

I SHOULD COCO?

HEALTH & BEAUTY

Posted by HN Magazine on 09th Sep 2019



Coconut oil has become a staple item when it comes to cooking food and for our hair, but how good is it for sensitive, oily or acne prone skin?

Dermatologist, skincare expert and founder of Artistry Clinic, Dr Sarah Shah, says,

"I would say coconut oil is great for the hair, but when it comes to the skin, I would recommend staying away from it. Coconut oil is too dense for the skin to absorb so ends up clogging up pores instead; for people with oily skin, coconut oil might not be so beneficial to them. If used excessively, coconut oil can be comedogenic, meaning it is likely to cause blockages in the pore and blackheads. People suffering from acne should avoid using coconut oil. Not everyone who uses coconut oil on the skin will get congestion like this on their face but if you are prone to blemishes or acne, I would suggest avoid using this on the face."

If you are looking for an alternative to coconut oil in your skincare, some of the best substitutes with skin nourishing properties are; rosehip oil, argan oil, jojoba oil, olive oil and grapeseed oil to name a few.

Natural, organic and vegan skincare brand **Clockface Beauty** have a range of skincare products suitable for women and men, that are packed with lovely essential oils for our skin.



The **Signature Facial Serum** for women is a multi-award-winning multi-tasking miracle facial oil containing 12 powerful active ingredients, including Jojoba oil, Grapeseed oil and Argan oil, suitable for all skin types (oily, sensitive and mature). The facial oil is essential in your skincare regime, softening and hydrating as well as balancing oily skin. With a unique balance of vitamins, antioxidants and essential fatty acids, the facial oil helps to lift and tighten, soothing inflammation and helping to reverse the signs of ageing.



The **Rhassoul Clay & Vetiver Face Mask** for women and men is a cleansing, softening, toning and gently exfoliating face mask imbued with purifying properties of Rhassoul clay and the rejuvenating qualities of vetiver, for a gentle yet powerful addition to your skincare regime. Suitable for all skin types, the mask consists of argan oil as one of the eight all-natural ingredients that helps to restore natural elasticity whilst calming irritation, fighting infection and leaves your face feeling softer, smoother and younger.

Natural and organic celebrity favourite **Eminence Organic** new Stone Crop Body collection are packed with skin loving oils, suitable for everyone.



The **Stone Crop Cleansing Oil** is a non-greasy cleaning oil with brightening stone crop that brings balance back to the skin, restoring moisture and removes impurities leaving skin feeling fresh, dewy and soft. The cleanser is made up of nourishing and hydrating Jojoba oil, as well as protective Sunflower oil and key ingredient Stone Crop; anti-inflammatory, lightening and moisturising.



As well as this, the Eminence Organic **Rosehip Triple C+E Firming Oil** is a lightweight collagen boosting oil that firms, hydrates and combats free radical damage. Infused with Jojoba Oil, Rosehip Oil and Seabuckthorn oil to name a few, the oil is perfect to use during the day or at night, diminishing the appearance of fine lines and wrinkles.

Stockists

Clockface Beauty – <https://clockfacebeauty.com/>

Eminence Organic – <https://www.theskinsmith.co.uk/>