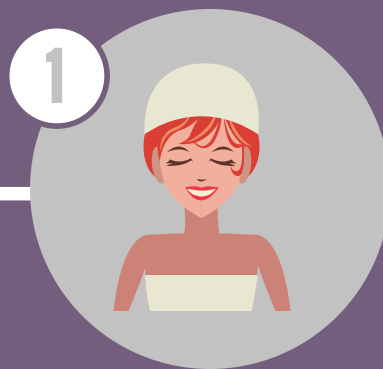


The Benefits OF COCONUT OIL

PRESTON'S BEAUTY ACADEMY



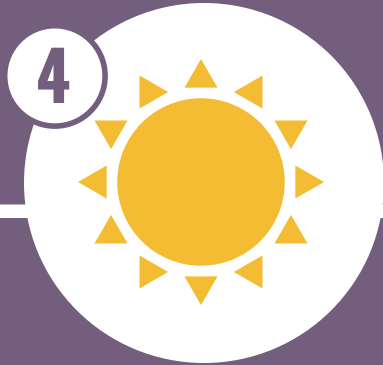
Add a few drops of coconut oil to your lip balm, and you can get rid of dry, cracked, chapped lips.



Use coconut oil to create a **hydrating face wash** full of antioxidants and emollients. Add essential oils for a custom scent!



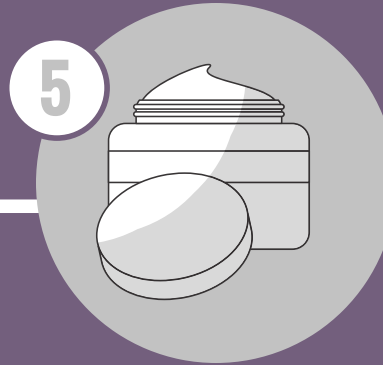
Take your favorite overnight **moisturizer** and add in a few drops of coconut oil. Apply it just before sleeping.



Your skin after a severe sunburn becomes delicate and dry. Use coconut oil to rehydrate, remove the redness, and **help recover from a severe sunburn.**



Instead of using chemical **makeup removers**, use coconut oil. Not only does it wash away the makeup with ease, but it hydrates as it goes.



A mosquito bite itches and hurts. You can quickly get rid of them by mixing up an essential oil (lavender is great for soothing!) with coconut oil and applying it gently to your **insect bite.**



Removing dead skin and clogged pores leave you with a clean, fresh face. To do that, mix up coconut oil and coconut sugar. Then scrub on the face twice a week for smoother, glowing skin.

While coconut oil has so many great benefits, having a professional facial every few months is the best way to restore your skin and help reverse the damage done.

Preston's Beauty Academy offers professional facials. You can contact us for additional information!

prestonsbeautyacademy.org