

# COCONUT OIL SKIN & HAIR CARE GUIDE



HOW TO USE COCONUT  
OIL FOR HEALTHY AND  
BEAUTIFUL SKIN AND HAIR

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## Coconut Oil Skin & Hair Care Guide: How to Use Coconut Oil for Healthy and Beautiful Skin and Hair



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Coconut oil is an all-natural solution to your skin layer and hair care requirements. If you aren't using coconut oil on your skin and locks, you're missing out on the many therapeutic great things about this all-natural conditioner. It rejuvenates the skin and nourishes hair, leaving your skin radiant and your locks silky and shiny. The following topics are protected in the Coconut Essential oil Skin and Hair Care Guide: Coconut oil: The facts and why is it so great for your skin and hair? Shea Butter Shaving Cream. Ultimate Epidermis Tonic. Virgin natural oils vs. refined oils. These dishes are easy to create and a batch could be whipped up very quickly at simply by amateurs and specialists alike. Brittle Locks Treatment. Coconut oil while a carrier oil. The anatomy of your skin. Pores and skin disorders and how coconut essential oil might help. Using coconut oil to provide acne relief. The usage of coconut oil on bacterial and fungal infections. Dry out skin: Are you tired of feeling like you have lizard epidermis? Diaper Rash Cream. This useful guideline contains 25 all-organic and easy to create coconut oil skin care product recipes. Eye Makeup Remover. Dull Hair Treatment. Sandalwood Antiperspirant. Assisting the body eliminate scars and stretch marks through use of coconut oil. Organic coconut oil and why it matters that you go organic. The next skin care product recipes are contained in the reserve: All-Natural Coconut Oil Deodorant. Aloe Supplement E Sunburn Salve. Antibacterial Hand Sanitizer. Antioxidant Passion Fruit FACE CARE CREAM. Coconut oil and head lice. Athlete's Feet Salve. Oatmeal Yogurt Irritation Busting Cream. Oily Skin Face Wash. The only type of coconut oil you should consider using on your skin and in your hair. Smooth Pores and skin Serum. Why the extraction technique used to acquire coconut oil matters with regards to quality. Lemon Sugars Scrub. Vanilla Coconut Milk Hair shampoo. Moisturizing Shaving Lotion. Avocado Coconut Face Mask. Banana Coconut Anti-Aging NOSE AND MOUTH MASK. Coconut Essential oil Exfoliating Scrub. Coconut essential oil and psoriasis and rosacea. Extra Hydration NOSE AND MOUTH MASK. Oil pulling. Eye Cream. Coconut Essential oil Bug Repellent. Scalp Salve. Vanilla Lavender Lip Balm. Lemon Whipped Body Butter. Furthermore to skincare product recipes, the following hair care product quality recipes are also provided: All-Organic Styling Gel. The countless ways coconut oil benefits your skin layer. Coconut Almond Conditioner. Coconut Lavender Conditioner. Dry Hair Treatment. What you need to find out about your hair. Organic Color Treatment. Moisturizing Curl Spray. Overnight Locks Mask. Lavender Coconut Face Wash. Super-Creamy Whipped Peppermint Body Butter. Choose the Coconut Oil Pores and skin and Hair Care Guidebook today and get yourself started the road to naturally beautiful epidermis and hair, just the way nature intended!



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Benifits of Coconit Oil Good info.! I use it in therefore many ways, smoothies, food preparation, hair treatment, epidermis,etc. Am in my own 80's and my skin is similar to silk. The recipe called for two cups of lemon juice, which is actually an error. Obvious understanding for using this product! Five Stars Good information about one of ma favorites oils! Many thanks Amazon for having these books available. Buyer beware Just got the book and decided to help to make the lemon sugars scrub.Hair gets thicker. It should have already been two tablespoons. I simply wasted a huge amount of elements. Before I make any various other recipes, I'll first do some on line research. Great recipes and info Love this book! We've begun using coconut essential oil for skin care, which book has some very nice recipes and concepts. I made several for gifts last year, plus they were all loved. Very informative Would have liked to see a list of the health Benefits of each one of the essential oils mentioned. Otherwise great recipes for individuals who want to steer clear of toxic chemicals in beauty care products. Thank you for a very informative book Well written and presented with great ways to use coconut oil to have your skin and locks looking the very best they may be. I have already been using coconut essential oil for about 6 months right now on my epidermis and an right now using it on my locks aswell. It has produced a big difference.) I rated 4 superstars because I tried one of them and it proved helpful but it's sort of difficult to acquire the ingredients.thank you Coconut lifesaver It has quality recipes that help your locks with lice, dullness, (etc. I recommend this book since it will help with the items in sentence 1. Clear writing An excellent book, but short about the benefits of using coconut oil! I recommend this book to people who want help with locks treatment or repairing. I have many books on coconut essential oil. So many other benefits I am experiencing.! Yeah! Four Stars Very interesting concept. Can't wait to provide it a try.



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