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## You've Heard of Rice Water For Hair – but What About For Skin?

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The [benefits of rice water](#) in beauty know no bounds. It's been [used for centuries in Asia](#), but it's having a resurgence after going viral on social media. Earlier this year, everyone on TikTok was obsessed with rice water for hair health, and for good reason: the mixture has been shown to

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toner form when being used on the face.

There are quite a few benefits to using rice water in skin care. "It contains brightening ingredients like kojic acid, antioxidants like ferulic acid, as well as hydrating ingredients like allantoin," Dr. Song says. (Kojic acid has antimicrobial functions, which can help maintain the skin's microbiome balance and [prevent acne](#).)

"[It] can potentially improve skin texture and pigmentation with consistent use, and it has calming and restorative properties that repair irritated skin barriers," [Teresa Song](#), MD, board-certified dermatologist at [Marmur Medical](#) tells POPSUGAR. "Rice water also contains antioxidants like ferulic acid and vitamin E to combat free radicals from environmental stress as well as UV rays," Dr. Song says.

## Side Effects of Using Rice Water on Skin

The good news is that it can be used on all skin types, however, there are a few caveats. "Rice water is generally well-tolerated even in sensitive skin since it is mild and hypoallergenic," Dr. Song says.

However, celebrity aesthetician [Taylor Worden](#) notes that if you overuse it, it can cause dry, flaky skin and rashes, and if you use it as a shampoo, it can irritate your scalp. "It's important for patients to spot test when starting a new routine to avoid potential irritations and allergic reactions," Dr. Song says. "If you're making your own solution, make sure the rice is well-cleansed and avoid using rice water after a long shelf-time due to bacterial contamination."

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## How to Use Rice Water on Skin

Rice water can be made at home by soaking 1/2 cup of uncooked rice in two cups of water for 30 minutes. Once you've strained the rice three times, the water is ready to be used. We'd suggest storing it in an airtight container like a mason jar. "Since it's similar in texture to a toner, it's best applied as the first step in your skin-care routine, right after washing your face, for quick absorption," Dr. Song says. "It can be used on a

daily basis, and ideally at least two to three times a week for best results." You can apply it directly to your skin using your hands or a small cotton round or swab.

If you don't want to go the DIY route, there are plenty of products on the market that include the ingredient. Worden suggests using the [Tatcha The Rice Wash Soft Cream Cleanser](#) (\$40) or the [SKII Facial Treatment Essence](#) (\$99).



Tatcha The Rice Wash Soft Cream Cleanser  
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