton pad with toner. Do not over-soak the cotton pad.

You can also use about 5-8 drops by applying it on the palm of your hand, and applying it across your face, neck, and décolletage. Do not rinse.

Eye Serum: Take one drop on your finger. Apply it to the eye contour and massage gently. Do not rinse.

Water-Based Serums or Anhydrous Solutions: Use about 5-8 drops of a watery serum or 2-4 drops of sticky serum. Apply it across your face, neck, and décolletage. Do not rinse.

Moisturizer: Apply a thin layer of moisturizer all over your face, neck and décolletage. Massage in a circular motion. Do not rinse.

Sunscreen: Take about a half to a full teaspoon of SPF 30 or greater broad-spectrum sunscreen. Apply evenly around the face, neck, and décolletage. Do not rinse.

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

Frequency Retinoid: Begin with 2-3 times per week. Increase as skin builds tolerance to every other day or daily as needed (and if tolerated).

Eyelids/Eye Area: Read individual product labels for their instructions or warning about getting the product in the eye area.

If there is no special indication, it is likely safe to use. It is best to test it, especially if you have sensitive eyes.



Evening/PM Routine

Method 1: Regular Cleansing To Remove Excess Sebum, Dirt, Water-Soluble Makeup and/or Sunscreen

Step 1. Gentle Cleanser

Step 2. Hydrating Toner (Optional)

Step 3. Eye Serum (Optional)

Step 4. Water-Based Serum(s) (Optional)

Step 5. Granactive Retinoid

Step 6. Moisturizer (Optional)



Cetaphil
Daily Facial Cleanser
(Oily/Combination Skin)
or
The Inkey List
Hyaluronic Acid Cleanser
(All Skin Types)



Examples:
Paula's Choice
Pore-Reducing Toner
(Oily/Combination Skin)
or
Paula's Choice
Enriched Calming Toner
(Dry to Very Dry Skin)



Do not wash it off



Wait



Example:
The Ordinary Caffeine
Solution 5% + EGCG



Do not wash it off



Wait



Examples:
The Ordinary Ascorbyl
Glucoside Solution 12%
or
The Ordinary Alpha Arbutin 2%
+ HA
or
The Ordinary Niacinamide 10%
+ Zinc 1%



Do not wash it off



Wait



The Ordinary
Granactive Retinoid 2%
in Emulsion **or** Squalane
*(Helps to improve the appearance
of fine lines, wrinkles and uneven
skin tone)*



Do not wash it off



Wait



Examples:
The Ordinary Natural
Moisturizing Factors +
HA
(All Skin Types)



Do not wash it off

Gentle Cleanser: Dispense a coin-sized amount of cleanser into the palm of your hand. Apply it to wet skin (wetting the skin helps the cleanser to absorb and spread evenly). Gently massage cleanser throughout face for about 30-60 seconds. Rinse and pat dry.

Hydrating Toner: Dampen a cotton pad with toner. Do not over-soak the cotton pad. You can also use about 5-8 drops by applying it on the palm of your hand, and applying it across your face, neck, and décolletage. Do not rinse.

Water-Based Serums or Anhydrous Solutions: Use about 5-8 drops of a watery serum or 2-4 drops of sticky serum. Apply it across your face, neck, and décolletage. Do not rinse.

Granactive Retinoid: Use about 3-6 drops. Apply evenly throughout the face, neck, and décolletage. Avoid lips, eyelids, corners of the eyes, and nose.

Moisturizer: Apply a thin layer of moisturizer all over your face, neck and décolletage. Massage in a circular motion. Do not rinse.

Sunscreen: Take about a half to a full teaspoon of SPF 30 or greater broad-spectrum sunscreen. Apply evenly around the face, neck, and décolletage. Do not rinse.

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

Frequency Retinoid: Begin with 2-3 times per week. Increase as skin builds tolerance to every other day or daily as needed (and if tolerated).

Eye Area: Read individual product labels for their instructions or warning about getting the product in the eye area. If there is no special indication, it is likely safe to use. It is best to test it, especially if you have sensitive eyes.



