

How to use coconut oil for gorgeous hair?

Tagged as : [coconut](#), [frizzy hair](#), [hair care](#), [hair conditioning](#), [hair growth](#), [hair nourish](#), [healthy hairtangled hair](#)

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Coconut oil is popularly used and most recommended hair oil worldwide. Coconut oil enriched with antioxidants has antiviral, anti-fungal and anti bacterial properties. This helps in improving scalp health, protects against infection & fungus and promotes hair growth.

Today, when most of the traditional grooming products contain chemicals that can damage your hair and leave them flat and dry, coconut oil can prove to be a boon for your hair and skin.



While the organic and natural products may cost a bit more, coconut oil is easily affordable, safe and can replace most cosmetic products available in the market. With wide variety of uses and

benefits, the miracle oil tops the list of all the natural alternatives to improve your health.

Let's take a look at some of the benefits of using coconut oil for your hair:

For conditioning

Coconut oil, comprising of small medium-chain fatty acids, penetrates hair more deeply and faster than other synthetic conditioners available in the market. Use of slightly warm coconut oil keeps your hair soft and shiny.

Apply warm coconut oil at night and wash it the next morning. Repeat this every alternate day for healthy, strong and conditioned hair.



For hair growth

Coconut oil can be used to help your hair grow faster, thicker and longer. Lauric acid found in coconut oil penetrates the hair shaft and strengthens the hair. This in turn helps against thinning of hair and encourages growth of thicker and longer hair. Coconut oil, rich in vitamin E and vitamin K strengthens your hair follicles and also helps reduce dandruff.



Protection from Lice

Lice are the most common among children in the young and adolescent age group and even after treating them, it comes again and again. Most of the traditional products available in the market treat lice only temporarily. Moreover, on a regular use the chemical constituents of these

products can damage the scalp. Use of coconut oil helps to repel lice and prevents the eggs from hatching, thus making it the best available option to fight against lice.

Add essential oils like tea tree and peppermint for faster results.

To Tame frizz

Use little quantity of coconut oil and after warming in palms, smooth your hair from root towards the tips and style as desired. It will take some time for your hair to dry but once dry your hair will be soft, shiny and manageable.



Protect from the sun

Coconut oil makes for an excellent all natural sunscreen. Apply coconut hair to your hair before leaving to go out in the sun. You may also use it on the exposed skin to protect it from the harmful UV rays.



To Detangle

Long and curly hair often comes with the daily battle of dealing with tangles. 100% organic coconut oil does not leave any residue on hair and hence prevents any damage to your tresses.

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