

Formulation and Evaluation of Rice Water Toner for Skin

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Abstract: *The increasing demand for natural and sustainable skincare products has prompted the exploration of traditional remedies for modern cosmetic applications. This study focuses on the formulation and evaluation of a rice water-based toner, utilizing the bioactive compounds present in Oryzasativa (rice) to enhance skin health. Rice water, rich in amino acids, antioxidants, and vitamins such as B and E, was extracted through soaking and fermenting methods to maximize its efficacy. The toner was formulated using rice water as the primary active ingredient, with natural preservatives and essential oils to enhance stability and sensory appeal. Physicochemical evaluations including pH, viscosity, microbial load, and stability under varying storage conditions were conducted. Additionally, in vivo studies assessed the toner's effects on skin hydration, texture, and irritation potential over a four-week period in healthy volunteers. Results indicated that the rice water toner maintained stability and was well-tolerated, with participants reporting noticeable improvements in skin softness, brightness, and overall appearance. This research supports the potential of rice water as a cost-effective, safe, and beneficial ingredient in natural skincare formulations.*

Keywords: Rice water, Toner, Natural skincare, Oryzasativa, Skin hydration, Cosmetic formulation

