



## **Fermented Rice Water**

Prep Time: up to 72 hours

### **Ingredients**

- ½ cup uncooked white or brown rice
- 4 cups filtered or distilled water

### **Utensils/Equipment**

- Measuring cup
- Plastic or wooden spoon
- Strainer
- Medium saucepan
- Glass pasta canister or other large glass container with a lid
- 2 Large glass bowls
- Plastic processing cap
- Applicator bottles (optional)

### **Directions**

- Measure ½ cup of uncooked white or brown rice into a strainer.
- Rinse the measured rice under a medium to full stream of water from the faucet for approximately 45 seconds. Agitate the rice while rinsing to remove surface impurities.
- Place the rinsed rice in a medium saucepan and pour 4 cups of filtered or distilled water over the rice.
- Place the saucepan on a stove burner and heat the rice and water on medium-high heat just until water come to a boil.
- Remove saucepan from heat and let sit until cool enough to handle.
- Transfer the rice and water to a glass pasta canister (or other large glass container) and close the lid.
- Let the rice and water ferment unrefrigerated for 24-72 hours. Fermentation occurs quicker at elevated room temperatures.
- Remove the lid from the glass pasta canister and pour the contents through a strainer collecting the rice water in a large glass bowl.
- Use plastic or wooden spoon to mash the rice collected in the strainer letting any residual rice water collect in the large glass bowl.
- Optional: If you find the rice water consistency to thick, you may dilute with filtered or distilled water until a milk like consistency is achieved.
- Optional: transfer rice water to applicator bottles for application.

- Unused rice water may be covered and stored in the refrigerator for up to 1 week. Allow refrigerated rice water to warm to room temperature before using.

### ***Use Instructions***

Rice water may be applied as part of a pre-poo treatment, as an after shampoo rinse, or under a deep conditioning treatment. Some women even use rice water as a shampoo! Wherever you decide to use it in your regimen, please make sure you do condition or deep condition your hair prior to styling.

- Bowl Method
  - Place an empty large glass bowl in a kitchen or bathroom sink.
  - Face the sink and lean your head over the sink and bowl.
  - Pour rice water over your head allowing the liquid to drain into the empty bowl in the sink while you massage your scalp.
  - Switch bowls collecting the rice water filled bowl from the sink to rinse again and placing the empty bowl in the sink.
  - Repeat the above Bowl Method Use Instructions until hair is fully saturated.
  - Cover with processing cap and let rice water sit on hair for 30 minutes to 1 hour.
  - Wash hair with mild shampoo or simply rinse with cool water.
  - Condition & style as usual.
- Applicator Bottle Method
  - Direct applicator bottle at one area of scalp and apply rice water while massaging the area.
  - Repeat until entire scalp has been covered.
  - Apply the remaining rice water throughout hair until strands are fully saturated.
  - Cover with processing cap and let rice water sit on hair for 30 minutes to 1 hour.
  - Wash hair with mild shampoo or simply rinse with cool water.
  - Condition & style as usual.

Be sure to check out the rice water video tutorials on [Natural Hair Nysa's YouTube channel!](#)

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