

Coconut Oil

(*Cocos nucifera*) **Botanical Family: Palmaceae**

Skin Types Suited

Body oil only

Skin Uses

stretch marks
cleansing
softening
soothing

Other

Mainly used as a body oil.
Can cause irritation on sensitive skins

Contains:

Palmitic (fatty acid and others), ricinoleic acid, glycerine.

Source:

Native to tropical coasts.

Can be purchased deodorised, and in this form is often used by massage therapists.

Colour

Colourless
White when cold and solid

Odour

Yes
No when deodorised

Directions

Use as an addition to the body base oil, at 10 per cent of the whole.