

20 **MIRACLE USES** *for* *fractionated* **COCONUT OIL**

INCLUDING HOME REMEDIES, SPA TREATMENTS AND MORE!



lalune
naturals

Stretch Mark Treatment

Coconut oil has long been heralded as a treatment for fading stretch marks. Neroli and Frankincense essential oils are also known to help reduce the appearance of stretch marks.

Ingredients

2 Teaspoons La Lune Naturals Fractionated Coconut Oil
3 Drops Neroli Essential Oil
2 Drops Frankincense Essential Oil

Directions

Mix together ingredients and apply daily to skin.



TIP: Try using La Lune Naturals Konjac Sponge to gently exfoliate your skin. Using our Konjac Sponge helps prevent blackheads & will pH balance your skin.

Natural Shaving Lotion



Coconut oil can be used to great effect as a great natural shaving lotion. It creates a wonderfully smooth surface for razors, while nourishing and soothing the skin.

Ingredients

La Lune Naturals Fractionated Coconut Oil

Directions

Put a few drops of coconut oil in the palm of your hand and apply to skin before shaving.

Anti-bacterial Wound Treatment

Fractionated coconut oil has antibacter properties and can be mixed with anti-bacterial essential oils to create a natural treatment for wounds.

Ingredients

2 Teaspoons La Lune Naturals Fractionated Coconut Oil
4-5 Drops of Eucalyptus Oil*

Directions

Mix together ingredients and apply to affected area once d

*Cinnamon leaf, cedar atlas, ravensara, bergamot, geranium, tea tree, thyme and pine are also regarded as some of the best natural anti-bacterial essential oils.



Eye Makeup Remover



Coconut oil is probably best known for it's use as a beauty treatment. Whether rubbed on the skin or hair it penetrates deeply, nourishes, moisturizes, and softens. This is because of the high protein content, which is believed to help repair the skin, making it the perfect alternative to traditional eye make up remover.

Ingredients

La Lune Naturals Fractionated Coconut Oil
Cotton Balls

Directions

Apply a few drops of coconut oil to the cotton ball. Gently rub over and under eyes (careful not to get the oil in the eye) until eye make up is removed.

Citrus Seaweed Body Wrap with Coconut Oil

Enjoy the fast acting effects of a seaweed cellulite wrap.

Ingredients

1 Cup La Lune Naturals Seaweed Powder
3 drop of La Lune Naturals Lemon essential oil
3 tablespoons La Lune Naturals Fractionated Coconut Oil
Warm Water
Plastic Wrap
Towels
A shower curtain (Optional)

Directions

Mix together the La Lune Naturals Seaweed Powder, Fractionated Coconut Oil and water until your desired consistency. It should be mud like, but not watery. After mixing, you can add the essential oil if you would like.

Standing in the shower or over a towel will help avoid making a mess. Apply mixture to your entire body, from the waist down. Once applied, you can wrap areas of your skin with plastic wrap.

Once wrapped, lie down on a towel and apply another towel over the top of you to keep warm. If you have a blanket you don't care much about, feel free to get under the covers to encourage sweating. Sweating can help further detoxify your skin.

After 20 to 30 minutes, remove wrap at take a warm shower to rinse off any residue from the seaweed mud mixture.



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Coconut Oil Hair Mask



If you have dry, damaged hair, it's also worth trying coconut oil. The capric and caprylic acids work as antioxidants and disinfectants, and the low molecular weight of the oil means it can easily penetrate the hair shaft.

Directions

Apply the coconut oil directly on to the hair and leave for 15 to 30 minutes. Alternatively you can add it to a mild shampoo, but don't add too much (no more than 50/50) as it doesn't mix well with certain shampoo types – especially non-SLS types. It's often a case of trial and error, so don't be worried about experimenting.

Coconut Oil and Seaweed Cellulite Scrub

A natural exfoliant, seaweed stimulates circulation and flushes toxins, which helps to reduce the appearance of cellulite. Use powdered seaweed for this make-at-home body scrub.

Ingredients

3 tbsp La Lune Naturals Seaweed Powder
1/4 cup sea salt
1/4 cup La Lune Naturals Fractionated Coconut Oil
Drop of essential oil

Directions

Mix ingredients together and store in a mason jar. Massage onto cellulite before showering once daily. After showering, apply moisturizer.



Infant Scalp & Skin Treatment



Coconut oil will not only nourish your baby's skin, it also helps eliminate cradle cap. Coconut oil is safe and natural, so you can avoid putting unnecessary chemicals onto your baby's delicate skin.

For Cradle Cap

Rub 1 teaspoon onto scalp daily.

