

# Personal Care Recipes With Coconut Oil

Coconut oil has been used since ancient times for its remarkable effects on skin and hair. It is rich in carbohydrates, vitamins and minerals, which is the reason coconut oil is used as a major ingredient in many cosmetic soaps and creams and even used in preparation of many dishes and salads in Asian countries.

Coconut oil is a natural and safe alternative to chemical-laden products.

## Natural Homemade Hair Conditioner

Coconut oil is the best alternative to your chemical based conditioner. It will make your hair soft and shinier.

### Ingredients

- 1 – 2 tablespoons of coconut oil
- 2 – 4 drops of essential oils (rosemary, sage, peppermint, vanilla, geranium, lavender, eucalyptus or grapefruit)
- Something to cover your hair

### Instructions

- Heat a small amount of coconut oil until it liquefies and then add essential oils and mix the two.
- Apply the oil directly onto your scalp and gently massage.
- Comb the hair to make sure the oil is evenly distributed throughout the hair. Cover your hair for some time with a shower cap.

# Chemical Free Face Moisturizer Recipe

Coconut oil has moisture-retention property and that's why it can work as a natural moisturizer. Moreover, applying it will also keep your skin soft and smooth and well-hydrated.

## Ingredients

- 1 tablespoon of coconut oil
- 1 – 2 tablespoons of shea butter
- 1 teaspoon of vitamin E oil
- 2 – 4 drops of essential oils

## Instructions

- Heat coconut oil.
- Add shea butter
- Add vitamin E oil and essential oil
- Mix

You can apply this mixture to your skin to enjoy the benefits of coconut oil.

# Coconut Oil Lip Balm Recipe

Although applying unrefined coconut oil to your lips is good enough to keep the moisturized, the following is a simple way to make a lip balm using coconut oil.

## Ingredients

- 1 – 2 teaspoons of coconut oil
- 1 teaspoon of beeswax
- 1 – 2 drops of essential oils

## **Instructions**

- Warm your coconut oil till it turns liquid and then add beeswax to it. Allow the beeswax to melt and then add few drops of your favorite essential oil.
- You can store this on-the-go lip balm in small containers and carry them wherever you go.

## **Homemade Toothpaste with Coconut Oil**

Coconut oil's anti-microbial property makes it efficient enough to buzz off the bacteria and germs in your teeth.

## **Ingredients**

- 1/2 cup of coconut oil
- 4 – 6 tablespoons of baking soda
- 1 teaspoon of powdered stevia
- 15 – 20 drops of essential oils

## **Instructions**

- Heat the coconut oil to make it soft but don't allow it to turn into liquid.
- Now add baking soda, essential oil, and stevia.
- Mash all the ingredients together and then whip it till it turns light and creamy.
- You can store this mixture in a jar and use it as your daily toothpaste.

## **Coconut Oil Salt Scrub Recipe**

For keeping skin soft and smooth, nothing quite compares to a warm bath and this coconut oil salt scrub!

## **Ingredients**

- 1 cup of coconut oil
- 1/2 cup of Epsom salt
- 1/2 cup of dead sea salt
- 15 – 20 drops of essential oils

## **Instructions**

- Heat the coconut oil till becomes liquid and then add salts and essential oils to it.
- Mix well all the ingredients and then store it in a glass jar.
- You can use this once a week and then soak yourself into warm water to make sure the body gets nourishment due to these ingredients.

## **Recommended Reading:**

- 35 Things You Could Do With Coconut Oil – From Body Care to Health to Household
- Heal Cavities, Gum Disease, Naturally with Organic Oral Care
- Things You Should Know About Garlic – DIY, Recipes, Other Tips