Evening/PM Routine

Method 2: Double Cleansing To Remove Excess Sebum, Dirt, Stubborn & Waterproof Makeup and/or Sunscreen

Step 1. Oil/Balm Cleanser

Step 2. Gentle Cleanser

Step 3. Hydrating Toner (Optional)

Step 4. Eye Serum (Optional)


5. Water-Based Serum(s) (Optional)

Step 6. Granactive Retinoid

Step 7. Moisturizer (Optional)



Examples:
The Inkey List Oat Cleansing Balm
(All Skin Types/Sensitive)
or
Paula's Choice Omega Complex Cleansing Balm
(All Skin Types)
or
The Ordinary Squalane Cleanser
(All Skin Types)




Examples:
Cetaphil Daily Facial Cleanser
(Oily/Combination Skin)
or
The Inkey List Hyaluronic Acid Cleanser
(All Skin Types)





Examples:
Paula's Choice Pore-Reducing Toner
(Oily/Combination Skin)
or
Paula's Choice Enriched Calming Toner
(Dry to Very Dry Skin)








Example:
The Ordinary Caffeine Solution 5% + EGCG







Examples:
The Ordinary Ascorbyl Glucoside Solution 12%
or
The Ordinary Alpha Arbutin 2% + HA
or
The Ordinary Niacinamide 10% + Zinc 1%

The Ordinary Granactive Retinoid 2% in Emulsion **or** Squalane
(Helps to improve the appearance of fine lines, wrinkles and uneven skin tone)


Examples:
The Ordinary Natural Moisturizing Factors + HA
(All Skin Types)



Oil or Balm Cleanser: Dispense about a coin-sized amount of oil or balm cleanser onto the palm of your hand and apply to dry/wet skin.

Gently massage cleanser onto the face—including around the eyes—for about 30-60 seconds. Rinse and leave the skin wet.

Gentle Cleanser: Dispense a coin-size amount of cleanser into the palm of your hand. Apply it to wet skin (wetting the skin helps the cleanser to absorb and spread evenly).

Gently massage cleanser throughout face for about 30-60 seconds. Rinse and pat dry.

Hydrating Toner: Dampen a cotton pad with toner. Do not over-soak the cotton pad.

You can also use about 5-8 drops by applying it on the palm of your hand, and applying it across your face, neck, and décolletage. Do not rinse.

Eye Serum: Take one drop on your finger. Apply it to the eye contour and massage gently. Do not rinse.

Water-Based Serums or Anhydrous Solutions: Use about 5-8 drops of a watery serum or 2-4 drops of sticky serum. Apply it across your face, neck, and décolletage. Do not rinse.

Granactive Retinoid: Use about 3-6 drops. Apply evenly throughout the face, neck, and décolletage. Avoid lips, eyelids, corners of the eyes, and nose.

Moisturizer: Apply a thin layer of moisturizer all over your face, neck and décolletage. Massage in a circular motion. Do not rinse.

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

Frequency Retinoid: Begin with 2-3 times per week. Increase as skin builds tolerance to every other day or daily as needed (and if tolerated).

Eyelids/Eye Area: Read individual product labels for their instructions or warning about getting the product in the eye area.

If there is no special indication, it is likely safe to use. It is best to test it, especially if you have sensitive eyes.



Be
careful!

Be careful when using The Ordinary's Granactive Retinoid 2% in Emulsion or Squalane with The Ordinary Buffet + Copper peptides 1%. Both products have the capacity to support and enhance the skin's natural exfoliating mechanism. However, combining both into one regimen may increase the chances of over-exfoliating the skin and developing skin sensitivities.

Step 1. Gentle Cleanser



Cetaphil
Daily Facial Cleanser
or
The Inkey List
Hyaluronic Acid Cleanser

Step 2. Peptide Serum



The Ordinary
Buffet + Copper Peptides 1%



Step 3. Granactive Retinoid



The Ordinary
Granactive Retinoid 2%
in Emulsion **or** Squalane

Step 4. Moisturizer



The Ordinary
Natural Moisturizing
Factors + HA

Be careful when using The Ordinary Granactive Retinoid 2% in Emulsion or Squalane after AHA/BHA Exfoliating Acid Toners/Serums. It may increase the chances of over-exfoliating the skin and developing skin sensitivities.