For Baby Acne

Apply a thin layer onto areas affected with baby acne twice daily until gone.

Coconut & Coffee Cellulite Scrub

The caffeine in coffee tightens and provides antioxidants to the skin when applied topically. When applied consistently, it has been shown to reduce the appearance of cellulite—especially over time.

Ingredients

2 Tablespoons of La Lune Naturals Fractionated Coconut Oil
1/2 cup of used or fresh ground coffee
1/4 cup of Brown sugar (for increased exfoliation)

Directions

Mix together ingredients and apply daily to affected areas for best results.



Homemade Coconut Lemon Face Wash



Create a spa experience at home with this gentle, chemical-free homemade face wash recipe.

Ingredients

1 cup La Lune Naturals Fractionated Coconut Oil
1 tbsp baking soda
5-10 drops La Lune Naturals Lemon Oil
Glass Jar

Directions

Mix together ingredients and store in wash dispenser or air tight jar and keep it in a cool place.

Peppermint Seaweed Cellulite Scrub

The anti-inflammatory and tightening properties of peppermint oil make it a natural fit for the perfect cellulite scrub! In addition, seaweed stimulates circulation and flushes toxins, which helps to reduce the appearance of cellulite. Use powdered seaweed for this make-at-home body scrub.

Ingredients

3 tbsp La Lune Naturals Seaweed Powder
3-4 drops of La Lune Naturals Peppermint Oil
1/4 cup sea salt
1/4 cup La Lune Naturals Fractionated Coconut Oil

Directions

Mix ingredients together and store in a mason jar. Massage onto cellulite before showering once daily. After showering, apply moisturizer.



Homemade Coconut Lavender Shampoo



Create a homemade shampoo that is free of chemicals and toxins. The luxurious scent of lavender will help create a relaxing shampoo experience.

Ingredients

1 Teaspoon La Lune Naturals Fractionated Coconut Oil
1/2 cup liquid castile soap
1/3-2/3 cup water
2 tablespoon baking soda
5-15 drops Lavender essential oil

Directions

Put baking soda & castile soap into a container and shake to combine. Add other ingredients and shake it up.

Hair Growth Treatment

Coconut oil is a safe, effective, and reasonably priced solution if you have thinning hair. It can actually help grow hair, longer and thicker. The essential nutrients including the lauric acid, penetrates the hair shaft improving the overall health of the hair. Rosemary oil also helps to increase circulation in the scalp and the combination can provide quicker results.

Ingredients

La Lune Naturals Fractionated Coconut Oil
4 Drops Rosemary Essential Oil

Directions

It is important to massage the coconut oil into the scalp with gentle pressure for 10 minutes, 3 or 4 times per week. If you want to just focus on scalp conditioning and hair growth, you will only need 1 teaspoon.

After massaging the oils into the scalp for 10 minutes, place a shower cap on, and allow the heat of your body to work with the oils to improve scalp health.



Natural Baby Vapor Rub



Sooth your baby with this all-natural alternative to Vick's Baby Rub. The calming scents of Lavender, Eucalyptus and Rosemary combined with the gentle non-toxic fractionated coconut oil, make it the ideal remedy for your baby.

Ingredients

2 Tablespoons La Lune Naturals Fractionated Coconut Oil
4 Drops Rosemary Essential Oil
4 Drops Lavender Essential Oil
4 Drops Eucalyptus Essential Oil

Directions

Mix together ingredients and rub on baby's chest area or on the bottom of the feet with socks.

Coconut Oil Conditioner

Deeply condition and moisturize your hair with this all-natural coconut oil conditioner recipe.

Ingredients

2/3 cup La Lune Naturals Fractionated Coconut Oil
1 Tablespoon Vitamin E Oil
1 Tablespoon Jojoba Oil
10 Drops of your favorite Essential oil

Directions

Mix all ingredients in a bowl with a hand mixer until well combined. This may take several minutes. You want a smooth and creamy conditioner. In the shower, after washing hair with shampoo, use a teaspoon or two and smooth through hair. Allow to penetrate hair for the remainder of your shower, and rinse very well.

NOTE: If you color your hair, especially red, coconut oil may fade the color. For most hair types and colors, it will not.



Lavender Sugar Scrub with Coconut



Create a refreshing sugar scrub for your skin with the bright scent of Peppermint.

Ingredients

2 cups organic cane sugar
1 cup La Lune Naturals Fractionated Coconut Oil
20-30 drops Lavender Oil

Directions

1. Add the sugar to a mixing bowl.
2. Gradually pour in the oil and stir to combine. You may not need the full cup of oil—you want just enough to moisten all of the sugar without it being too oily.
3. Add in your lavender essential oil and mix well. Store in an airtight container.

