

Best Coconut Oil for Skin and Hair: Complete Guide

Coconut oil also known as Copra oil is an edible oil extracted from the kernels of matured coconut harvested from the coconut palm called *Cocos Nucifera*. It has a high saturated fat content which makes it slow to oxidize and resistant to acidification that's why it can last up to six months or more at 24°C without spoiling.

This single natural product helps moisturize the skin, erase wrinkles, and kill yeast infections. It can also make the hair grow soft, strong, and shiny but the kind of coconut used also matters. Organic unrefined coconut oil is the best, extracted from fresh coconuts.

Coconut oil is used in many natural beauty products due to its antifungal and antibacterial ability. It is also an excellent moisturizer for skin, penetrates hair better than other oils and has a good smell like cookies.

Benefits of Coconut Oil

There are many benefits of organic coconut oil to the skin, hair, and body. They include:

- ❖ Protection from the sun – Coconut oil protects the skin from Ultraviolet (UV) rays of the sun, which causes brown spots, wrinkles and increases the risk of skin cancer. It helps block about 20% of the sun's UV rays though it doesn't give the same amount of protection as the conventional sunscreen which blocks about 90% of UV rays. It also has a sun protection factor (SPF) of 7.
- ❖ Relieves Skin irritation and Eczema – Coconut oil improves dermatitis, other skin disorders, and mineral oil. It also gives a major improvement when used to treat eczema.
- ❖ Moisturizes the Skin – This organic oil is a wonderful moisturizer for the legs, elbows, and arms. It can also be used on the face to give a smooth skin, but it is not recommended for people with very oily skin. It helps repair cracked heels if applied continuously at bedtime and the heels covered with socks.
- ❖ Provides relief from insect bites and stings – Due to its anti-inflammatory properties, it can help relieve the itch and pain caused by insect stings or bites. It also helps reduce swelling and decrease the risk of infection.
- ❖ Protects hair from damage – Coconut oil can help maintain healthy hair by reducing protein loss from the hair when applied before or after shampooing. This can be achieved on damaged or healthy hair. The ability of this oil to protect hair from damage is due to the unique structure of lauric acid, the main fatty acid in the oil, which can penetrate the hair shaft in a way that other fats can't.
- ❖ Massaging newborn babies – Massaging newborns with coconut oil help promote normal weight gain and growth. Studies show that premature babies who were massaged with coconut oil for 30-days gained weight significantly compared to those massaged with mineral oil for the same period.

- ❖ Improved wound healing – Wounds treated with coconut oil has a reduction in inflammatory markers and increased collagen production, which is a major skin component. This will result in much faster wound healing. To speed up the healing of minor cuts or scrapes, coconut oil should be applied directly to the wound and covered with a bandage.
- ❖ Non-toxic insect repellent – The use of some essential oils may be a natural way to keep bugs away and avoid stings and bites. This oil may be combined with a carrier oil rather than applying them directly to the skin. Oils such as Thai essential oil can provide over 98% protection from mosquito bites when combined with coconut oil.
- ❖ Helps combat candida – The fungus responsible for yeast infections is known as Candida Albicans. They are commonly found in moist, warm areas of the body which includes the mouth. Studies show that coconut oil can help fight Candida infections and it is also as effective as fluconazole, the antifungal medication prescribed for candida infections.
- ❖ Natural deodorant – Sweat itself has no smell, but the bacteria living on the skin can produce undesirable odors. Coconut oil has a strong antibacterial property that makes it a great natural deodorant that contains no chemicals.
- ❖ Remove eye makeup – Coconut oil is a gentle and effective eye makeup remover. This can be achieved by soaking a cotton pad in the oil and wiping gently until the makeup is completely removed.
- ❖ Soothe chapped lips – Coconut oil is an ideal natural lip balm. When applied to the lip, it glides on smoothly and keeps the lips moist for hours and also provides some protection against the sun.
- ❖ Minimize dandruff – One of the most common causes of dandruff is a dry scalp. Applying ultra-moisturizing coconut oil on the scalp will help moisturize the scalp thereby eliminating dandruff.

