

NOTE: Please read the instruction below carefully!

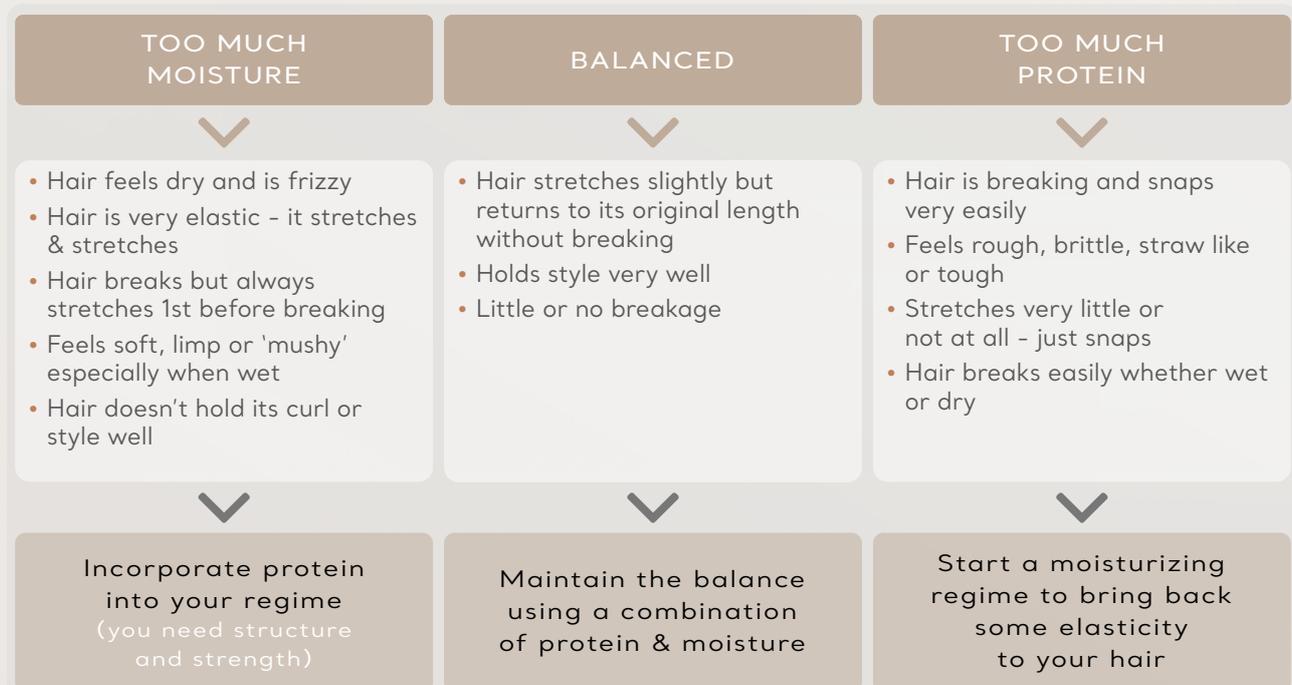
STORING RICE WATER

Our rice water is 100% natural and contains no artificial substances and / or preservatives. You can keep our rice water in the freezer for 6 months and in the fridge for 7 days. After receiving your order, you should store your bottles immediately the way we explained above.

Are you using less than the content of the bottle? Then you can use what you need, after thawing the contents, and put the rest back in the freezer or keep it in the fridge for 7 days.

PROTEIN / MOISTURE BALANCE IS IMPORTANT FOR HEALTHY HAIR

Hair consists of protein and moisture. For healthy hair it is important that there is a good balance. Too much or too little of both can lead to weak, dry hair and eventually hair breakage. Before using our rice water it is important to know the porosity of the hair. In the next section we will give you a detailed explanation about this.



HAIR POROSITY

Hair porosity indicates the extent to which the hair absorbs and retains moisture. On the surface the hair consists of hair scales that lie on top of each other, similar to roof tiles on a house. The hair cuticles are made of keratin, a natural protein, and form a protective layer for your hair. The degree to which the hair absorbs moisture has to do with the hair cuticles, the more these are open, the higher the porosity. In addition, the number of holes in the hair strand also influences your hair porosity.

LOW POROSITY HAIR

With low porosity hair, the hair cuticles are closed. So you have hair that absorbs moisture difficult, but once absorbed, fortunately does not lose moisture quickly. Your hair dries slowly, hair products are more difficult to absorb and remain on your hair. Because the hair cuticles are already closed, it is very important to know how to use our rice water as our rice water contains proteins. We therefore advise you to:

- use our rice water with caution and deep condition your hair well (protein free is advised) with a plastic cap. This way you moisturize the hair in order to maintain a good balance.
- Pay close attention to how long you let our rice water soak in. For example, you can first start with 5 minutes and build up to see what your hair likes best.

