Using niacinamide and vitamin C together

Use these steps from the article to layer niacinamide and vitamin C with less risk of irritation.

- [ ] Patch test each product on the inner arm twice a day for 7 to 10 days.
- [ ] Add one new product at a time and wait at least 1 week before the next.
- [ ] Apply the thinner product first, which is usually the vitamin C serum.
- [ ] Apply niacinamide once the first layer has absorbed, then a moisturizer.
- [ ] Finish every morning routine with broad-spectrum sunscreen of SPF 30 or higher.
- [ ] Start with a low concentration of each ingredient on sensitive skin.
- [ ] Move niacinamide to the night routine when layering both irritates the skin.
- [ ] Keep benzoyl peroxide and vitamin C in separate routines.
- [ ] Store vitamin C at room temperature, away from sunlight.
- [ ] See a dermatologist when a severe reaction does not improve.

Notes

For general education only. Not a substitute for professional medical advice.