

Rice Water: The Natural Glow Elixir for Skin

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Rice water is the cloudy, starchy liquid that remains after soaking or boiling rice.

It is rich in vitamins, minerals, amino acids, and antioxidants.

Cultures in East Asia—Korea, Japan, China—have been using rice water for centuries for skin care.

Five Key Benefits for Skin

1. **Brightening & Even Skin Tone**

It reduces dullness, pigmentation, and helps skin appear more radiant and even.

2. **Soothing Irritation**

It calms redness, inflammation, sensitivity, and helps with sunburn recovery.

3. **Minimising Pores & Oil Control**

It has mild astringent properties, which can help tighten pores and reduce excess sebum.

4. **Anti-Aging Effects**

Thanks to antioxidants like ferulic acid, rice water helps protect against free radical damage, which contributes to ageing. It can help with fine lines and skin elasticity

5. **Improving Skin Barrier & Texture**

The amino acids, minerals, and starch in rice water help retain moisture, promote regeneration, and smooth out rough or textured skin.

How to Make Rice Water at Home

Here are methods people commonly use:

- **Soaking method:** Rinse rice, then soak in water (~30 minutes). Strain the water
- **Boiling method:** Boil rice with extra water, then drain and use the leftover water. [Elle India+1](#)
- **Fermented rice water:** Let soaked rice water sit at room temperature for 24-48 hours, then refrigerate. Fermentation boosts antioxidant activity.

Always store in fridge and use within a few days to prevent spoilage.

How to Use

Some popular ways to incorporate rice water into your skincare routine:

- Apply with cotton pad/ball after cleansing, as a toner.
- Spritz using a spray bottle for a refreshing mist.
- Freeze in ice cube trays and use as a cooling treatment to reduce puffiness and tighten skin.
- Use in masks or combine with other ingredients like aloe vera.

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