Things to Consider Before Buying Coconut Oil

Coconut oil is not just a fad. Nowadays, people extol its many virtues – it's delicious with several health benefits, and it doubles as an all-purpose beauty product. Because of its popularity, grocery store shelves are packed with different varieties of the oil, and all have various label claims.

So, which type is the best for maximum nutrition and taste? Here, there are four things to be considered before buying coconut oil.

1. Go for the solid.

Coconut oil found in grocery stores are either in a solid or liquid form and they're not exactly the same thing even though they are both labeled as coconut oil. All saturated fats, including coconut oil, should be solid at room temperature. Coconut oil in liquid form has undergone extra processing, which eliminates some fatty acids that are responsible for keeping it solid.

This is not good at all since the health benefits of coconut oil are linked to those fatty acids. For this reason, solid coconut oil is the best, as it is one step closer to its most natural state.

2. Don't stress about organic

Coconut doesn't have significant pesticide residue, so it's not essential to buy the organic. The same thing is applicable to non-GMO label claims. Coconut has no genetically modified varieties currently, so there is no need paying extra for a brand flaunting non-GMO status.

If you are buying the refined coconut oil, you may go for the organic, since organic production prohibits the use of an oil-extracting chemical called hexane. Try using the 100% organic, cold-pressed coconut oil to help create soft, smooth, and healthy skin.

3. Look out for specific labels

Whenever you purchase coconut oil, always go for the ones labeled as "unrefined," "extra virgin," and/or "cold-pressed," but avoid the ones labeled as "deodorized."

Sticking to this guideline will ensure that you get the oil subjected to the least level of processing. "Extra virgin or unrefined" coconut oil is extracted from the fruit of fresh mature coconut without the use of high temperatures or chemicals. This means that the oil still retains some nutrients that act as antioxidants.

On the other hand, coconut oils which are chemically extracted from dried coconut meat are known as "refined coconut oil." They are deodorized and bleached, with their antioxidant levels depleted, although this is only applicable to some brands.

Some refined, organic coconut oils are actually extracted using steam. Refined coconut oil is mostly used in the kitchen because, it has a higher smoke point than the unrefined, so it's more versatile for cooking, but the unrefined, cold-pressed oil is still recommended for most purpose.

4. Virgin coconut oil

The best coconut oil is the virgin coconut oil. It is derived from the meat of mature coconuts. It's the good fatty oil extracted from the meat of mature coconut with no added chemicals. It's the purest grade and has all the benefits of coconut oil including the taste.

Types of Coconut Oil

Coconut oil is used in North America and the Caribbean, as well as Southeast Asia. It is associated with a range of possible nutrition and health benefits and has a high saturated fat content.

There are two types of coconut oil: Refined and Unrefined Coconut Oil. Each of these types has its own benefits and disadvantages.

1. Refined Coconut Oil

This type of coconut oil is made from dried coconut meat known as copra. Because of this, some valuable nutrients may be lost. The meat is refined, bleached, deodorized, and treated to reduce potential bacteria in the coconut meat. The coconut meat is treated because of the presence of contaminants in the copra during the drying process.

This oil is treated by a high-temperature heat process to extract the smell and flavor of coconut from the oil, though many producers also use chemicals to extract more oil from the coconut meat.

Sodium hydroxide is added frequently to increase shelf-life but this may not be applicable to all refined coconut oils. Refined coconut oil is sometimes hydrogenated partially to produce Trans fats.

It is more processed than unrefined oils and this refining process usually takes out much of the coconut flavor and the oil has a higher smoke point making them an excellent choice for cooking foods at higher temperatures.

In coconut producing countries, refined coconut oil is generally referred to as RBD coconut oil due to its processing steps. The RBD is an acronym for Refined, Bleached, and Deodorized, but the refining process does not affect the fatty acid profile of the oil, leaving the medium-chain fatty acid intact.

2. Unrefined Coconut Oil

This type of coconut oil is sometimes called “pure,” or “raw,” or “virgin” coconut oil made from freshly harvested raw coconut meat. It is a pure grade coconut oil with a definite taste and smell which requires no chemicals to be extracted and contains the most nutritional benefits. The oil is extracted either through a wet-mill process or by a quick-dry method.

