

Rice Water Batch Card & 8-Week Hair Test

Cut out the batch label and tape it to your bottle so you know when the rice water expires. Then use this eight-week test to see how rice water affects your own curls. Someone else's before-and-after photos can't tell you what will work for your hair.

LEAVE IT ON
20 minutes

START WITH
Once a week

STOP FERMENTING AT
24 hours

Label the bottle

YOUR RICE WATER BATCH

Made on _____

☐ Quick rinse ☐ Soaked ☐ Boiled ☐ Fermented

Throw out by _____

YOUR RICE WATER BATCH

Made on _____

☐ Quick rinse ☐ Soaked ☐ Boiled ☐ Fermented

Throw out by _____

Cut along the line and tape one to your bottle. If you can't date a batch, don't use it; pour it away and make a fresh one.

Set up your test

- 1 Choose two small sections of hair from the same side of your head. Try to pick sections that are similar in length and thickness.
- 2 Mark one as the rice-water section. You can loosely tie a thread near the roots to help you remember which section it is.
- 3 Follow your normal wash-day routine on both sections, but apply rice water to that section only.
- 4 Keep the rest of your routine the same for eight weeks. This will help you make a fair comparison.
- 5 Every two weeks, detangle each section separately over a light-colored towel. The towel will make it easier to see the hairs that come out.
- 6 Separate the shed hairs from the broken pieces:
 - Shed hairs are usually full-length strands and may have a tiny white bulb at one end. Losing approximately 50-100 shed hairs a day can be normal.
 - Breakage looks like shorter pieces without a bulb. These are the pieces you should count.

Understand your results

- Record the number of broken pieces from each section. The goal is to see less breakage in the rice-water section.
- Don't pull out any hairs for this test. Use only the hairs that naturally come out while you detangle.
- If you want to test elasticity, use one of the shed hairs you collected. Wet it and gently stretch it. Record:
 - 1: It breaks right away.
 - 2: It stretches a little before breaking.
 - 3: It stretches and returns to its original shape.
- Pay attention to how your curls feel. Hair that feels unusually dry, stiff, rough, or gritty probably has buildup.
- If the rice-water section has less breakage after eight weeks, you can continue using rice water once a week. Using it more often may not give you better results.
- If you don't see an improvement after eight weeks, rice water may not be helpful for your hair.
- If your hair feels worse at any point, stop using the rice water. Wash with a clarifying shampoo and wait two wash days before deciding whether to try it again.

Eight-week log

WEEK	DATE	BROKEN PIECES		STRETCH 1-3		HOW YOUR CURLS FEEL
		RICE WATER	NO RICE WATER	RICE WATER	NO RICE WATER	
Start						
Week 2						
Week 4						
Week 6						
Week 8						

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