

Virgin Coconut Oil in Beauty & Well Being

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Virgin Oil de Coco-Crème® in your kitchen

Virgin oil de Coco-Crème® is a versatile food oil which is excellent as a component in food formulation or even for your direct use in your own kitchen. These are some ideas to try:

In smoothies

Use a small amount (1/2-1tsp is ideal) in one batch. Virgin oil de Coco-Creme® is a natural emulsifier and will result in a nice smooth, creamy product.

Nutritional salad dressing

Replace 5-20% of the liquid oil with Virgin Oil de Coco-Crème®. To attain nutritional synergy, use with any of the liquid nutritional oils by Quality First: pure prime apricot kernel oil, nature's green avocado oil, MCT oil, macadamia nut oil or centrifuged olive oil.

As a spread

You can use Virgin oil de Coco-Creme® in 100% form in your toast or wherever you call for butter. For variations and added EFA (essential fatty acids) in your diet, you can mix it with hemp seed oil-emerald green, or unrefined pumpkin seed oil as well as nature's green avocado oil.

In cooking/baking

Virgin oil de Coco-Crème® is an excellent cooking oil. It has a very high smoke point and is suitable even for deep frying. It is also an optimum choice for baking.

Directly as a source of dietary fat

The easy way to have it in your diet is to use approximately 3tsp a day either as a spread, in your yogurt, in soup or take it as it is.

Virgin Coconut Oil is pure organic nourishing oil for hair, skin and body. You can use it in raw form or with other oils and substances. Here are some tips to use Virgin oil de Coco-Crème® in 100% form.

As a make-up remover

Melt a sufficient amount of the oil in your palm and apply on your face and neck with a circular motion. Tissue off. You can finally remove the last traces of oil by using warm wash cloth. Optional: you can mix it with other facial cream or put some 2-3 drops of lime/lemon for deep cleansing.

As an evening moisturizer

Apply a very thin coating to a previously cleaned face and neck and wake up with a pure revitalized feeling.

As a hair and scalp treatment

Warm a little bit of the oil. Massage in through hair roots and scalp. Use the remaining oil to cover the entire hair. Wrap it with warm towel and leave it for at least 10 minutes. Proceed to normal shampooing procedure.

In your bath

One (1) tsp of Virgin Oil de Coco-crème® in your bath water is sufficient to have that fresh silky feel after bath. Simply put the oil under running warm water in the tub (the oil will melt with bath temperature).

As a day moisturizer or under make-up

Apply a very thin coating after using toner or astringent. Wait for at least 1 min. before applying make-up foundation or compact powder.

As a lip balm

Simply apply on your lips and enjoy the flavor of pure, organic coconut while nourishing your lips. It is a superb protection without a tacky feel.

In your own spa

Place a small amount (1/4 tsp is enough) in facial steam water with or without essential oil. A silky feel will be experienced delivered by the steam vapor. Wipe the excess moisture and apply moisturizer as desired. For warm foot bath, use it with your favorite essential oil or dead sea salt. Soak your feet in warm water long enough according to your liking. Wipe your feet after and apply moisturizer as desired. Experience the silky, invigorating "after feel".

As an immediate healing cream

Can be an immediate remedy for insect bites, cuts, and skin discomfort. In some cases, you might not need other treatment; virgin oil de coco-crème® might be just what you need.