

Rice Flour for Skin: Natural Benefits & How to Use It

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What are the potential *benefits* of rice flour for skin?

1. **Gentle exfoliation** – Rice flour has a slightly coarse texture that can help remove dead skin cells and smooth the skin surface.
2. **Oil-absorption/matte effect** – Because rice flour (or rice starch derived from it) is largely carbohydrate/starch, it can help absorb excess oil and reduce surface shine, which is good for oily or combination skin.
3. **Brightening & even-tone potential** – Some articles mention that compounds in rice (like phytic acid, ferulic acid) might help with pigmentation/un-evenness, though in most DIY use the concentration is uncertain.
4. **Calming/inflammation-support** – There are claims that rice flour has soothing properties and might help reduce redness or irritation for sensitive skin.
5. **Budget-friendly DIY option** – For those looking for natural/at-home alternatives, rice flour offers an accessible ingredient to experiment with.

Limitations

- The **scientific evidence** for many of the claims (sun-protection, major pigment reduction, anti-aging) is weak when using plain rice flour. Most stronger benefits come from **extracts of rice bran or isolated compounds**, not the flour itself.
- Physical exfoliation, even gentle, can still **irritate sensitive skin** or damage the barrier if used too often or roughly. As one source notes: “I do not routinely recommend it for my patients” when used as DIY without more data.
- Choosing the **right grade** of rice flour is important. If too coarse, it might scratch; it may lack the fineness or cleanliness needed for face use.
- Don't rely on it exclusively for **sun-protection**, because while there might be compounds in rice linked to UV-protection, amounts in flour are likely too low to replace sunscreen.

How you *could* use rice flour in your skincare routine

Here are a few safe DIY ideas, with caveats:

- **Basic exfoliating mask:** Mix ~2 tbsp rice flour + 1 tbsp honey (or rose water) ? apply to clean skin for 10–15 minutes ? rinse with cool water. Good for oily/combo skin.
- **For dry/sensitive skin:** Use rice flour + yoghurt or rice flour + aloe vera gel, and avoid scrubbing — just apply gently.
- **Oil-control pack:** Rice flour + Fuller's Earth (Multani Mitti) + rose water ? apply for 5-10 mins ? rinse. Especially useful when you want a quick mattifying effect.

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