

Pseudofolliculitis Barbae (Razor Bumps)



A gentler shave starts with how hair grows.

Understanding ingrown-hair inflammation

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01 What razor bumps mean

Pseudofolliculitis barbae (PFB) is inflammation caused when cut or removed hairs grow back into the skin. Often called razor bumps, it commonly affects the beard and neck. Curly, coarse hair is more prone to it. Bumps can itch, feel tender, and leave dark marks or scars. ¹

What raises the risk ^{1, 2}

- Curved, coarse hair
- An excessively close shave
- Shaving against hair growth
- Stretching skin while shaving

02 Three shaving priorities

- 1 Reduce close shaving**
If practical, pause shaving. Otherwise consider an electric trimmer that leaves a little stubble. Discuss a workable shaving plan if work requires a clean shave. ^{1, 2}
- 2 Soften and lubricate**
Shave after a shower or use a warm, damp cloth. Cleanse first and apply moisturizing shaving cream rather than shaving dry. ²
- 3 Use a light, with-grain pass**
Follow hair growth with short strokes; do not stretch skin or repeatedly pass over one area. Keep blades sharp and store razors dry. ^{1, 2}

03 Care considerations

Glycolic acid

This exfoliating acid may help reduce new bumps in suitable skin. ^{1, 3, 6}

It can irritate. Avoid open cuts; follow the label and seek advice if skin is reactive.

Moisturizing care

Moisturizer helps counter dryness, including after exfoliation. ^{3, 5}

Boley is a moisturizing option for normal-to-dry skin; avoid it if fragrance-sensitive. Strong scrubs or peels may worsen irritation.

Persistent or severe bumps

A dermatologist may consider prescription treatments or laser hair reduction. ¹

Bacterial folliculitis can look similar or coexist; not every bump needs antibiotics.

04 MANĚ products for supportive care

Match the product to your skin's needs. These cosmetic options support care; they are not cures for razor bumps.



EXFOLIATION · 5% GLYCOLIC ACID

Tremé Exfoliating Toner

Surface exfoliation for smoother-looking skin. Patch test first. Apply to clean, dry skin on 1–2 non-shaving evenings per week, then moisturize. Contains alcohol; check packaging for the full ingredient list. ⁴

[View product ↗](#)



MOISTURIZING CARE

Boley Face Cream

Hydration for normal-to-dry skin with glycerin, jojoba oil and hyaluronic acid. Apply to clean face and neck in the morning, before sunscreen. Contains fragrance; avoid if fragrance-sensitive and stop if irritation occurs. ⁵

[View product ↗](#)

Exfoliation needs restraint. Do not use Tremé immediately after shaving, on irritated skin or open wounds, or alongside retinoids, other acids or scrubs in the same routine. AHAs increase sun sensitivity: use sunscreen, protective clothing and limit sun exposure during use and for one week after stopping. Seek advice if skin is highly sensitive or compromised. ^{3, 6, 4}

Educational, not diagnostic. See a dermatologist for persistent bumps, worsening pain, pus or scarring. Shaving frequency should be tailored to your skin and hair, not a universal daily schedule.

Sources & product details

Sources checked 2026-09-14

1. DermNet: Pseudofolliculitis barbae

3. AAD: Safe exfoliation

5. MANĚ: Boley formula, moisturizing role & directions

2. AAD: Razor-bump prevention

4. MANĚ: Tremé formula highlights, directions & cautions

6. FDA: Alpha hydroxy acid safety