

## 6 Tricks to Make Coconut Oil Work Better

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*Coconut oil can help your hair, skin and teeth and these tricks promise fast results!*



Coconut Oil has recently become one of the hottest beauty ingredients, boasting huge benefits for hair skin and even oral health. In fact, our Hot Mom recently [tried out oil-pulling](#) and saw whiter teeth and fresher breath!

1. **Heat It Up** – According to Rita Hazan, Celebrity Colorist and Founder of the Rita Hazan Salon in New York City, coconut oil contains high levels of fatty acids, which give hair shine. “Heat it up for a few minutes, apply it to your ends and work it to the top of your hair,” Hazan recommends. “You can leave it on overnight with a shower cap; however, it is important to wash it out first thing in the morning.”
2. **Wrap Yourself** – Celebrity Facialist [Joanna Vargas](#) swears by a unique at-home body treatment using coconut oil. “I recommend covering your whole body, head to toe in coconut oil, and then wrapping everything in ace bandages,” Vargas says. “The coconut oil increases the metabolism in your cells, so it will help with cellulite, it’s a major detoxifier and it’s also very hydrating. Stay wrapped for 45 minutes.”
3. **Fake A Tan** – Coconut oil contains Comuaric acid, a powerful antioxidant that improves overall skin health, reveals [Dr. Paul Jarrod Frank](#), Director of The Fifth Avenue Dermatology Surgery and Laser Center. “It is also very moisturizing and soothing for sunburns and helps skin’s luminosity and gives a nice temporary glow,” he says.