



Fungal Folliculitis

The following are more often associated with exacerbating fungal folliculitis:

- Oral and topical antibiotics.
- Heavy or emollient moisturizers, sunscreens, cleansers, etc.
- Wearing constrictive clothing or clothing that doesn't allow skin to breathe. Cotton is best.
- Foods high in sugar, yeast and carbohydrates including alcohol, bread, candy, etc.
- Use of fabric softener or harsh detergents on sheets or clothing.
- Use of hot tubs or taking very hot showers or baths.

The following that may be supportive managing fungal folliculitis:

- Keep the affected area as dry as possible.
- Products containing l-mandelic acid.
- Shampoo that contains 1% or 2% ketoconazole or zinc pyrithione (make sure there are no pore-clogging ingredients if you also have acne).
- Syringa Vulgaris (Lilac Stem Cells), which can be found in Face Reality's **hydraBalance Gel**.
- Topical zinc oxide has calming properties and support optimal skin pH. Face Reality's **Ultimate Protection SPF 28** contains 11.6% zinc and is not occlusive.
- Gold Bond powder for body folliculitis can help keep the skin dry.

Supplements that may be useful:

- Face Reality Clear Skin Retore supplement, especially after taking probiotics.
- Coconut Oil (or caprylic acid) when taken internally, NOT as a topical product.

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