Step 1. Gentle Cleanser



Cetaphil
Daily Facial Cleanser
or
The Inkey List
Hyaluronic Acid Cleanser

Step 2. AHA/BHA Exfoliating Acid Toners/Serums



Examples:
Paula's Choice 2% BHA Liquid Exfoliant
or
The Ordinary Glycolic Acid 7% Toning Solution
or
The Ordinary 5% or 10% Lactic Acid + HA
or
The Ordinary Mandelic Acid 10% + HA
or
The Ordinary Salicylic Acid 2% Anhydrous Solution



Step 3. Granactive Retinoid



The Ordinary
Granactive Retinoid 2%
in Emulsion **or** Squalane

Step 4. Moisturizer



The Ordinary Natural
Moisturizing Factors + HA

Be careful when combining Pure Vitamin C (Ascorbic Acid) and retinol or retinoids. They can technically be used together if used in low-strength formulations. In some cases, when used together they can have some benefits, but if combining higher strength formulations of 15% or higher, it can lead to sensitivity, stinging, and burning. Also, the kind of Vitamin C formulation matters. So, if you are not sure which one you are using, it's advised that you be careful with using this combination.

Step 1. Gentle Cleanser



Cetaphil
Daily Facial Cleanser
or
The Inkey List
Hyaluronic Acid Cleanser

Step 2. Granactive Retinoid



The Ordinary
Granactive Retinoid 2%
in Emulsion or Squalane

Step 3. Strong Vitamin C Formulations



Examples:
The Ordinary Vitamin C
Suspension 23% + HA Spheres 2%
or
Vitamin C Suspension 30% in
Silicone



Be
careful!



Stop!

Do **NOT** use The Ordinary Granactive Retinoid 2% in Emulsion or Squalane after AHA/BHA Exfoliating Acid Masks.
It can lead to a damaged skin barrier or excessive dryness and irritation.

Step 1. Gentle Cleanser



Cetaphil
Daily Facial Cleanser
or
The Inkey List
Hyaluronic Acid Cleanser

Step 2. AHA/BHA
Exfoliating Acid Masks



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



Step 3. Granactive Retinoid



The Ordinary
Granactive Retinoid 2%
in Emulsion **or** Squalane

Step 4. Moisturizer



The Ordinary
Natural Moisturizing
Factors + HA

You can use an over-the-counter retinol or retinoid product in conjunction with a retinoid prescribed by your doctor or dermatologist. Just keep in mind that both have similar benefits and may not be needed in the first place. If you are using both, it's best to alternate days. For example, use a Retinol Monday evening and a Retinoid Tuesday evening. If you notice any skin irritation, discontinue, and stick with one product.

Step 1. Gentle Cleanser



Cetaphil
Daily Facial Cleanser
or
The Inkey List
Hyaluronic Acid Cleanser

Step 2. Granactive Retinoid



The Ordinary
Granactive Retinoid 2%
in Emulsion **or** Squalane



Step 3. Retinol/Retinoid



Examples:
The Ordinary 0,2% 0,5% or 1%
Retinols in Squalane
or
Differin Gel (Adapalene)
or
Retinoin Gel/Cream
or
Geek & Gorgeous A-Game Retinal
0,05% or 0,1%

Step 4. Moisturizer



The Ordinary
Natural Moisturizing
Factors + HA

THE ORDINARY PRODUCTS THAT CAN
BE USED WITH GRANACTIVE
RETINOID 2%

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)

It's recommended to use a maximum of three serum formulations in a single regimen.

These water-based serums will not usually lead to skin sensitivity, so they can be used before Granactive Retinoid. There is always a chance, however, that sensitivity occurs. If you experience this, stagnate the products and use them in separate routines.

The Ordinary Eye Serums: -> Use 1 drop for both eye contours.

- The Ordinary Caffeine Solution 5% + EGCG
- The Ordinary Argireline Solution 10%

The Ordinary 'Stickier'/'Thicker' Water-Based Serums: -> Use 2-3 drops for full face and neck

- The Ordinary Hyaluronic Acid 2% + B5
- The Ordinary Niacinamide 10% + Zinc 1%
- The Ordinary Alpha Arbutin 2% + HA
- The Ordinary 'Buffet'
- The Ordinary Ascorbyl Glucoside Solution 12%
- The Ordinary Matrixyl 10% + HA

The Ordinary 'Watery' Water-Based Serums: -> Use 5-8 drops for full face and neck

- The Ordinary Marine Hyaluronics
- The Ordinary Argireline Solution 10%
- The Ordinary Amino Acids + B5

These Anhydrous solutions can be used after or before Granactive retinoid and should not lead to irritation. If sensitivity occurs, however, use them at different times. There is no necessary order of application. They can be layered based on what feels best for your skin or based on what you're trying to target. Because The Ordinary Granactive Retinoid is also an Anhydrous solution, the order can be mixed.

