

## Electrolytically generated hydrogen warm water cleanses the keratin-plug-clogged hair-pores and promotes the capillary blood-streams, more markedly than normal warm water does

### What was the study about?

Researchers in Japan (2018) wanted to know whether bathing or soaking in hydrogen-infused warm water (water with dissolved hydrogen gas added via electrolysis) does anything extra for your skin and circulation compared to just plain warm water.

### What they tested:

- Blood circulation in fingertip capillaries (tiny blood vessels)
- Skin moisture levels
- Clogged pores (specifically keratin plugs – the waxy buildup that blocks hair follicles, like blackheads)

### How they did it:

- Participants soaked their hands in hydrogen warm water (40°C / 104°F) or bathed in a full tub of it
- A special microscope camera recorded blood flow in the fingertips
- A skin moisture meter measured hydration before and after
- They photographed pores on the nose and cheeks to count how many keratin plugs were cleared

### What they found:

- 🩸 Blood flow increased – after soaking hands in hydrogen water for a period, capillary blood flow rose to about 120% compared to plain warm water
- 💧 Skin moisture went up 5–10% immediately after a hydrogen water bath vs. before bathing, and this held over a 7-day test period (though the effect was modest because hydrogen doesn't dissolve as well in warm water)
- 🧴 Pores were significantly cleaner – the number of keratin plugs cleared from cheeks was 2.3 to 4.47 times greater after hydrogen water bathing than after a normal warm water bath, and the total area of cleared pores was about 1.3 times larger

### Why might this happen?

- Hydrogen is believed to work through its tissue permeability and antioxidant properties – hydrogen molecules are tiny and can penetrate skin easily, potentially helping loosen buildup in pores and improve circulation beyond what warmth alone does.

### Caveats to keep in mind:

- This was a small study on healthy subjects (not people with skin conditions)
- Hydrogen doesn't dissolve very easily in warm water, so the concentrations were low (0.09–0.23 ppm), which the authors acknowledged limited some effects

**Bottom line:** The study suggests that hydrogen-infused warm water may unclog pores and boost blood circulation more effectively than plain warm water – but the effects, while measurable, were modest and the science is still early.

To Read The Full Study

[CLICK HERE](#)

