Kim’s Tip: The Benefits of Coconut Oil

Nowadays, it is becoming increasingly popular to use natural oils, such as argan, as alternatives in daily beauty regimens. Another natural oil that sometimes goes unnoticed is coconut, virgin coconut oil to be exact.

Coconut oil can be used both internally as well as externally. Using virgin coconut oil in your food or eating it regularly is good for your digestive system, immune system and cardiovascular health. Virgin coconut oil does not have saturated fats that are found in other oils. Instead, it contains more fatty acids which are much easier on the body.

Some studies have also found that taking virgin coconut oil daily can help with weight loss. The oil gives the body energy which helps to boost metabolism. It is also good for healing wounds and moisturizing skin.

Let’s not forget about the benefits it has on your hair. The oil can be used to improve the health of your scalp and hair. Using a small amount on your hair helps remove tangles and small amounts on the scalp strengthen the hair while leaving it silky.