The Ordinary Anhydrous Antioxidant Solutions/Serums: -> Use 3-6 drops for full face and neck

- The Ordinary Resveratrol 3% + Ferulic Acid 3%
- The Ordinary Pycnogenol 5%
- The Ordinary EUK 134 0.1%

The Ordinary Anhydrous Vitamin C Serums: -> Use 3-6 drops for full face and neck

- The Ordinary Ethylated Ascorbic Acid 15% Solution
- The Ordinary Ascorbic Acid 8% + Alpha Arbutin 2%
- The Ordinary Ascorbyl Tetraisopalmitate Solution 20% in Vitamin F

Face oils and moisturizers are not a reason for concern. They can be used in any order after retinoids. Azelaic acid is also fine for most people. However, if you experience sensitivity such as stinging and burning, use products with this acid at different times of the day or alternate days. For example, Monday use a retinoid and Tuesday use azelaic acid.

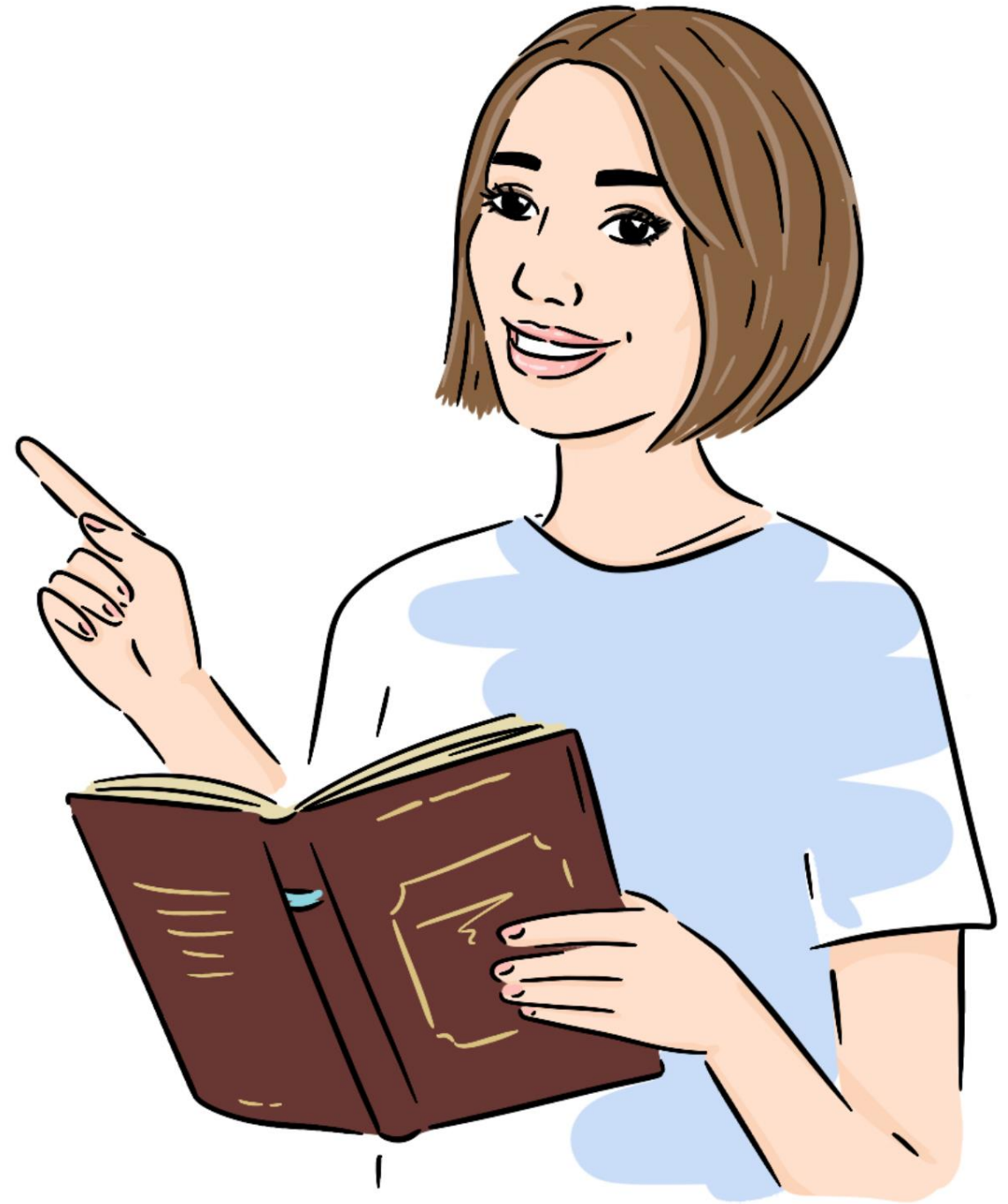
The Ordinary Face Oils: -> Use 3-6 drops for full face and neck

