Coconut Oil Does Parched and Thirsty Summer Hair Good

July 8, 2010

Among other hair damage, the scorching summer sun can cause locks to lose their luster. But applying coconut oil to the hair is a natural way to restore its shine without resorting expensive salon treatments, reports Natural News.

Coconut oil contains antioxidant-rich dietary fats called medium chain fatty acids (MCFAs) that help nourish and moisturize hair and protect against heat and environmental damage. The oil also has antifungal properties that help treat scalp conditions and eliminate dandruff. (Some studies show continued coconut oil use can eliminate hair breakage and overall damage.)

Interested in giving your hair a taste of coconut oil's benefits? Use the Livestrong.com recipe below and create your own coconut oil conditioner:

Place two teaspoons of coconut oil in a glass, then place the glass in a bowl of warm water (to melt any solidified oil).
Rub the melted oil into your scalp. Comb through hair to evenly distribute.
Wrap your hair and leave in oil for at least one hour or overnight.
Shampoo hair as usual.

Click here for more healthy hair tips.

© 2026 Smart + Strong All Rights Reserved.

http://beta.docker.realhealthmag.com/article/Coconut-Oil-Does-Parched-and-Thirsty-Summer-Hair-Good-18699-5923