HIGH POROSITY HAIR

With this type of hair, the hair cuticles are open. High porosity hair absorbs moisture easily, but also loses moisture quickly at the same time. Your hair dries quickly as a result, but it absorbs hair products easily. High porosity hair often looks dry and dull and does not shine.

Damaged hair usually has a high hair porosity, because the hair cuticles are damaged and open. This type of hair also has little elasticity and often tangles quickly. The hair cuticles can be affected by heat damage and chemical products such as relaxers, dyes, parabens and silicones. Too much sunlight can also have a bad effect on hair porosity. People with high porosity can generally use rice water more often because the proteins help close the hair cuticles. Again, it is important to moisturize the hair well to maintain a good protein / moisture balance.

HOW DO YOU KNOW IF YOU HAVE HIGH OR LOW POROSITY HAIR?

There are several ways to test the porosity of your hair:

ABSORB TEST:

You can do this test while washing your hair. Do you notice during washing that your hair is quickly soaked when you get it wet? This indicates that your hair absorbs moisture quickly and is therefore high-porosity. Does it take a little longer for your hair to be properly wet? Most likely, this is low-porosity hair.

FLOAT TEST:

You only need a glass of water at room temperature for this. This test must be performed immediately after washing your hair, because the hair must be clean. Take a strand of hair and place it in a glass of lukewarm water. Does the hair strand go down? Then you most likely have high-porosity hair. Will it float at the top? Then you most likely have low-porosity hair. If it floats in the center of the glass, you most likely have medium-porosity hair. With medium porosity, the hair cuticles are not too closed so that enough moisture can enter the hair and prevents too much moisture from leaving the hair. This type of hair is generally easier to care for.

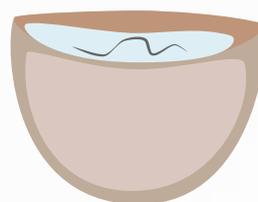
HAIR POROSITY TEST



SINKS QUICKLY
HIGH POROSITY



SINKS SLOWLY
NORMAL POROSITY



DOESN'T SINK
LOW POROSITY

PRODUCT TEST:

You do this test when applying your products. Does your hair soak up the product and is your hair dry after a few hours? Then you most likely have high porosity hair. Does the product stay on your hair and does it take a long time for your hair to dry? Then you most likely have low-porosity hair.

HOW DO YOU USE OUR RICE WATER?

Fermented rice water is known to have many benefits when used properly. We are happy to advise you in the use of our rice water. You should use our rice water according to the needs of your hair. For some this is once a week, for others every other week and others can use it every day as a spray. As with any other hair product you try, it is wise to listen to your own hair. Overuse does not necessarily mean better or faster results. Using it correctly according to your hair's needs is always more important than overuse. Especially those with low-porosity / protein sensitive hair should use fermented rice water with caution. Because rice water is a natural protein treatment, it is important after using the rice water that you moisturize your hair well to keep the protein and moisture balanced. A good protein / moisture balance is important for the health of your hair.

NOTE: Our rice water contains essential oils. Before use, test on the inside of your arm whether you are sensitive to this.

6 STEP SYSTEM RICE WATER MASK

1. Take the rice water bottle out of the freezer 24 hours before washing your hair and let it thaw at room temperature. Are you not using all the rice water? Then let it thaw in the fridge so you can refreeze the remainder again.
2. First, wash your hair with shampoo / cowash as you normally would.
3. After washing your hair with shampoo / cowash you can start using the rice water. Please shake the bottle well! You can apply the rice water as a mask in 2 ways:
 - 3.1 **Rice water rinse:** wash your hair with the rice water. (We advise you to use a bowl / bucket while washing, so the rice water is not immediately lost and you can still dab your points in the rice water and rinse several times if necessary).
 - 3.2 **Spraying:** spraying your hair with a spray bottle, it is important that you take your scalp and roots with you while spraying.
4. Then massage the rice water well on your scalp (preferably with a massage brush)
5. Deep (conditioning) in combination with rice water is highly recommended when using the rice water as a mask as the rice water is a natural protein treatment. This can be done in different ways, you decide what works best for you:
 - **Option 1:** After the rinse you can rinse the rice water immediately or you can let it soak with a plastic cap (max. 20 min). You know your hair best so feel what works for you. Finally, you apply the (deep) conditioner and let it soak in with a plastic cap. Tip: you can also put a towel over the plastic cap for extra warmth.
 - **Option 2:** You can immediately apply your (deep) conditioner after rinsing with the rice water and let it soak in with a plastic cap (20-30 minutes). Then you rinse everything at once.
 - **Option 3:** After the rinse you can rinse the rice water immediately or you can let it soak in with a plastic cap (max. 20 min). You know your hair best so feel what works for you. After this you can apply your (deep) conditioner, put on a plastic cap and go to sleep with it. Leave the (deep) conditioner on all night. The next morning you rinse it out.
6. Regardless of which option you have used, after you have rinsed everything out, you can use the styling products you normally use.

