
Coconut oil

Posted by 77serenity77 - 2010/01/01 17:02

I've been looking into coconut oil to be used as skincare. However, I've found that coconut oil is usually extracted from the leaves ().

I found the following information on the processing of coconut oil:

Most commercial grade coconut oils are made from copra. Copra is basically the dried kernel (meat) of the coconut. It can be made by: smoke drying, sun drying, or kiln drying, or derivatives or a combination of these three. If standard copra is used as a starting material, the unrefined coconut oil extracted from copra is not suitable for consumption and must be purified, that is refined.

Virgin Coconut Oil can only be achieved by using fresh coconut meat or what is called non-copra. Chemicals and high heating are not used in further refining, since the natural, pure coconut oil is very stable with a shelf life of several years. There are currently two main processes of manufacturing Virgin Coconut Oil:

1. Quick drying of fresh coconut meat which is then used to press out the oil. Using this method, the coconut meat is quick dried, and the oil is then pressed out via mechanical mean.
2. Wet-milling. With this method the oil is extracted from fresh coconut meat without drying first. "Coconut milk" is expressed first by pressing. The oil is then further separated from the water. Methods which can be used to separate the oil from the water include boiling, fermentation, refrigeration, enzymes and mechanical centrifuge.

I've since found some coconut oil skincare product made from pressing coconut seeds.

Does anyone know if you get the same goodness from the cocnut seeds as compared to the coconut meat?

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Re:Coconut oil

Posted by thalz - 2011/09/19 12:24

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