



Brampton: 220 Wexford Road Unit 2 Brampton, ON L6Z-4N7

Ph: (905) 840-WELL Fax: (905) 840 -LIFE

www.drjustineblainey.com

www.blaineywellness.com

Coconut Oil Can Replace a Slew of Personal Care Products

When it comes to personal care products, your safest, not to mention least expensive, bet is to simplify your beauty routine and make your own products using wholesome all-natural ingredients. For example, plain [organic coconut oil](#) can replace a long list of costly and potentially toxic products, including the following. If you want something scented, simply add a drop or two of your favorite [high-quality essential oil](#).

Hair treatments: Coconut oil is well known for its hair benefits. Most women seem to prefer using it as a pre-shampoo conditioner. Simply massage the coconut oil onto dry hair and leave on for about an hour or longer. You could even leave it on overnight. Just wear a shower cap or use a towel to protect your pillow. Then, wash and style as usual.

Makeup remover: Swipe on with a moist cotton ball. Wipe off with clean cotton ball or wet washcloth.

Facial cleanser: Massage a dollop of coconut oil onto face and neck. Wash off with wet washcloth and pat dry.

Body scrub: Mix equal parts coconut oil with organic cane sugar in a glass jar. Use the scrub on dry skin prior to your shower or bath.

Facial scrub: Instead of sugar, mix coconut oil with baking soda, or oatmeal with a dash of cinnamon, for a gentle facial scrub.

Shaving lotion: Apply a thin layer of coconut oil on area to be shaved, and shave as usual. The lauric acid in the coconut oil will also serve as an antiseptic for cuts that result from shaving.

Face and body moisturizer: You can use it either by itself, or add your favorite essential oil. (Make sure you're using a high-quality essential oil that is safe for topical application.) The featured article also suggests whipping the coconut oil with an electric mixer to produce a fluffy moisturizer that stays soft and spreadable even in cooler temperatures.

When applied topically, coconut oil helps to reduce the appearance of fine lines and wrinkles by helping to keep your connective tissues strong and supple, and aids in exfoliating the outer layer of dead skin cells, making your skin smoother.

Eye cream: Apply a thin layer of coconut oil around your eyes to soften wrinkles and counteract thinning, sagging skin.

Cuticle cream: Simply rub a small amount of coconut oil around your cuticles to soften dry areas.

Deodorant: Applying a small amount of coconut oil directly onto your armpits can help keep odors at bay, courtesy of the oil's antibacterial properties. If you prefer, you can add a small amount of baking soda, or make a homemade deodorant using coconut oil, baking soda and arrow root powder. For directions, see the second video above. DeliciousObsessions.com also lists additional deodorant recipes using coconut oil as the base.

Bath soak: Adding coconut oil to your bath can help moisturize dry itchy skin. (Make sure to scrub your tub afterward to prevent slipping!). Make sure the water is warmer than 76 degrees Fahrenheit though; otherwise the oil will turn to a solid.

Soap: Coconut oil is one of the base ingredients in many homemade soap recipes, such as this one by NourishingJoy.com.

Lip balm: You can either apply a small amount of coconut oil, as is, or make your own lip balm using coconut oil as one of the base ingredients. You can find all sorts of recipes online, but here's one by The Liberated Kitchen.

Toothpaste: Mixed with baking soda, coconut oil can replace your regular toothpaste. The baking soda will gently cleanse while the coconut oil's antibacterial action may help keep harmful bacteria in check. For recipes using essential oils to spruce up your toothpaste, see DeliciousObsessions.com.

Insect repellent: Mixing coconut oil with high-quality essential oils may help keep biting insects at bay when applied to exposed skin. Effective choices include: peppermint, lemon balm, rosemary, tea tree oil, neem, [citronella](#) (Java Citronella), geraniol, catnip oil (according to one study, catnip oil is 10 times more effective than DEET), and/or clear vanilla extract

Live Well For Life!

Our mission is to serve our families with love, education and life enhancing care so that they may innately express their true potential and optimal health throughout life!

Follow Blainey Wellness on  