

COCONUT OIL



Latin Name: cocos nucifera

Coconut oil is extracted from the kernel or meat of matured coconut harvested from the coconut palm (*Cocos nucifera*). Throughout the tropical world it has provided the primary source of fat in the diets of millions of people for generations.

Coconut oil, also known as coconut butter, is a tropical oil extracted from copra (the dried inner flesh of coconuts) with many applications. Coconut oil constitutes seven percent of the total export income of the Philippines, the world's largest exporter of the product.

Coconut oil was developed as a commercial product by merchants in the South Seas and South Asia in the 1860s.

Coconut oil consists mainly of very fluid saturated fatty acids, which are close to human sub-cutaneous fat, and is therefore more compatible with skin than most vegetable oils.

An excellent moisturising and protective oil. It helps to keep the skin soft and supple without being sticky. It is ideal for treating sensitive and damaged skin. Can be blended with other vegetable oils.

Fractionated, refined coconut oil is free from impurities, more readily assimilated by the skin and has good keeping qualities.

A light fractionated oil that is easily absorbed. Excellent for a massage with the delicately fragranced oils as it does not have an aroma of its own. Liquid at room temperature.

Virgin coconut oil is produced from fresh coconuts (rather than dried, as in copra) with minimal processing so that it retains a slight coconut flavor and aroma. Virgin coconut oil is regarded as the highest quality coconut oil and is preferred for food preparation and home medicinal use.