

## Rice Flour Skincare Trend : Benefits and Usage

Published on 22 Dec 2025 | By IFI Correspondent



As the beauty industry increasingly turns toward **natural, ingredient-led skincare**, rice flour has re-emerged as a trusted solution for **skin brightening and clarity**.

Used for generations in homemade ubtans and cleansing powders, rice flour is known for its **mild exfoliating properties and ability to enhance skin tone**, making it especially popular for dull, uneven or tired-looking skin.

### Why Rice Flour Works for Skin Brightening

Rice flour contains natural starch and minerals that help **absorb excess oil, remove dead skin cells and polish the skin's surface**. Regular use can visibly improve skin texture, revealing a smoother and brighter appearance over time.

Key benefits include:

- **Gentle exfoliation** without harsh abrasives
- **Oil control**, ideal for humid climates
- **Temporary tan removal** and improved clarity
- **Even-looking skin tone** with consistent use

Its non-irritating nature makes it suitable for most skin types, especially when combined with soothing ingredients.

### DIY Rice Flour Face Mask Suggestions

Here are some easy, effective rice flour face masks that can be incorporated into weekly skincare routines:

#### 1. Rice Flour & Milk Mask (For Brightening and Softness)

##### Ingredients:

- 1 tablespoon rice flour
- 2 tablespoons raw milk

##### Benefits:

Milk's lactic acid gently exfoliates while rice flour helps brighten and smooth the skin. Ideal for normal to dry skin.

#### 2. Rice Flour & Honey Mask (For Glow and Hydration)

## Ingredients:

- 1 tablespoon rice flour
- 1 teaspoon honey
- A few drops of rose water

## Benefits:

This mask boosts natural glow, adds moisture and helps calm dull, tired skin.

### 3. Rice Flour & Curd Mask (For Tan Removal)

## Ingredients:

- 1 tablespoon rice flour
- 1 tablespoon fresh curd

## Benefits:

Curd's probiotics and mild acids work with rice flour to reduce sun tan and improve skin brightness.

### 4. Rice Flour & Aloe Vera Mask (For Sensitive Skin)

## Ingredients:

- 1 tablespoon rice flour
- 1 tablespoon aloe vera gel

## Benefits:

Soothing and cooling, this mask helps brighten the skin while reducing redness and irritation.

## How Often Should It Be Used?

Experts recommend using rice flour masks **once or twice a week**. Overuse may lead to dryness due to its oil-absorbing nature. Always follow up with a moisturiser and sunscreen if used during the day.

**For more style updates & exclusive fashion stories follow [indiafashionicon.com](https://indiafashionicon.com)**