

Try the coconut oil cure for **Gorge**

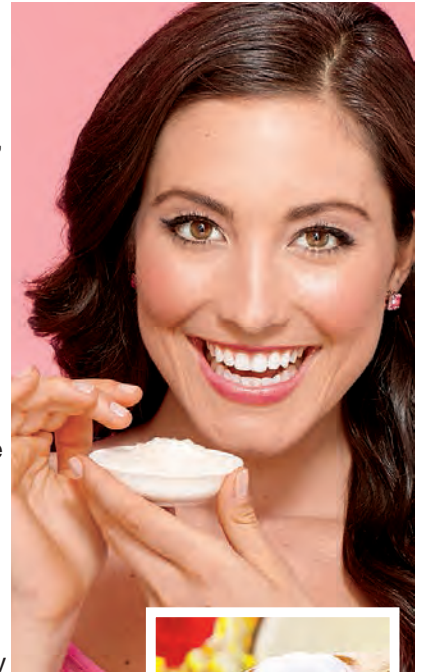
Gwyneth Paltrow relies on it for shiny hair and sparkling teeth .
prevent breakouts and fade stretch marks. What is this miracle i

Stop wrinkles in their tracks!

Why are women forgoing their fancy night creams for humble coconut oil? "It has all the qualities we look for in an anti-aging product, without the chemicals or the high price tag!" reveals Paige Padgett, author of *The Green Beauty Rules*. "It's incredibly hydrating and softening, and its antioxidants penetrate deeply into skin to ward off the free radicals that cause wrinkles and sagging. Plus, it smells heavenly, so you'll look forward to your nighttime ritual!"

To use:

Warm a tiny amount—about as much as two grains of rice—between your palms and gently press into skin after cleansing.



Heal blemishes the natural way!

"Women with acne-prone skin can be wary of using oils on their face, but coconut oil is amazing at preventing and healing blemishes!" says Alexis Wolfer, author of *The Recipe for Radiance*. "It's antibacterial to keep breakouts from spreading, and it curbs sebum production to prevent new ones. Simply use a cotton swab dipped in coconut oil to spot-treat affected areas."



Buy the right oil!

In the supermarket, look for a tub of coconut oil that's white, not yellow, in color. "It should say 'cold-pressed,' 'virgin' or 'raw' on the label," says Padgett. "This means that lower heat is used in the manufacturing process, thus providing higher levels of antioxidants." There's no need to refrigerate; if your oil is solid, simply warm between your hands before using on your skin or hair.



...ous skin and hair!

h ... Emma Stone uses it to melt off makeup ... and experts say it can even
e ingredient? Coconut oil! Here's how to use it in *your* beauty routine ...

Fight stretch marks and cellulite!

"Thanks to lauric acid—a rare compound that spurs cell renewal—coconut oil is a great choice for those hard-to-fade stretch marks," says Wolfer. "I like to

make a scrub using one part coconut oil and one part coffee grounds and massage it into my hips and thighs in the shower. While the oil is working its magic, the caffeinated coffee increases circulation and dilates blood vessels to reduce the appearance of cellulite." Talk about a one-two punch!

Tip: For a fluffier texture, whip your coconut oil in a stand mixer for 5-10 minutes before stirring in the coffee grounds!



Brighten your smile by "oil pulling!"

Stars like Shailene Woodley and Gwyneth Paltrow credit their pearly whites to "oil pulling," a staple of Ayurvedic medicine. "You vigorously swish a small amount—start with a teaspoon—of pure coconut oil in your mouth for several minutes before brushing," Wolfer explains. "The oil dissolves plaque, fights bacteria and reduces inflammation to promote healthy teeth and gums! Fans of the technique do it for 10 to 20 minutes, but even two will seriously beautify your smile!"

Tip: To avoid clogging your drain, spit the oil into your trash instead of the sink.



Gwyneth Paltrow



More coconut oil beauty tricks!

✓ Dry lips?

Dab super-emollient coconut oil on them—it makes the perfect winter lip balm!



✓ Tired-looking skin?

Coconut oil makes a fabulous highlighter to instantly perk up your face! Simply dab a tiny bit onto cheekbones, cupid's bow and the bridge of your nose after you're finished with your makeup. Voilà—a glowing, natural, light-reflecting sheen.

✓ Dandruff?

Those pesky flakes are actually a form of fungus—and coconut oil is a natural antifungal that also soothes itchiness! Simply massage your scalp with it, let sit for 20 minutes, then shampoo as usual.

✓ Rough cuticles?

Rub in coconut oil; leave on for five minutes and gently push back with an orange stick.

✓ Stubborn eye makeup?

Smooth a scant amount of coconut oil on your eyelids and let sit for 30 seconds. Gently lift away with a cotton pad or warm, damp washcloth.

✓ Frizzy flyaways?

Lightly dip a clean toothbrush in coconut oil and brush at the crown and sides.

Look for coconut oil in the beauty aisle!

❖ Jergens Wet Skin Moisturizer with Coconut Oil

Apply the brand's first oil-based lotion just as you step out of the shower or bath to lock in moisture all day. (\$6.99 in drugstores)



❖ OGX Nourishing Coconut Oil Weightless Hydrating Oil Mist

This unique formula features coconut oil for shine, egg white proteins for body and bamboo for strength. Spritz generously onto towel-dried hair before styling. (\$7.99, Ulta.com)



❖ Yes to Coconut Oil Body Wash

This gentle oil-based body wash pampers winter-parched skin without any drying suds or sulfates. (\$8.99, Target.com)



❖ DevaCurl SuperCream Coconut Curl Styler

If your hair is curly, this cult-favorite coconut oil-infused styler is worth the splurge! Use it on wet hair to 'stretch' your curls, or on dry hair to define them and add shine. (\$28, Sephora.com)



❖ The Body Shop Coconut Lip Butter

A blend of organic virgin coconut oil, shea butter and beeswax, this nourishing balm melts into your lips. (\$7, TheBodyShop.com)



Coconut oil is popping up everywhere from lip balms to body lotions! A few of our favorite new products: