

## Coconut Oil Skin Hair Care Guide: How to Use Coconut Oil for Healthy and Beautiful Skin and Hair (Paperback)



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Createspace, United States, 2013. Paperback. Condition: New. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.Coconut oil is an all-natural solution to your skin and hair care needs. If you aren't using coconut oil on your skin and hair, you're missing out on the many therapeutic benefits of this all-natural conditioner. It rejuvenates the skin and nourishes hair, leaving your skin radiant and your hair silky and shiny. The following topics are covered in the Coconut Oil Skin and Hair Care Guide : Coconut oil: What is it and why is it so good for your skin and hair?The only type of coconut oil you should consider using on your skin and in your hair.Why the extraction method used to obtain coconut oil matters when it comes to quality.Virgin oils vs. refined oils.Organic coconut oil and why it matters that you go organic.The many ways coconut oil benefits your skin.Coconut oil as a carrier oil.The anatomy of your skin.Skin disorders and how coconut oil can help.Using coconut oil to provide acne relief.The use of coconut oil on bacterial and fungal infections.Dry skin: Are you tired of feeling like you have lizard skin?Coconut oil and psoriasis and rosacea.Helping the body eliminate scars and stretch marks through use of coconut oil.Oil pulling.What you need to know about your hair.Coconut oil and head lice. This handy guide contains 25 all-natural and easy to make coconut oil skin care product recipes. These recipes are easy to make and a batch can be whipped up in no time at all by amateurs and professionals alike. The following skin care product recipes are included in the book: All-Natural Coconut Oil Deodorant.Aloe Vitamin E Sunburn Salve.Antibacterial Hand Sanitizer.Antioxidant Passion Fruit Skin Cream.Sandalwood Antiperspirant.Athlete's Foot Salve.Oatmeal Yogurt Inflammation Busting Cream.Oily Skin Face Wash.Shea...

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