Wet-milling is the method of processing the coconut meat into coconut milk and the oil is separated from the milk by boiling, fermenting, or straining, and using enzymes or a centrifuge. The quick-drying method dries the coconut meat very quickly, and the oil is pressed out mechanically.

The unrefined coconut oil does not require bleaching or additives because both processes of extraction are quick. It also retains more coconut flavor because it is not exposed to high temperatures. This unrefined or virgin coconut oil contains the highest level of antioxidants.

Top 10 Best Coconut Oil Reviews

Coconut oil has numerous health and beauty benefits which include hair care, digestion improvement, immune system booster, skincare.

However, these benefits can only be achieved by using the correct product. To make it easy, we've researched extensively to come up with a review of the best coconut oil products to buy. Most of the product reviews here are superior or bestselling brands and this is a huge statement on their incredible quality.

Are you now ready to find your best brand?

The following are the Top 10 Best Coconut Oil brand.

1. Viva Naturals Organic Extra Virgin Coconut Oil

This oil is the best extra virgin coconut oil with lots of benefits. It is sourced from 100% natural and fresh coconuts and it is cold-pressed in order to retain its purity, silky texture, and all the nutritional benefits of coconut oil such as the presence of medium-chain triglycerides (MCTs) which are important in weight management as well as the natural aroma of coconut.

It has no pesticides, zero hexane, and no Trans fats. It also helps maintain luxurious, shiny, thicker hair and brings out the natural glow on the skin while keeping its smoothness.

Pros

- ❖ Unrefined and unfiltered
- ❖ Extracted through cold-pressing method
- ❖ Free from harmful pesticides
- ❖ Multi-purpose organic coconut oil
- ❖ USDA certified and doesn't contain hydrogenated or trans fats

Cons

- ❖ The smoking point may be a problem

2. Majestic Pure Fractionated Coconut Oil

This fractionated coconut oil has no long-chain triglycerides as they've been removed during the refining process, instead, they contain medium-chain triglycerides (MCTs) that are good for the health. The fractionated procedure gives it a longer shelf life and does not solidify even at very low temperatures. It is odorless, colorless, and contains no paraben, hexane, or sulfate.

The Majestic Pure Fractionated Coconut Oil is a great moisturizer and works well for rashes, skin irritation and inflammation, and can be used to combat difficult skin conditions such as acne, eczema, and psoriasis due to its antibacterial and anti-inflammatory properties.

This product can also be used to create skin or hair care recipes as it gives softness to the skin without leaving any greasy residue behind.

People with dry or frizzy hair can also benefit from it and it helps thicken up thin hair. It can also be used as an all-day moisturizer and makeup remover.

Pros

- ❖ Does not solidify even at low temperatures
- ❖ Colorless and odorless
- ❖ No greasy feeling
- ❖ Washes out very easily
- ❖ It is versatile
- ❖ Has high quality
- ❖ Easy to use

Cons

- ❖ Pump needs improvement

3. Island Fresh Superior Organic Virgin Coconut Oil

This coconut oil is a certified organic, virgin, cold-pressed product used for hair treatment because of its ability to penetrate deeply to the hair follicles. It is also a skincare product which moisturizes and treats all types of skin disorder.

Island Fresh Superior Organic Virgin Coconut Oil contains a high level of MCTs which makes it useful in healthy weight management. It supports the metabolic process while supplying the body with an abundance of energy.

When taken as a supplement, it promotes healthy mental focus and enhances athletic performance and endurance. When used in cooking, it gives an interesting taste to every recipe and it is a perfect product for juicing, aromatherapy, massage, and many more.

Pros

- ❖ Used in beauty and cooking
- ❖ Contains a high level of MCTs
- ❖ Does not contain hydrogenated fats
- ❖ Natural sunscreen

Cons

- ❖ It is expensive

4. Nature's Way Organic Extra Virgin Coconut Oil

When buying coconut oil, it is best to go for the cold-pressed and organic type to be sure of the purity, safety, and efficacy of the product. Nature's Way is the best organic, extra virgin coconut oil that will enable you to prepare a healthy and delicious diet. It is certified as organic by the USDA and has no trace of hexane, gluten, or bleach.

