

Best Coconut Oil for Skin and Hair: Complete Guide

Coconut oil, or Copra oil, is an edible oil extracted from the kernels of matured coconut harvested from the coconut palm called *Cocos Nucifera*. Its high saturated fat content 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 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, extracted from fresh coconuts, is the best.

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

Benefits of Coconut Oil

Organic coconut oil benefits the skin, hair, and body. Its benefits include:

- ❖ Protection from the sun – Coconut oil protects the skin from the sun's Ultraviolet (UV) rays, which cause brown spots and wrinkles and increase the risk of skin cancer. It helps block about 20% of the sun's UV rays, though it doesn't give the same protection as conventional sunscreen, which blocks about 90%. It also has a sun protection factor (SPF) of 7.
- ❖ Relieves Skin irritation and Eczema – Coconut oil improves dermatitis and other skin disorders. It also gives a significant improvement when used to treat eczema.
- ❖ Moisturizes the Skin – This organic oil is an excellent moisturizer for the legs, elbows, and arms. It smoothens the face, but not for people with oily skin. It helps repair cracked heels if applied continuously at bedtime; then, you cover them with socks.
- ❖ Provides relief from insect bites and stings – Its anti-inflammatory properties 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. The ability of this oil to protect hair from damage is due to the unique structure of lauric acid, the primary 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 helps promote average weight gain and growth. Studies show that premature babies 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 reduce inflammatory markers and increase collagen production, a significant skin component, which results in

much faster wound healing. You can apply coconut oil directly to the wound and cover it with a bandage to heal minor cuts or scrapes.

- ❖ Non-toxic insect repellent – Some essential oils may be a natural way to keep bugs away and avoid stings and bites. You may use the oil with a carrier oil rather than apply it 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 in moist, warm body areas, including 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 has no smell, but the bacteria on the skin can produce undesirable odours. Coconut oil has a substantial antibacterial property, making it an excellent natural deodorant with no chemicals.
- ❖ Remove eye makeup – Coconut oil is a gentle and effective eye makeup remover. Soak a cotton pad in the oil and wipe gently until the makeup clears.
- ❖ Soothe chapped lips – Coconut oil is an ideal natural lip balm. When applied to the lip, it glides on smoothly, keeps the lips moist for hours, and protects against the sun.
- ❖ Minimize dandruff – A dry scalp is one of the most common causes of dandruff. Applying ultra-moisturizing coconut oil on the scalp will help moisturize it, 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 doubles as an all-purpose beauty product. Because of its popularity, grocery store shelves have different oil varieties with various label claims.

So, which type is the best for maximum nutrition and taste? Here, there are four things you must consider before buying coconut oil.

1. Go for the solid.

Coconut oil found in grocery stores is either solid or liquid, and they're not the same even though they bear the name. All saturated fats, including coconut oil, should be solid at room temperature. Coconut oil in liquid form has undergone extra processing, eliminating some fatty acids responsible for keeping it stable.

It is not good since coconut oil's health benefits 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 has no pesticide residue, so buying organic is not essential. The same thing applies to non-GMO label claims. Coconut has no genetically modified varieties, so there is no need to pay extra for a brand flaunting non-GMO status.

If you buy refined coconut oil, you may go for organic since organic production prohibits using an oil-extracting chemical called hexane. Try using 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 labelled as "unrefined," "extra virgin," and "cold-pressed," but avoid the ones labelled as "deodorized."

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

On the other hand, coconut oils from dried coconut meat are "refined coconut oil." They deodorize and bleach, depleting their antioxidant levels, although this only applies to some brands.

Some refined, organic coconut oils are obtained using steam. Refined coconut oil is mainly used in the kitchen because it has a higher smoke point than unrefined, so it's more versatile for cooking but crude, cold-pressed oil is suitable for most purposes.

4. Virgin coconut oil

The best coconut oil is virgin coconut oil from the meat of mature coconuts. It's an excellent fatty oil extracted from the root 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 in North America, the Caribbean, and Southeast Asia. It is associated with various 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 advantages and disadvantages.

1. Refined Coconut Oil

This coconut oil is from dried coconut meat, known as copra. Because of this, you may lose some valuable nutrients. The core is refined, bleached, deodorized, and treated to reduce

potential bacteria in the coconut meat. The coconut meat is treated because of contaminants in the copra during drying.

A high-temperature heat process treats this oil to extract the smell and flavour of coconut from the oil, though many producers also use chemicals to remove more oil from the coconut meat.

Sodium hydroxide is added frequently to increase shelf-life, but this may not apply 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 flavour; the oil has a higher smoke point, making it an excellent choice for cooking foods at higher temperatures.

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

2. Unrefined Coconut Oil

This type of coconut oil is sometimes called "pure," "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 through a wet-mill process or 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 quickly, and the oil is pressed out mechanically.

