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100% Effective Natural Hormone Treatment
Menopause, Andropause And Other Hormone Imbalances
Impair Healthy Healing In People Over The Age Of 30!

Coconut Oil - A Healthy Solution For Hair And Skin Care

By Sharon Hopkins

Coconut as a whole plays a very important part in our lives. >From leaf to the oil everything has

become very useful to us. Coconut oil is widely used for your hair and many may have seen the results it has provided. With the growth in the market we have been exposed to a number of creams, which have proved to be worthless. In this stiff competition coconut oil has risen as a thorough winner.

The oil seems to do wonders for your skin. It softens the skin as well as cures it from any damages providing you with a radiant and young look. It helps the skin to avoid liver spots and blemishes caused due to aging and sunlight. By regular use of the oil a soft and supple skin is developed keeping it wrinkle free. The damage to the skin by sun rays is restricted with the use of coconut oil. It brings back the shine and lost charm of the skin.

The presence of antiseptic fatty acids prevents any fungal and bacterial infection. Some of the infections it keeps fighting on regular basis are the acne, ringworm, herpes, boils, athlete's foot and warts. Coconut oil or coconut butter has been widely used as a moisturizer. It provides a shield on your skin to protect the natural moisture.

For Skin Care

–Apply grinded betel leaf with coconut oil on black spots, to lighten it –Paste of mehendi (henna) with little oil should be applied on your face to lighten black spots –Apply the mixture of coconut water and thick pineapple juice for a glowing skin –For soft skin make a paste of red sandal powder with coconut milk. Apply it on your face. Rinse it later. –To remove pimples. Use thick curd; add turmeric and drops of oil. Put it on your face. –Coconut oil mixed with crushed garlic when applied at night helps to cure plantar warts and athlete's foot –Coconut butter can be used as lip balm –Massage your face with coconut oil before going to bed this would help in premature ageing

For Hair Care

–Add a teaspoon of camphor to 1/2 a liter can of coconut oil. Store it. Massage this oil on your scalp before going to bed. This would help you get rid of dandruff –A mixture of castor, mustard and coconut

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oil massaged on your scalp can help you with dandruff problems –One part lemon juice with two parts coconut oil to be massaged to the roots of your hair to ward of dandruff problem –Hair loss problem can be solved by massaging coconut or almond oil for 10 to 15 minutes

Warning: The reader of this article should exercise all precautions while following instructions on the recipes from this article. Avoid using any of these products if you are allergic to it. The responsibility lies with the reader and not with the site or the writer.

Sharon Hopkins manages sites related to hair and skin care, such as

<http://www.hair-n-skin-care.com>

which gives information on all you wanted to know about your hair and skin. Coconut oil helps to fight diseases as well as used as an ultimate weapon to fight skin and hair problems.

Hair Oil – A Need For Anyone And Everyone

By Sharon Hopkins

Oiling ones hair is one of the most important things, if we want to take care of our hair. It is very necessary that hair is given proper treatment which would mean a massage with some of the most beneficial oils.

Having the right kind of oil for your hair is very important and so is oiling your hair. Many of us have a hectic schedule due to which, oiling and washing our hair holds the last priority. If you want healthy hair and one which lasts longer – oiling is the best remedy.

There are so many oils in the market which tells you tales about the benefits it provides. Before jumping in the bandwagon with others, check it from which company you are buying the oil. A trusted and known company is very important as there are many duplicates in the market.

Having good hair oil is not enough eating the right kind of food also helps. Harmful foods such as canned and processed food which do not protect your hair instead damage it, should not be eaten. Fresh coconut is very good for your hair.

For beautiful and strong hair, massage your scalp with hair oil and leave it overnight. You can also use a steamed towel to cover your hair for half an hour for best results. This gives your hair a shiny and lustrous look.

Oiling your hair everyday would be too much to ask for. But do this at least thrice a week for beautiful hair. It does make a lot of difference if you keep doing this regularly as it is bound to show on your hair.

The massaging and oiling of your hair stimulates the blood circulation, which in return helps your hair. Due to the oil your hair is protected from the strong and hot sun rays. The oil also gives your hair that extra shine.

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Some of the most popular and very beneficial oils which are being used for beautiful long hair with indefinite good qualities are

Jojoba Oil – can be used for dry hair as it helps to moisturize your hair properly. It helps to soften your hair and can be used to detangle your hair before shampooing.

Olive Oil – strengthens your hair and nourishes it due to inherent qualities it has. It helps to reduce stress and promotes the idea of healthy hair by providing elasticity to your hair.

Coconut Oil – is one of the oil which helps in the lubrication of the hair. The content in coconut oil like magnesium, potassium, calcium and iron happens to provide the best for your hair. It is very useful for damaged hair due to its ability to strengthen it.

Rosemary Herbal Oil – is very useful for the unwanted and flaky dandruff problems. Warm the oil slightly and apply it with the help of your fingers or cotton. Rub it well on the scalp and wrap with a hot towel.

Sharon Hopkins webmaster for sites like

<http://www.hair-n-skin-care.com>

can do wonders for you with

information provided in your very own home. Information on hair and skin care and knowledge about products is also given. Hair oil is the basic need for your hair which has to be done properly.



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