

Rice Water: Benefits & Side Effects

What rice water can do for your hair, and the protein-overload signs to watch for.

BENEFITS	POTENTIAL SIDE EFFECTS
Enhances hair shine	Flaky buildup on the scalp
Promotes healthy hair growth	Protein overload leading to hair breakage
Rich in inositol, vitamin E, and B vitamins	Dryness due to heavy starch component
Repairs damaged hair follicles	Hair brittleness, especially for fine/low-porosity hair
Contains antioxidants for scalp health	Risk of residue leading to heavier, hard-to-style hair

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