

SKIN MIST

Even when you do drink enough water sometimes our skin needs some extra attention. Rice is a daily staple in our Indian diet. Gruel which is a beneficial meal in GIT disorders is made from rice & water. Rice water which forms as a result of cooking rice is rich in vitamins and minerals such as Vit B, C and was found to be beneficial for skin. The skin mist made from rice & water may help to promote healthy skin complexion, soothe sensitive skin, acne, pimples and more.

What you will need:

Rice : ½ cup (any variety of rice)	Water: as required
Spray bottle	

Preparation Process :

1. Soak washed, uncooked white rice in water for at least 30 mins.
2. Drain the rice and transfer to a pan and add approximately 2 cups of water.
3. Boil for 15-20 minutes until the water changes color to milky white and the rice is cooked.
4. Separate the rice and save the liquid.
5. Pour in Spray bottle and store in a cool place.
6. Optional Step - Ferment the mixture for 12- 24 hrs before separating the liquid.
7. Make sure you make this in small batches as required.

Benefits:

- It is made with easy to secure ingredients with no chemicals.
- Rice water contains vitamin E, antioxidants, ferulic acid and other nutrients beneficial for the skin.
- Rice water helps soothe your skin, improve the tone and aid in alleviating skin conditions
- It is beneficial in improving skin complexion and reducing skin irritation.
- Rice water acts as a natural sunscreen & protects from the harmful effects of UV rays.
- You can spritz your skin or use cotton to apply it. Let your face dry naturally.

#Sayyestoayurveda #Sandupharma #Ayurveda #natural #skinmist #rice #skincare #Hemocleen #Mahamanjisthadikadha #sanduarogyadarshika #diy

WATCH THE VIDEO HERE: <https://youtu.be/r6O9VkrABfQ?>

Reference: <https://www.treehugger.com/diy-face-mists-5191658#:~:text=For%20this%20mist%2C%20mix%20one,well%20each%20time%20before%20using>