Note: you decide which (deep) conditioner / styling products you use. You know best what your hair needs. It is important that these products are moisturizing.

USING RICE WATER DAILY

Take the rice water bottle out of the freezer 24 hours before washing your hair and let it thaw in the refrigerator or at room temperature. Shake the bottle well and pour the amount you need into a spray bottle. You put the rest back in the freezer. You can now spray your hair every day. You can use just the rice water alone or combine it with a moisturizing leave-in conditioner. It depends on the needs of the hair. Please keep in mind that rice water contains proteins, so it's always a good idea to use a moisturizing leave-in to keep a good balance. Keep the spray bottle in the refrigerator (max. 7 days).

HAIR PRODUCTS IN COMBINATION WITH OUR RICE WATER

Our product is 100% natural and can be used in combination with any other product. Here too we advise to listen to your hair. Is your hair more sensitive to proteins? Then combine our rice water with protein-free products. To what extent you use the combination products (shampoo / co-wash, deep conditioner and styling products) with / without protein depends on the needs of your hair. Below you will find the protein-free products that we would love to recommend:

PROTEIN FREE CLARIFYING SHAMPOOS:

- As I Am Curl Clarity Shampoo
- Curl Junkie Curl Assurance Gently Cleansing Shampoo
- Curls Pure Curls Clarifying Shampoo
- Eden Body Works Coconut Shea All Nature Moisture Shampoo
- Jessicurl Gentle Lather Shampoo

PROTEIN FREE DEEP CONDITIONERS:

- Mielle Organics Protein Free Hydrating Conditioner with Mongongo Oil
- Shea Moisture Baobab and Tea Tree Oils Low Porosity Protein Free Conditioner
- Shea Moisture Raw Shea Butter Deep Treatment Masque
- As I am Hydration Elation Intensive Conditioner
- Cantu Shea Butter Natural Hair Deep Treatment Masque

PROTEIN FREE CONDITIONERS:

- The Mane Choice De-tangling Easy on Curls Conditioner
- Curl Junkie Curl Assurance Smoothing Conditioner
- Curl Junkie Beauticurls Argan Olive Oil Daily Hair Conditioner
- Giovanni 50:50 Balanced Hydrating-Calming Conditioner for Normal to Dry Hair

PROTEIN FREE LEAVE IN CONDITIONERS

- Camille Rose Naturals Curl Love Moisture Milk
- Shea Moisture Baobab & Tea Tree Oils Low Porosity Protein-Free Leave-In Detangler
- Shea Moisture African Water Mint & Ginger Detox & Refresh Hair & Scalp Leave-In Detangler
- Curl Junkie Curl Assurance Smoothing Lotion
- Camille Rose Naturals Coconut Water Style Setter (can use as LI or styler)

STYLER & CREAM

- Curl Junkie Curls In a Bottle
- Soutanicals Curl Juice- Vegan Hair Mousse (has Irish Moss)
- Camille Rose Naturals Aloe Whipped Butter
- Camille Rose Naturals Almond Jai Twisting Butter
- Jane Carter Curl Cocktail Conditioning Styling Cream

DISCLAIMER

Of course, the use of our rice water is your own responsibility. Ultimately, you decide how you use the rice water for your hair. Each hair has its own needs. The above information is provided as advice and not as an obligation. Of course you can always ask us your questions. This can be done via info@riceupricewater.com

TIP

Make a before photo at the beginning so that you can compare it with an after photo afterwards. We are very curious about your results! We would love you to tag us in your photos and / or videos on Instagram and Facebook? You can find us at [@riceupricewater](https://www.instagram.com/riceupricewater).

Enjoy and let your hair Rice Up!

Love,

Team Rice Up! Rice Water