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The 15 Best Pillowcases for Acne, According to Experts

Your bedding could be causing your breakouts.

California Design Den Cotton Pillowcase Set

- Fabric: Cotton Sateen
- Thread Count: 400
- Machine Washable: Yes
- Sizing: Standard/Queen, King
- Color Options: 19, including Bright White, Hunter Green, Soft Plum, and Sunshine Yellow

Another affordable pillowcase for acne you can snag for under \$20 is the [California Design Den Cotton Pillowcase Set](#), which is a pack of two. The pillowcases are made from 100 percent extra-long-staple cotton with a royal sateen weave. They're also certified as Standard 100 by Oeko-Tex, meaning they're hypoallergenic and gentle on sensitive skin. According to the founder of [DermBx](#) and board-certified dermatologist, Dr. Neda Mehr, the California Design Den luxurious hotel pillowcase is “cool, dry, and breathable, making it perfect for acne-prone skin.” Plus, the pillowcase comes in so many colors and sizes (from twin to California king), you're bound to find the perfect match for your bedroom decor.



California Design Den Cotton Pillowcase \$18

Matouk Nocturne Pillowcase

- Fabric: Cotton Sateen
- Thread Count: 600
- Machine Washable: Yes
- Sizing: King
- Color Options: 21, including White, Silver, Azure, Charcoal, Navy, and Violet

Besides giving your bedding the look and feel of a five-star hotel, the **Matouk Nocturne Pillowcase** is dreamy on your skin, too. Dr. Mehr explains that because acne develops as the result of overactive oil glands, sleeping on a fabric that is absorbent, like cotton, ensures excess oils and bacteria don't stay trapped on the fabric and clog your pores. Dr. Matouk's Nocturne Pillowcase is made from 600-thread count Egyptian cotton and is one of his favorites for acne-prone skin. "It is absorbent, so it will absorb moisture, reducing sebum buildup to help minimize acne breakouts," she tells WWD. It is machine washable, which makes laundering a breeze, and comes in 21 colors, so you're guaranteed to find a shade that best matches the rest of your bedroom decor.



Matouk Nocturne Pillowcase \$115