

Repetitive Bathing and Skin Poultice with Hydrogen-Rich Water Improve Wrinkles and Blotches Together with Modulation of Skin Oiliness and Moisture

What did the researchers do?

- Five healthy adults aged 49–66 used hydrogen-rich warm water daily.
- They bathed for 10 minutes and also applied towels soaked in hydrogen-rich water to their face and skin.
- The treatment continued for up to 98 days.
- Researchers measured wrinkles, age spots (blotches), skin moisture, and skin oil levels before and after the treatment.

What were the results?

Reduced Wrinkles

- Wrinkles became noticeably less visible across multiple areas of the face and hands.
- Some fine lines became shallower, shorter, or nearly disappeared.
- Overall wrinkle scores improved significantly during the study.

Reduced Age Spots and Skin Blotches

- Participants showed visible improvements in skin discoloration and age spots.
- Dark patches became lighter and smaller in several cases.
- Researchers recorded significant reductions in blotch severity.

Improved Skin Moisture

- Dry skin became more hydrated.
- Hydrogen-rich water appeared to help restore moisture where it was lacking.
- Skin that was already well hydrated showed little change, suggesting a balancing effect.

Balanced Skin Oil Production

- Dry skin tended to become less dry.
- Excessively oily skin tended to become less oily.
- Researchers concluded that hydrogen-rich water may help regulate sebum production toward a healthier balance.

Key Takeaway

This small clinical study found that regular use of hydrogen-rich warm water improved:

- **Wrinkles**
- **Age spots and skin blotches**
- **Skin hydration**
- **Skin oil balance**

The researchers concluded that hydrogen-rich water may offer beneficial cosmetic and skin-aging support, although larger studies are needed to confirm these findings.

In this study, regular use of hydrogen-rich warm water was associated with improvements in wrinkles, age spots, skin hydration, and oil balance. Participants experienced healthier-looking skin after several weeks of treatment, suggesting hydrogen may support skin health by helping the body manage oxidative stress. If you go to the study you can see the before and after pictures.

To Read The Full Study

CLICK HERE

