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Coconut Oil: the experts weigh in!

by CINDY on APRIL 21, 2014 - LEAVE A COMMENT



I don't know about you but I am a **big coconut oil fan**. I put it on toast, occasionally use it as a makeup remover, put on the ends of my hair and have made a toothpaste out of it. I love it for a body moisturizer too. The possibilities are endless! I cook with it and use it to coat pans instead of spraying PAM or using butter.

I keep two tubs of it in the house, one downstairs in the kitchen and one upstairs in my bathroom!

Here's what the experts have to say about this must-have, multi-use product!

Dr. Stafford Broumand, NYC-based Plastic Surgeon and Associate Clinical Professor of Plastic Surgery at The Mount Sinai

Hospital

Q: What skin type is Coconut Oil best for?

A: Recently many people have been talking about Coconut Oil, but it has actually been used for years. In the Middle East, women

have been known to use it on their hair to keep it healthy and add a silky shine. Coconut Oil is soothing with Vitamin E and it also

has anti-viral and anti-bacterial properties, which can be known to help with skin disorders. It is light in smell and consistency, so it

absorbs easily into the skin, making it suitable for all skin types.