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HAIR-CARE TIPS

Can Rice Water *Really* Make Your Hair Grow? Here's What Stylists Have To Say



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Rice water benefits

1. Strengthens and hydrates strands

According to [Neda Mehr, MD](#), a California-based functional dermatologist specializing in hair, rice water can have a legitimate impact on your hair health. The starchy liquid is chock-full of amino acids, antioxidants, and B and E vitamins. Together, these form a potent elixir that can naturally help hydrate your hair, increase its strength and improve its texture, says Mehr.

Specifically, vitamin B helps smooth out your hair, while vitamin E provides hydration and shine. "Between B vitamins, E vitamins, amino acids, and minerals, rice water could be great," says Dr. Mehr.

2. Potentially stimulate hair growth

Rice water may also be able to help with hair growth. It contains a mineral called inositol, which Dr. Mehr says can lower your levels of DHT, the hormone believed to be associated with hair loss. So, in theory, reducing DHT levels can help promote growth, but it's worth noting that this is still being studied.