

QUICK REFERENCE SHEET

COCONUT MCT

Cocos nucifera



Extraction Method:
Cold Pressed, Fractionated



Part Utilized:
Meat

CONSISTENCY:

light weight, clear color

AROMATIC CONSIDERATIONS:

little to no aroma

APPLICATION:

Can be used 100% by itself and mixes great with other carrier oils.

GENERAL INFORMATION:

Fractionated Coconut Oil is a very popular choice. Coconut is inexpensive, absorbs quickly, has almost no aroma at all and has the added advantage of a long shelf life at room temperature without rancidity. For those of you who like a little bit of chemistry information—this liquid form of Coconut Oil has had the smaller fatty acids and the long-chain triglycerides removed. Without these ingredients there is a very, very slow rate of oxidation. This is a carrier oil that does not go rancid, even in the summer months! Other advantages of fractionated Coconut Oil include: odorless and colorless; absorbs readily into the skin, leaving no residue; does not stain clothing and easily washes out of clothing and bedding; although absorbing very quickly, liquid Coconut Oil is an excellent skin moisturizer; rarely aggravates existing skin problems such as fungal or bacterial infections; does not clog pores. Fractionated Coconut Oil leaves the skin feeling smooth but not greasy. I believe that Fractionated Coconut is one of the best carrier oil products available. I love it and the Solid Coconut variety!

Coconut Oil and Palm Oil are very similar and are often used interchangeably. Coconut Oil is said to be slightly healthier for internal consumption, though Palm is considered just as good for topical use. Coconut Oil and Palm Oil are very similar and are often used interchangeably. Coconut oil is said to be slightly healthier for internal consumption, though Palm is considered just as good for topical use.

WHAT IS A CARRIER OIL:

Carrier or base oils are often applied in conjunction with an essential oil. The common industry term for carrier oils is fixed oils. These oils are made from vegetables, nuts, seeds, and flowers. They are considered by many to have therapeutic properties of their own.

Carrier oils are used for several different reasons. One major reason is that pure essential oils are often too concentrated to be applied undiluted to the skin. Adding essential oils to a carrier oil also allows the oil to be spread over a larger application area and to be absorbed more evenly. Many essential oils are quite expensive, and because they are so highly concentrated, one or two drops may be all that you need. The use of a smaller quantity of essential oil is often more beneficial than a larger quantity and is certainly less likely to cause any type of reaction.