

How to Make Rice Water Rinse for Healthier, Shinier Hair

Published on 14 Feb 2026 | By IFI Correspondent



A centuries-old beauty ritual from Korea is back in the spotlight as a simple and affordable hair-care treatment gaining renewed popularity among beauty enthusiasts around the world. Known as the **Korean rice water rinse**, this DIY elixir is praised for its potential to nourish hair, boost shine and strengthen strands — all from ingredients you likely already have at home. (lifestyleasia.co.in)

Rice water is the cloudy liquid leftover after rinsing or soaking uncooked rice. Traditionally used in East Asia — particularly during Japan's Heian period and in Korean beauty practices — it's rich in **nutrients like amino acids, vitamins and antioxidants** that are believed to support hair health. Anecdotal reports and beauty experts say rice water can help **smooth frizz, add shine and strengthen hair follicles**, though scientific evidence is limited and benefits may vary.

How to Make Korean Rice Water at Home

Preparing a rice water rinse is straightforward and doesn't require any special equipment:

1. **Rinse the rice:** Start by washing half a cup of uncooked rice under cool running water to remove surface dirt and excess starch.
2. **Soak the rice:** Place the rinsed rice in a bowl with 2–3 cups of clean water and let it sit for at least 30 minutes. This allows nutrients to leach into the water.
3. **Strain the liquid:** After soaking, gently swirl the rice and strain the water into a clean container — this milky liquid is your rice water rinse.
4. **Optional fermentation:** For added benefits, leave the strained water at room temperature for 12–24 hours to ferment, which may boost antioxidant levels.
5. **Add essentials:** A few drops of essential oils like lavender or rosemary can enhance scent and provide scalp-soothing properties.

Using the Rice Water Rinse

To use the rice water rinse, wash and condition your hair normally, then pour the rice water over your strands, massaging it into the scalp and hair. Leave it on for 10–20 minutes to let the nutrients work before rinsing thoroughly with lukewarm water. Most enthusiasts recommend using this rinse **once or twice a week** rather than daily to avoid buildup or dryness.

Potential Benefits and Tips

Advocates of the rice water method suggest it may:

- **Enhance hair strength** and reduce breakage by coating strands with nourishing nutrients.
- **Improve shine and smoothness**, making hair easier to detangle and style.
- **Promote a healthier scalp environment**, thanks to antioxidants and amino acids that may balance pH and soothe irritation.

However, experts caution that results can vary, and too much protein or frequent use might lead to **build-up or dryness** — especially for fine or low-porosity hair types. Adjusting frequency and following up with regular conditioning can help mitigate these effects.

Despite limited scientific studies, the appeal of a **natural, chemical-free hair treatment** continues to draw interest, making rice water a popular addition to DIY beauty routines worldwide.

DISCLAIMER: THE VIEWS/CONTENTS EXPRESSED/PRESENTED HEREIN, WITHIN THIS ADVERTORIAL AND PROMOTIONAL FEATURE ARE THE SOLE AND EXCLUSIVE RESPONSIBILITY OF INDIVIDUAL CLIENTS/EXPERT/THEIR AUTHORISED REPRESENTATIVE/PUBLISHER, TO WHICH EFFECT, PUBLICATION HOUSE/ITS REPRESENTATIVES/AFFILIATES ARE NOT RESPONSIBLE/LIABLE WHATSOEVER.