This coconut oil contains a high level of MCTs (good fats) which aids the body in energy production. For this reason, it is a great addition to a weight loss program and other physical exercises.

It is good for all types of hair and skin and moisturizes dry skin to make it look younger and hydrates the hair making it easy to manage. If you prefer coconut oil with a roasted aroma, then this product is good for you because this is the quality you can expect from it.

Pros

- ❖ Comes in six different flavors
- ❖ Does not contain hydrogenated and trans fat
- ❖ Moderate price
- ❖ A perfect semi-solid product
- ❖ Highly nutritious

Cons

- ❖ Not very versatile

5. Invivo Essential Fractionated Coconut Oil USA Premium

This fractionated coconut oil is an all-natural carrier oil that absorbs quickly and completely into the skin. It is a therapeutic grade oil with 100% saturation and well suited for troubled skin. It is also referred to as a carrier oil which carries other oils, like essential oils into the body and skin.

Carrier oils are great for working with essential oils when it is necessary to dilute highly concentrated essential oils to apply to the skin.

Invivo Essential Fractionated Coconut Oil is very light and gives smoothness to the skin without clogging pores like other vegetable oils. It is perfect massage oil, clear, unscented, and acts as a lubricant during therapy on large muscles, or deep tissue massages.

It is also a great moisturizer and hair conditioner with antifungal properties ideal for athlete's foot. Try it today and discover how essential it is to any healthy home.

Pros

- ❖ High quality
- ❖ Odorless and tasteless
- ❖ Easy to pour
- ❖ Cost-effective
- ❖ Does not stain

Cons

- ❖ None that we can find

6. Carrington Farms Gluten Free, Unrefined Coconut Oil

This organic coconut oil is best for cooking. It contains no hydrogenated fats and the fact that it is certified makes it one of the best coconut cooking oil in the market.

Carrington farms coconut oil is extra-virgin and highly nutritious. This makes it perfect for everybody's energy and health and is processed specially to maintain its original nutrient, color, and flavor. It's well-received in the market as one of the top quality brands.

Pros

- ❖ Top-quality coconut cooking oil
- ❖ Highly nutritious extra virgin oil
- ❖ Contains no hydrogenated fats
- ❖ Moderate price for its quality.

Cons

- ❖ Comes in only one flavor

7. Nutiva Organic Neutral Testing Coconut Oil

This is unrefined and organic coconut oil used for different purposes such as hair care, cooking, and massage. It is a highly nutritious coconut oil brand with 63% medium-chain triglycerides (MCTs), 50% lauric acid, and it is certified by the USDA as organic and does not contain GMO substances.

This cold-pressed, fresh, virgin coconut oil contains no cholesterol or trans-fat, and it's non-hydrogenated. Because of its extraction process, it retains a lot of its original nutrients and a pleasant coconut aroma and taste.

Pros

- ❖ Has a long shelf life
- ❖ Organic and unrefined extra virgin coconut oil
- ❖ Has a smoking point of 350°F
- ❖ Highly nutritious with no hydrogenated fats
- ❖ USDA certified
- ❖ Moderate price

Cons

- ❖ Must be melted before use on the body

8. Dr. Bronner's Fresh-Pressed Virgin Coconut Oil

This is excellent coconut oil for baking, skin/hair care, and cooking. It is cold-pressed, virgin, and unrefined. Can be used as a daily health supplement because it is packed full of medium-chain

fatty acids such as lauric acid that helps promote healthy cholesterol levels and is very good for the heart.

Frequent intake of this oil increases energy levels and metabolism and promotes good health and weight loss.

It helps fight and prevent certain sicknesses and diseases such as cancer, HIV, Alzheimer's disease, and diabetes. Because of its versatility, it can substitute lard, margarine, and butter in baking.

