

## Rice Water for Skin Benefits: DIY Guide

### **1. Soaking Method**

This approach is ideal for daily use as a gentle toner or cleanser.

Ingredients:

- ½ cup of uncooked rice (any variety)
- 2 cups of water

Steps:

- Rinse the rice to remove impurities.
- Place rice in a bowl, add water.
- Soak for 30–60 minutes.
- Stir and strain the water into a clean container.

### **2. Boiling Method**

This method is more concentrated and suitable for face masks or intensive treatments.

Ingredients:

- ½ cup of uncooked rice
- 2 cups of water

Steps:

- Rinse the rice.
- Boil rice in water until tender.
- Strain the water into a container and let it cool.

### **3. Fermenting Method**

Fermented rice water is potent, great for anti-aging and brightening.

Ingredients:

- Rice water from the soaking method

Steps:

- Prepare soaked rice water as above.
- Leave it at room temperature for 24–48 hours until it smells slightly sour.

Notes:

If it smells unpleasant or moldy, discard and start fresh.

## Rice Water for Skin Benefits: How to Use

### **1. Toner**

How to use rice water toner:

- After cleansing, soak a cotton pad in rice water.
- Wipe it across your face.
- Let it dry naturally.
- Follow with moisturizer.
- Use morning and night for better results.

### **2. Face Mask**

A rice water face mask helps boost hydration.

- Soak a clean cotton sheet in rice water.
- Apply to face and leave on for 15–20 minutes.
- Remove and let the skin absorb remaining liquid.
- Follow with moisturizer if needed.

### **3. Cleanser**

DIY rice water also provides a gentle cleanse to skin.

- Splash rice water onto face.
- Massage gently for a few seconds.
- Quick wash with warm water.
- Great for morning or nighttime use.

### **4. Bath**

This remedy can help calm sunburn and body irritation.

- Add 1 cup of rice water to a tub of warm bath water.
- Soak your body in the bath for 15–20 minutes.
- Pat skin dry with a clean, soft towel.

### **5. Mist**

Rice water mist helps refresh and hydrate tired skin.

- Pour rice water into a spray bottle.
- Chill in the fridge for freshness.
- Mist onto your face anytime during the day.