

Ultimate Skincare Ingredient Guide

Ingredient	Main Benefit	Avoid Mixing With	Safe to Combine With	Notes	Level
Hyaluronic Acid	Hydrating	-	Everything	Apply on damp skin	Beginner
Niacinamide	Soothing, brightening	Pure Vitamin C (L-AA)*	Almost everything	Stable and beginner-friendly	Beginner
Ceramides	Skin barrier repair	-	Everything	Use to support skin barrier	Beginner
Squalane	Moisturizing	-	Everything	Non-comedogenic and lightweight	Beginner
Panthenol (Vitamin B5)	Soothing, moisturizing	-	Everything	Calms irritated skin	Beginner
Aloe Vera	Calming, hydrating	-	Everything	Great for redness and irritation	Beginner
Vitamin C (L-Ascorbic Acid)	Brightening, antioxidant	Retinol, Benzoyl Peroxide	Ferulic Acid, Vitamin E, SPF	Sensitive to pH & light	Intermediate
Salicylic Acid (BHA)	Exfoliating, acne	Retinol (for sensitive skin)	Niacinamide, Hyaluronic Acid	Great for oily/acne-prone skin	Intermediate
Lactic Acid (AHA)	Gentle exfoliation	Retinol, other acids	HA, Ceramides	Milder than glycolic acid	Intermediate
Azelaic Acid	Brightening, calming, acne	-	Niacinamide, Retinol, HA	Safe for sensitive skin and rosacea	Intermediate
Zinc	Oil control, calming	-	Niacinamide	Often in mineral sunscreens	Intermediate
Allantoin	Soothing	-	Everything	Supports skin healing	Intermediate
Retinol	Anti-aging, acne	Vitamin C, AHA/BHA	Niacinamide, HA	Use at night, requires SPF	Advanced
Glycolic Acid (AHA)	Exfoliating, brightening	Retinol, Vitamin C	HA, Ceramides	Can be irritating	Advanced
Tretinoin	Potent anti-aging, acne	AHAs, BHAs, Vitamin C	HA, Ceramides	Prescription only, very strong	Advanced
Bakuchiol	Retinol alternative	-	Everything	Gentler than retinol	Advanced
Peptides	Anti-aging	Strong exfoliants	HA, Niacinamide, Ceramides	Support collagen production	Advanced
PHA (e.g., Gluconolactone)	Gentle exfoliation	Strong acids	HA, Ceramides	Less irritating than AHAs/BHAs	Advanced