Pros

- ❖ Cold-pressed, virgin, and unrefined
- ❖ Certified as organic by USDA
- ❖ Contains MCTs
- ❖ Has fresh coconut taste and aroma
- ❖ Excellent cooking oil
- ❖ Substitute lard, shortening, margarine in baking
- ❖ Excellent skin moisturizer
- ❖ Helps eliminate wrinkles, scars, and stretch marks
- ❖ Moisturize the scalp and prevents dandruff
- ❖ Used as a daily health supplement
- ❖ Promotes weight loss
- ❖ Reasonable price

Cons

- ❖ Flavor not ideal for some cooking and baking
- ❖ Not available in bulk or multi-packs

9. Pure Acres Farm Fractionated Coconut Oil

This is one of the most preferred essential oils. It contains 100% pure and fractionated coconut oil with no additive or filler. It provides an enormous amount of nutrients to support health and has a sufficient shelf life with more stability.

It is an excellent skin moisturizer, promotes skin brightness and radiance and widely used in cosmetics due to its antioxidant properties.

Pure Acres Farm Fractionated Coconut Oil is an odorless and colorless oil which doesn't stain fabrics. It enhances hair growth making it thicker and shinier and can be used to treat common skin problems such as diaper rash in babies, minor cuts, and itchy skin.

Pros

- ❖ No greasy feeling
- ❖ Unscented

- ❖ Soaks right

Cons

- ❖ Bottle looks cheap
- ❖ The pump isn't sturdy enough

10. Coco & Co Coconut Oil for Hair and Skin

This product is specifically made as a beauty product. It has a special manufacturing process more superior to cold-pressing. This method allows for the extraction of the oil in the purest and 100% raw form to give high quality, organic, extra virgin coconut oil.

This coconut oil is very effective due to its high-grade organic nutrient contents, and it's the best quality product in the beauty world. The health and beauty benefits of Coco & Co Coconut oil include hair and skin moisturizer, makeup remover, massage oil, stretch mark remover, acne, wrinkles, aftershave, lip burn, age spots, shaving cream, personal lubricant, antifungal, eczema, deodorant, fitness, and oral care.

Your overall beauty cannot be complete without this amazing product.

Pros

- ❖ Made specifically for beauty purpose
- ❖ Extraction method superior to cold-pressing
- ❖ Exceptionally high standard organic coconut oil
- ❖ Portable container
- ❖ Allows faster absorption

Cons

- ❖ It's expensive

The Best Coconut Oil for Hair Growth

Hair loss occurs due to several reasons but it can be treated or reversed with coconut oil. Such reasons for hair loss could be illness, genetic, dyeing, and over-styling, hormonal changes, change in the weather, and stress.

Based on this review, Viva Naturals Organic Extra Virgin Coconut Oil and Nature's Way Organic Extra Virgin Coconut Oil are the best brands used for hair growth. Always try to stick to extra virgin, organic and raw types of coconut oil.

For best result, follow this method of application.

- Heat up the extra virgin coconut oil till it melts at 76 degrees
- Apply it to the damp or dry hair
- Massage the oil into the roots for a scalp treatment

- Leave it for at least 30-minutes
- Use warm water to rinse the oil

The Best Coconut Oil for Moisturizing Skin

Coconut oil helps eliminate bad bacteria in damp areas of the body. Women can benefit from using this oil as a moisturizer and deodorizer in their private parts.

Organic, unrefined coconut oil is the best oil for skin-care because it contains all the naturally occurring polyphenols and phytonutrient. Always go for virgin, cold-pressed, or raw coconut oil.

Based on this review, Viva Naturals Organic Extra-virgin Coconut oil and Coco & Co Coconut Oil for Hair and Skin are the best brands used for moisturizing skin.

Applying this coconut oil as a mask and then washing it off after some time, is a great way to maintain a moisturized skin.

Recommendation

Coconut oil is a safe and effective way to improve your health and maintain a shiny, radiant hair and skin. Brands that are certified organic, cold-pressed, and unrefined are the best brands of coconut oil in the market.

However, you may prefer one to another because of its price, other features or maybe a recommendation from a friend. But whichever product you choose, Coconut oil will surely make its way to the top of your beauty or cooking needs.

Conclusion

Now that you've read our review, we believe you now know what to look out for when purchasing the oil and why this natural product is best for cooking, eating, baking, moisturizing skin, losing weight, and re-growing of the hair.

From our list above, have you purchased any of them? Does it serve its purpose? Come and visit us again to see new reviews of the best products for health and beauty and share your experience with us.