



# Coconut Oil for Health and Beauty: 34 Fabulous Recipes for Healthy Hair and Beautiful Skin (Natural Essentials)

*Tanya Lugo*

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## Coconut Oil for Health and Beauty

This book provides a variety of unique and healthy coconut oil recipes for all aspects of your life. These recipes are all natural and provide better results than store-bought brands without all of the harsh chemicals associated with store brands.

Coconut oil has many health benefits and properties. Coconut oil is new to the Western world, but has been a staple of many cultures for generations. It is light, hydrating and moisturizes dry skin and hair. It provides protection against UV rays and induces healing.

## 34 Fabulous Recipes for Healthy Hair and Beautiful Skin

These simple and easy to make recipes are ideal for living a healthy and natural lifestyle. All of the 34 recipes included in this book are easily created using simple methods with easily obtainable ingredients. From romantic and sensual lotions and body butters to soaps and lotions, these are all recipes that you can use daily.

**In this book, you will learn...**

- **Section 1 – Spa Quality Hair Treatments:** in this section you'll find recipes related to repairing dry hair and restoring the shiny, beautiful and soft hair you long for.
- **Section 2 – Facial Masks & Cleansers:** in this section you'll find recipes to clean and pamper your facial skin, restoring a youthful appearance.
- **Section 3 – Luxury Body Treatments:** in this section you'll find recipes that allow you to indulge yourself in spa quality, luxurious body treatments.
- **Section 4 – Natural Alternatives:** in this section you'll find natural alternatives to store bought solutions including toothpaste, ingrown hair treatments and cold remedies.
- **Section 5 – Romantic Creations:** in this section you'll find sensually-scented romantic lotions, oils and body butter for the perfect romantic evening.

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