Peppermint Seaweed Wrap for Cellulite

Seaweed wraps are often used as expensive detoxifications and cellulite wraps in spas. But with La Lune Naturals, you can do a simple wrap at home, get the same results—but at a fraction of the price!

Ingredients

1/2 Cup La Lune Naturals Seaweed Powder
3-4 Tablespoons La Lune Naturals Fractionated Coconut Oil
2-4 Peppermint Essential Oil
Warm Water
Plastic Wrap
Towels
A shower curtain (Optional)

Directions

Mix together La Lune Naturals Seaweed Powder, Peppermint oil and water until your desired consistency. It should be mud like, but not watery. After mixing, you can add the essential oil if you would like.

Standing in the shower or over a towel will help avoid making a mess. Apply mixture to your entire body, from the waist down. Once applied, you can wrap areas of your skin with plastic wrap. Having someone help with this will make it easier, especially for the torso.

Once wrapped, lie down on a towel and apply another towel over the top of you to keep warm. If you have a blanket you don't care much about, feel free to get under the covers to encourage sweating. Sweating can help further detoxify your skin.

After 20 to 30 minutes, remove wrap and take a warm shower to rinse off any residue from the seaweed mud mixture.



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Natural Lice Treatment with Coconut Oil



To keep lice at bay, use coconut oil as a leave-in hair conditioner, or to detangle and style hair. For a lice infestation, follow the directions below.

Ingredients

3 Tablespoons La Lune Naturals Fractionated Coconut Oil
1 Teaspoon ylang ylang oil
1 Teaspoon anise oil
1 Teaspoon tea tree oil

2 Cups apple cider vinegar
1 Cup water

Directions

Apply the solution all over the scalp, massage in, and pulling through the ends. Comb through the hair with a fine tooth comb. Cover in a shower cap, and allow to sit for 2 hours. If possible, sit in the sun or use a hair dryer to periodically warm up the cap. Carefully remove shower cap, and seal in zip lock bag for disposal.

At the end of 2 hours, comb hair once again, prior to washing and rinsing thoroughly, twice. While hair is still wet, combine 2 cups of apple cider vinegar and 1 cup water in a small spray bottle. Saturate the hair, spraying $\frac{1}{2}$ the bottle on the scalp and hair. Lean over the sink and pour the remaining mixture over the hair, massaging lightly.

Rinse thoroughly and comb hair once again with a fine tooth comb. Follow with a light application of coconut oil, cover with a shower cap, or style as desired, and allow to remain on the hair until next washing.

As with most lice treatments, the process needs to be repeated every 5-10 days for a couple of weeks. This helps to ensure that all lice, and their eggs are eradicated. Between treatments, comb hair morning and night with a fine tooth comb, and use coconut oil as a leave-in conditioner. As coconut oil both repels and kills lice, at the first notification of a lice outbreak, start using coconut oil as a leave-in conditioner.

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Lemon Sugar Scrub

Create a refreshing sugar scrub for your skin with the bright scent of Peppermint.

Ingredients

2 cups organic cane sugar
1 cup La Lune Naturals Fractionated Coconut Oil
20-30 drops La Lune Naturals Lemon Oil

Directions

1. Add the sugar to a mixing bowl.
2. Gradually pour in the oil and stir to combine. You may not need the full cup of oil—you want just enough to moisten all of the sugar without it being too oily.
3. Add in your lemon essential oil and mix well. Store in an airtight container.



TIP: Try using La Lune Naturals Konjac Sponge to gently exfoliate your skin. Using our Konjac Sponge helps prevent blackheads & will pH balance your skin.

Dandruff Coconut Oil Treatment



Coconut oil, as well as essential oils including lavender, wintergreen, thyme, and tea tree, all help to fight fungus and yeast.

Ingredients

2 Teaspoons La Lune Naturals Fractionated Coconut Oil
5 Drops of Lavender oil (or any oil mentioned above)

Directions

Massage mixture into scalp. Be sure to really work the mixture into the scalp, from neck to forehead, and behind the ears. Cover with a shower cap, and if possible sit in the sun for 20-30 minutes to increase the heat, or simply use a hair dryer on a low setting to heat the cap.

Remove cap, and wash with a gentle natural shampoo. Repeat this 2 to 3 times per week, or even more often, as desired. Like with the conditioning or hair growth treatment, you can leave it on overnight.

Thank You

For trying our recipes!

Questions or comments?

Contact us at leah@lalunenaturals.com
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