The unrefined coconut oil does not require bleaching or additives because both extraction processes are quick. It retains more coconut flavour 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, including hair care, digestion improvement, immune system booster, and 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 product reviews here are superior or bestselling brands, a significant statement of their incredible quality.

Are you now ready to find your best brand?

The following are the Top 10 Best Coconut Oil brands.

1. Viva Naturals Organic Extra Virgin Coconut Oil

This oil is the best extra virgin coconut oil and has many benefits. It is sourced from 100% natural and fresh coconuts, and it is cold-pressed 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 essential 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 the 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 removed during refining. 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 odourless, colourless, and contains no paraben, hexane, or sulfate.

The Majestic Pure Fractionated Coconut Oil is an excellent 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 softens the skin without leaving any greasy residue behind.

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

Pros

- ❖ It does not solidify even at low temperatures
- ❖ Colourless and odorless

- ❖ No greasy feeling
- ❖ It 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 into the hair follicles. It is also a skincare product that moisturizes and treats all skin disorders.

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

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

Pros

- ❖ Used in beauty and cooking
- ❖ Contains a high level of MCTs
- ❖ It 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 ensure the product's purity, safety, and efficacy. 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 high MCTs (good fats), which aids the body in energy production. For this reason, it is an excellent addition to a weight loss program and other physical exercises. It is

suitable for all types of hair and skin, 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 suitable for you because this is the quality you can expect from it.

Pros

- ❖ It comes in six different flavors
- ❖ It 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 that absorbs quickly and ultimately into the skin. It is a therapeutic grade oil with 100% saturation and well suited for troubled skin. It is also called a carrier oil that 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 the perfect massage oil, clear and 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 athletes' feet. 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 its certification makes it one of the best coconut cooking oils on the market.

Carrington Farms coconut oil is extra-virgin and highly nutritious. It is perfect for energy and health and is processed specially to maintain its original nutrient, colour, and flavour. It's well-received in the market as one of the top-quality brands.

Pros

- ❖ Top-quality coconut cooking oil
- ❖ It is highly nutritious extra virgin oil.
- ❖ It contains no hydrogenated fats.
- ❖ It is moderately priced for its quality.

Cons

- ❖ It comes in only one flavour.

7. Nutiva Organic Neutral Testing Coconut Oil

It is an unrefined and organic coconut oil for different purposes, such as hair care, cooking, and massage. It is a highly nutritious coconut oil brand with 63% medium-chain triglycerides (MCTs) and 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 is non-hydrogenated. Because of its extraction process, it retains a lot of its original nutrients and a pleasant coconut aroma and taste.

Pros

- ❖ It has a long shelf life
- ❖ Organic and unrefined extra virgin coconut oil
- ❖ It 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

Dr. Bronner coconut oil is for baking, skin/hair care, and cooking. It is cold-pressed, virgin, and unrefined. It can be used as a daily health supplement because it has medium-chain fatty acids such as lauric acid that help promote healthy cholesterol levels and is very good for the heart.

Frequent oil intake 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 the USDA
- ❖ Contains MCTs
- ❖ It has a fresh coconut taste and aroma
- ❖ Excellent cooking oil
- ❖ Substitute lard, shortening, and margarine in baking
- ❖ Excellent skin moisturizer
- ❖ Helps eliminate wrinkles, scars, and stretch marks
- ❖ Moisturize the scalp and prevent dandruff
- ❖ Used as a daily health supplement
- ❖ Promotes weight loss
- ❖ Reasonable price

Cons

- ❖ The flavour is not ideal for some cooking and baking
- ❖ Not available in bulk or multi-packs.

9. Pure Acres Farm Fractionated Coconut Oil

It contains 100% pure, fractionated coconut oil with no additives or filler. It provides enormous nutrients to support health and has a sufficient shelf life with more stability.

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

Pure Acres Farm Fractionated Coconut Oil is an odourless, colourless oil that 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 unique manufacturing process that is 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 fantastic product.

Pros

- ❖ Made specifically for beauty purposes
- ❖ The extraction method is 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 for several reasons but can be treated or reversed with coconut oil. Hair loss could include illness, genetics, dyeing, over-styling, hormonal changes, changes 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 stick to extra virgin, organic and raw types of coconut oil.

For the best result, follow this method of application.

- Heat the extra virgin coconut oil till it melts at 76 degrees
- Apply it to 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 harmful 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 for skin care because it contains all the naturally occurring polyphenols and phytonutrients. 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 to use for moisturizing skin.

Applying this coconut oil as a mask and washing it off afterwards is a great way to maintain moisturized skin.

Recommendation

Coconut oil is a safe and effective way to improve health and maintain shiny, radiant hair and skin. Certified organic, cold-pressed, and unrefined brands 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 get to the top of your beauty or cooking needs.

Conclusion

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

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