



COCONUT OIL – Coconut oil in Ayurveda

In Ayurveda, **Coconut Oil** is regarded as a cooling and nourishing oil, beneficial not only for the skin but also for the mind. Its light texture and delicate fragrance promote calmness and mental clarity.

It is particularly recommended during the hot season or for constitutions prone to excess internal heat, skin irritation, or inflammation.

Coconut Oil is often used as a base oil for herbal infusions, creating specific blends for skincare, haircare, or therapeutic massages.

Traditionally used for:

- ❖ Body massage (*Abhyanga*) to reduce excess heat and irritability
- ❖ Moisturising dry or sensitive skin
- ❖ Soothing redness and inflammation
- ❖ Nourishing hair and scalp

Main benefits of coconut oil

Deep hydration for the skin

- ❖ Leaves the skin soft, elastic, and refreshed
- ❖ Strengthens hair while reducing dryness and brittleness
- ❖ Cooling and calming effect for body and mind
- ❖ Provides natural protection against sun exposure

Additional benefits

- ❖ Skin feels instantly soft, fresh, and comfortable
- ❖ Ideal in summer or in hot climates to counteract excess body heat
- ❖ Brings relaxation, freshness, and balance, helping to reduce stress and tension

How to use it

- ❖ **For the body:** apply in the morning before showering and massage gently for 15–20 minutes. Rinse with warm water and a mild cleanser.
- ❖ **For the hair:** massage into the scalp and distribute along the lengths. Leave on for at least 10 minutes before shampooing.
- ❖ **For oil pulling:** in Ayurveda, coconut oil mouth rinsing is practiced after tongue cleaning and tooth brushing.
- ❖ **For the face:** apply a few drops in the evening as a natural moisturising treatment.

Note: in cooler climates, coconut oil solidifies naturally — simply warm it gently in a bain-marie or melt a small amount between your hands before application

Coconut oil: freshness and the scent of summer.