

Rice Water: Natural Beauty Secret for Skin & Hair

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Rice water, the starchy liquid left after soaking or boiling rice, has been a beauty staple across Asia for centuries. Over time, its popularity has grown globally, largely due to its impressive benefits for both skin and hair.

What Exactly Is Rice Water?

Rich in amino acids, antioxidants, and vitamins B, C, and E, rice water is a nutrient-packed natural solution. These components contribute significantly to healthier, more radiant skin and stronger, shinier hair.

Skin Benefits of Rice Water

1. Brightens and Evens Skin Tone

Fermented rice water contains antioxidants such as ferulic acid and allantoin. As a result, it can help reduce pigmentation, leaving the skin brighter and more even in tone.

2. Soothes Irritated Skin

Thanks to its anti-inflammatory properties, rice water can calm irritated or inflamed skin. Consequently, it is beneficial for conditions like eczema and acne, providing gentle relief.

3. Hydrates and Moisturizes

The natural starch in rice water helps lock in moisture. Therefore, applying it can enhance skin hydration, maintain elasticity, and leave the skin feeling soft and supple.

Hair Benefits of Rice Water

1. Promotes Hair Growth

Rice water contains inositol, a carbohydrate that strengthens hair and reduces surface friction. This helps minimize breakage while encouraging healthy hair growth.

2. Enhances Hair Strength and Shine

By using rice water regularly, hair becomes stronger, shinier, and more manageable. Furthermore, it reduces frizz, resulting in smooth and healthy-looking locks.

3. Improves Scalp Health

The nutrients in rice water nourish the scalp. As a result, it creates a healthier environment for hair follicles and helps prevent issues like dandruff.

How to Use Rice Water

For Skin:

- **Toner:** Soak a cotton pad in rice water and gently swipe it across the face after cleansing.
- **Face Mask:** Immerse a sheet mask in rice water and leave it on for 15–20 minutes to maximize benefits.

For Hair:

- **Rinse:** After shampooing, pour rice water over your hair and leave it for 10–20 minutes before rinsing.
- **Leave-In Conditioner:** Dilute rice water with water, apply it to damp hair, and let it condition your hair naturally

Incorporating rice water into your daily routine can transform your skin and hair. With its natural hydrating, strengthening, and soothing properties, it serves as an affordable and effective beauty solution. Whether used as a toner, mask, rinse, or leave-in conditioner, rice water offers a simple yet powerful way to enhance your natural beauty.

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