

9 ways of beauty with coconut oil simple and effective

Daily beauty will become simple and unexpected savings with 9 ways to beautify coconut oil below.

Recently, **coconut oil** quickly became a natural oil with lots of good uses. Coconut oil contains lots of vitamin K, vitamin E and iron. Besides, it also contains **lauric acid** with natural antimicrobial substances.

As a miracle fruit, coconut offers many health benefits, enhances metabolism, regulates cholesterol levels and reduces the harmful effects of other diseases such as diabetes.

In addition, coconut oil has many other uses to help you have a healthy beauty routine. Here are **9 ways to use coconut oil** in accordance with your beauty regime:

1. Make conditioner

Old women often use coconut oil to **nourish their hair** . Coconut oil is known as a secret to having long, thick and shiny hair. Even most shampoos today use coconut oil as one of the ingredients. Coconut oil **provides moisture for hair, dandruff and helps the scalp stay healthy.**



Photo source: Susy Morris via Flickr

Using coconut oil as a conditioner for your hair is very simple, you just need to heat coconut oil up at a warm temperature before brushing it on your hair. Then, wrap your hair in a towel or shower cap for a few hours or until the next morning and rinse with water.

If the hair curls and becomes hard, you can use coconut oil to improve it. Just rub a little coconut oil into your hands, then gently brush your hair over your hair for evenly absorbed coconut oil. Massage the scalp from the hairline and apply it to a sufficient amount.

2. Lip balm

Coconut oil can be used as a great lip balm. Because it is rich in nutrients, moisturizing and has a natural aromatic coconut smell. It can **reduce cracking on the lips** , giving you soft and healthy lips.

For dry lips: mix warm coconut oil with sugar and some honey. Then, use this mixture to gently exfoliate the dead skin cells and remove dry skin with light circular movements of the finger. This mixture makes your lips more lovely and sexy.

3. Whitening teeth

Coconut oil has very good antimicrobial and antifungal properties, used to treat dental bacteria and remove plaque. This is a way to keep your teeth white and your breath fresh. Coconut oil also makes the gums healthier and reduces the risk of tooth decay.



Photo source: Phu Think Co via Flickr

Follow traditional **Ayurveda practices** , whiten your teeth by sucking 1 tablespoon of coconut oil in your mouth for 20 minutes or longer.

4. Remove pages

Coconut oil is a great makeup remover because it dissolves the water repellent found in mascara cosmetics and eyeshadow. In addition, coconut oil helps **skin smooth, reduce wrinkles and leave moisture on the skin** .

To remove makeup, you only need to dip the makeup into coconut oil, then wipe away the makeup. Coconut oil is also great for removing eyeliner and mascara. In addition, coconut oil penetrates into eyelashes to help nourish and lengthen eyelashes. Coconut oil also increases eyelash pigmentation, which can help messy eyebrows in the fold.

5. Body lotion



Coconut oil can be used as a body lotion or mixed with the body lotion you currently use. Coconut oil contains antioxidants, which help to **reduce the aging process** by fighting free-radicals. In addition, coconut oil can treat acne and eczema.

Apply 1 tablespoon coconut oil or mix coconut oil with body lotion you are taking. Ideally, use after bathing because coconut oil locks moisture into your skin. Coconut oil helps soothe skin irritation, heal insect bites and scratches, making skin soft and smooth.

6. Epilator

Coconut oil can be used as shaving cream, **moisturizes the skin** and prevents razor burns. When using coconut oil with aloe vera, will help soften the skin, reduce redness and irritation.



Photo source: Sunny mama via Flickr

Use a scoop of coconut oil to apply on your feet after bathing, use them as a shaving cream. Coconut oil helps to prevent friction from razors, as well as softening feathers to make shaving easier. You don't need to worry about excessive use of coconut oil or excess oil after shaving, as you can use it as a post-shaving moisturizer!

7. Nail care

Coconut oil as a nail cuticle helps healthy nails, can even combat the signs of aging for the hands, because antioxidants in coconut oil will reduce the appearance of age spots and wrinkles.

Use coconut oil or mix coconut oil with hand lotion, then rub it all over your hands. Massage coconut oil in the palm and pay special attention to the epidermis and nails.

8. Exfoliating



Coconut oil is also a great **exfoliating** body, which moisturizes and gives skin a youthful and fresh feeling.

Mix coconut oil with a little sugar or sea salt, or both sugar and sea salt. You can also add lemon juice and honey or any other pure oil for an aromatic scrubs, moisturize and lighten the skin. In addition, you can also add mashed lavender, olive oil or vanilla essence.

9. Exfoliating feet

In addition, you can also use coconut oil to exfoliate your feet. The antimicrobial and antifungal properties of coconut oil will **remove the fungus on your feet** . In addition, coconut oil also **treats dry heel crack** .

Apply coconut oil on your feet and between your toes, you can use this to treat athletes' foot skin. Experts recommend that you exfoliate at least once a week.

Coconut oil can obviously do everything. From skin care, moisturizing to soft feet: coconut oil is a good friend of women. Add coconut oil to your beauty regime every day, because coconut oil is not only cheap but also a smart choice.

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