

What can I do with Fractionated Coconut Oil?

Fractionated coconut oil, or “FCO”, is a carrier oil commonly used in aromatherapy for topical application of essential oils.

There are many ways to use FCO, including with products from the current and past AromaBoxes:

- Roller Bottle: fill bottle with FCO to just below the neck. Use plastic pipette to drop desired dilution of essential oil or blend (see link for a guide). Shake well to blend.
- Any essential oil single or blend: use any of these that are safe for topical use to mix/dilute in a roller or your own container with FCO.
- For the Oil Cleansing Method to cleanse your face, alone or mixed with other carrier oils
- In any application or formulation where you would use a carrier oil. Some examples would be: body oil, massage oil, bath oil, perfume oil, lip balm, salve, body balm.

Description from From Nature With Love: “Our Fractionated Coconut Oil is palm-free.

Fractionated Coconut Oil is a light, fluid and stable lipid that consists primarily of Caprylic and Capric acids, two important medium-chain triglycerides naturally present in coconut oil and that are fluid at room temperature.

Fractionated Coconut Oil is produced through the distillation and fractionation of virgin coconut oil to isolate the Caprylic and Capric acids as they are both fluid at room temperature. A small percentage of unsaturated fatty acids, including linoleic acid, an omega-6 essential fatty acid and oleic acid, an omega-9 fatty acid, may also be present in the oil.

Fractionated Coconut Oil is sometimes mistakenly referred to as MCT Oil. While both Fractionated Coconut Oil and MCT Oil share some similarities, it is important to recognize that MCT Oil is actually an ester, not an oil. Fractionated Coconut Oil is produced differently and possesses a somewhat different usage profile than products typically known as MCT Oil.

Uses:

Fractionated Coconut Oil is a highly versatile oil for use in skin care, cosmetics, and a wide range of other personal care and beauty applications. It is well suited for formulations where a light, stable, penetrating oil is desired. It remains fluid at room temperature, making it ideal for applications in which the solid consistency, texture, sheen and coconut aroma of Virgin Coconut Oil is not ideal. Fractionated Coconut Oil can be incorporated into massage formulations or used on its own as a light, non-greasy massage oil. It is also an exceptional substitute for mineral oil. Within aromatherapy and fragancing applications, Fractionated Coconut Oil serves as a virtually odorless carrier for essential oils and other aromatics.

Properties:

- Palm-Free
- Clear, Colorless to Yellow
- Virtually Odorless
- Light Texture
- Non-Staining
- Rapid Absorption
- Fatty Acid Composition:
- C8:0 Caprylic Acid: 55.0-65.0%
- C10:0 Capric Acid: 36.0-47.0%
- Unsaturated Fatty Acids: 2% Max

Fractionated Coconut Oil is Perfectly Suited for the Following Personal Care Applications:

- Skin Care
- Lip Care
- Hair Care
- Nail Care
- Cosmetics
- Aromatherapy
- Massage”