



# 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 **Mineral Matte 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.

This content is being provided for informational purposes only. This is not meant to be a substitute for professional medical advice, diagnosis or treatment. Face Reality is not offering, recommending, or endorsing any specific dietary guidelines, prescription drug, pharmacy or other information on the site. Face Reality provides no warranty for any information. Please seek medical advice before starting, changing or terminating any medical treatment.