

# How COCONUT OIL Benefits Your Hair



As a pre-wash conditioner, it protects the hair from a certain amount of damage.



It protects chemically treated hair and hair treated with boiling water when applied before hair wash.

As a pre-wash conditioner, it reduces hair-chipping when wet combing.



It serves as a lubricant, penetrating the hair cuticle and cortex better than other vegetable oils.

It serves as a hair emollient since it coats the hair shaft.



Its monolaurin content gives it antibacterial and antifungal properties to keep the scalp healthy.

Its lauric acid content boosts overall hair health.



It prevents protein loss from the hair.

## REFERENCES:

1. Effect of mineral oil, sunflower oil, and coconut oil on prevention of hair damage; Journal of Cosmetic Science
2. Hair Oils: Indigenous Knowledge Revisited; NCBI

