

Effects of hydrogen-rich water bath on visceral fat and skin blotch, with boiling-resistant hydrogen bubbles

What was the study about?

Researchers wanted to test whether bathing in hydrogen-rich warm water could reduce skin blotches (dark spots/pigmentation) and belly fat (visceral fat), and also whether hydrogen stays dissolved in water even after it's been boiled.

Who was in it?

Just 4 people – 2 men and 2 women, aged 41–48 years old.

What did they do?

Participants took a warm (41°C / 106°F) bath in hydrogen-rich water containing 300–310 µg/L of dissolved hydrogen (normal tap water has less than 10 µg/L) for 10 minutes once daily, for 1 to 6 months

What they measured and found:

● Skin blotches (dark spots):

- Large, dense, irregularly shaped skin blotches became noticeably smaller and lighter in colour. The researchers think hydrogen worked by chemically reducing melanin (the dark pigment) and lipofuscin (an age-related pigment), and by encouraging skin cell renewal.

👤 Belly/visceral fat:

- Ultrasound measurements of the abdomen in the two female subjects showed visceral fat area shrank from 47 to 36 cm², and waist circumference dropped from 91 to 82 cm. [nih](#)

🩸 Blood markers (one female subject after 6 months):

- LDL ("bad") cholesterol dropped by 16.2%, though fasting blood glucose (sugar) actually increased by 13.6% – the rise in blood sugar is an unexpected and slightly concerning finding the study doesn't fully explain. [nih](#)

💧 Does hydrogen survive boiling?

- Yes – hydrogen was retained at 300–175 µg/L even 1–6 hours after boiling, and still at 200 µg/L a full 24 hours later. This was a notable finding as it suggests the hydrogen bubbles are unusually stable.

Bottom line: An interesting early-stage observation that hydrogen water baths might help with skin pigmentation and belly fat, but with only 4 participants and no control group, it cannot be taken as solid evidence. Much larger, properly designed trials would be needed to confirm anything.

To Read The Full Study

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