- The Ordinary 100% Organic Cold-Pressed Rose Hip Seed Oil
- The Ordinary 100% Cold-Pressed Virgin Marula Oil
- The Ordinary 100% Organic Cold-Pressed Moroccan Argan Oil
- The Ordinary "B" Oil
- The Ordinary 100% Organic Cold-Pressed Borage Seed Oil
- The Ordinary 100% Organic Virgin Sea-Buckthorn Fruit Oil
- The Ordinary 100% Organic Virgin Chia Seed Oil

The Ordinary Moisturizer/Suspensions: -> Use about a bean-sized amount for full face and neck

- The Ordinary Natural Moisturizing Factors + HA
- The Ordinary Azelaic Acid 10% Suspension

Additional Information





When you are exposed to the sun...

your skin needs **extra protection**. If you're at home, it's not necessary to apply sunscreen (unless you are sitting in front of a window and exposed to direct sunlight). Although applying sunscreen indoors doesn't hurt—especially if you are concerned about sun damage. Sun damage adds up over the years and getting into the habit of always applying sunscreen **can help you avoid accidental unprotected exposure**. This can happen when you go outside and forget to apply adequate sun protection.



When to apply Sunscreen

(tips and recommendations):



Apply sunscreen

10 to 15 minutes before sun exposure. Reapply if it has worn off after sweating, swimming, or being out in the sun



The Skin Cancer Foundation recommends using a broad-spectrum sunscreen with **SPF 15 or higher** when going out in the sun for **short intervals**.



If you are out in the sun for **longer intervals**, the Skin Cancer Foundation recommends using a water-resistant sunscreen with **an SPF of 30 or higher**.

When spending a long time in the sun, be diligent about reapplying often and consistently.



For your **nighttime** skincare routine, **skip** the sunscreen. There is no added benefit to wearing sunscreen at night since there is no chance of exposure to sunlight or UV rays.

What you should know about Retinol

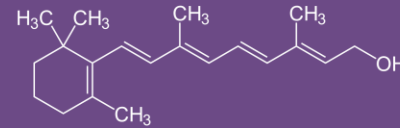


If you are **pregnant or breastfeeding**, it is generally recommended that you **avoid any skincare product containing retinoids or retinol**. Always speak to your doctor first if you are adding retinoids to your skincare when pregnant or breastfeeding.



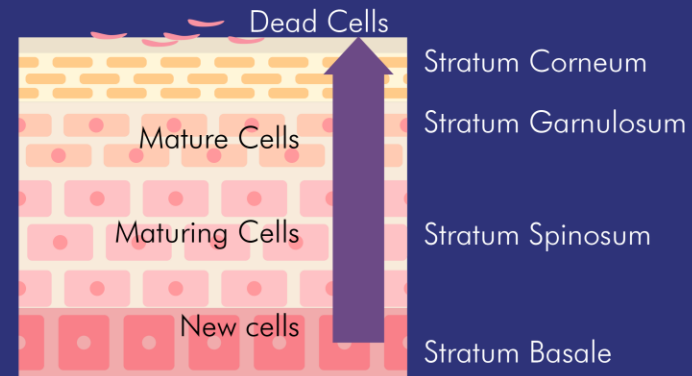
Additional note:
If you are using your retinol at night, there is **no need to add sunscreen to your routine at night**.

Sunscreen should be used only in the daytime!



What is Retinol?

Retinol/Retinoids are vitamin A derivatives that **stimulate cell renewal to produce new skin cells**. The new skin that develops is delicate and thinner and should therefore not be exposed directly to sunlight. It is, therefore, **best to use retinol at night** to reap the most benefits.



Skin Cell Turnover Diagram

