# wikiHow

How to Use Coconut Oil Around the House

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Coconut oil can be bought in supermarkets and department stores. The oil is derived from the coconut plant and has many practical household uses. You can use coconut oil to clean. It can be used in the kitchen in cooking. You can also make coconut oil versions of many household products.

Method 1

Method 1 of 3:
Cleaning and Polishing with Coconut Oil
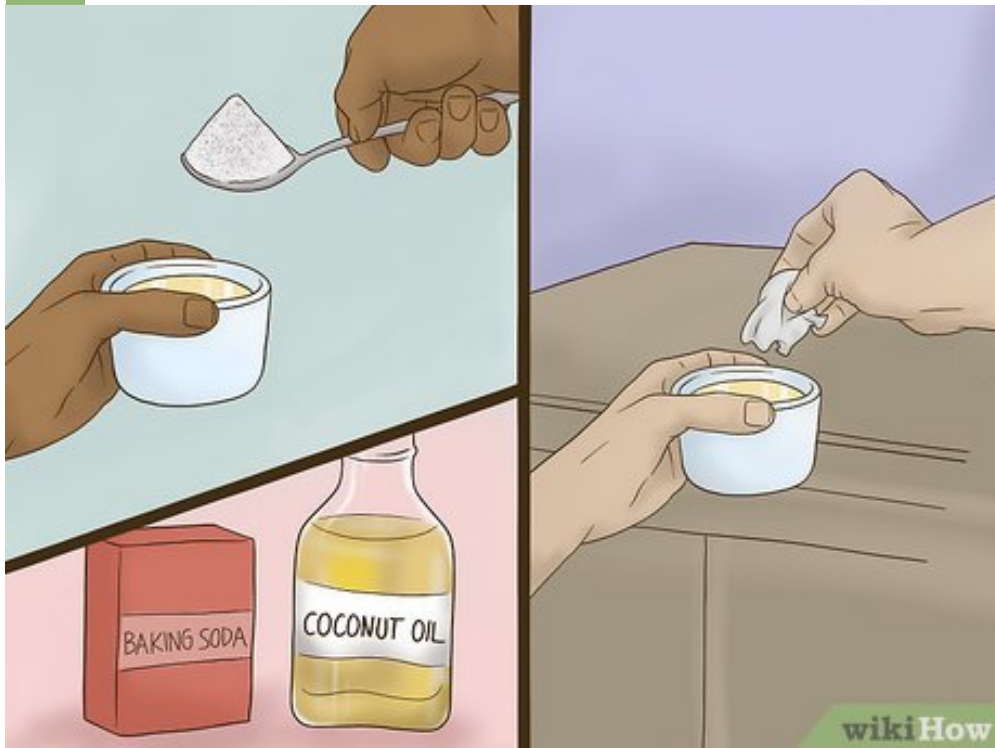
1 **Make a natural stain remover.**   Coconut oil can be used to remove set in stains from carpeting, walls, and other surfaces. To make a stain remover using coconut oil, mix one part coconut oil and one part baking soda. Apply the remover to stained surfaces and let it sit on for a few minutes before wiping it away.[1]

- Always test the strain remover on a small part of a surface before applying it the an entire surface to make sure it doesn't cause damage.

2 **Polish your furniture with coconut oil.** In a spray bottle, mix a quarter cup of melted coconut oil with four tablespoons of distilled vinegar and two teaspoons of lemon juice. Shake the bottle and spritz it onto furniture. Then, wipe the polish away with a cloth to leave the furniture shining.[2]

- Make sure to test the cleaner on a small portion of your furniture that's not in plain sight to make sure it doesn't cause a bad reaction.

3 **Clean leather with coconut oil.** Dab a small amount of coconut oil on a piece of cloth. Then, work it into leather clothing, bags, shoes, or other leather items. Coconut oil should leave the leather smooth and clean.
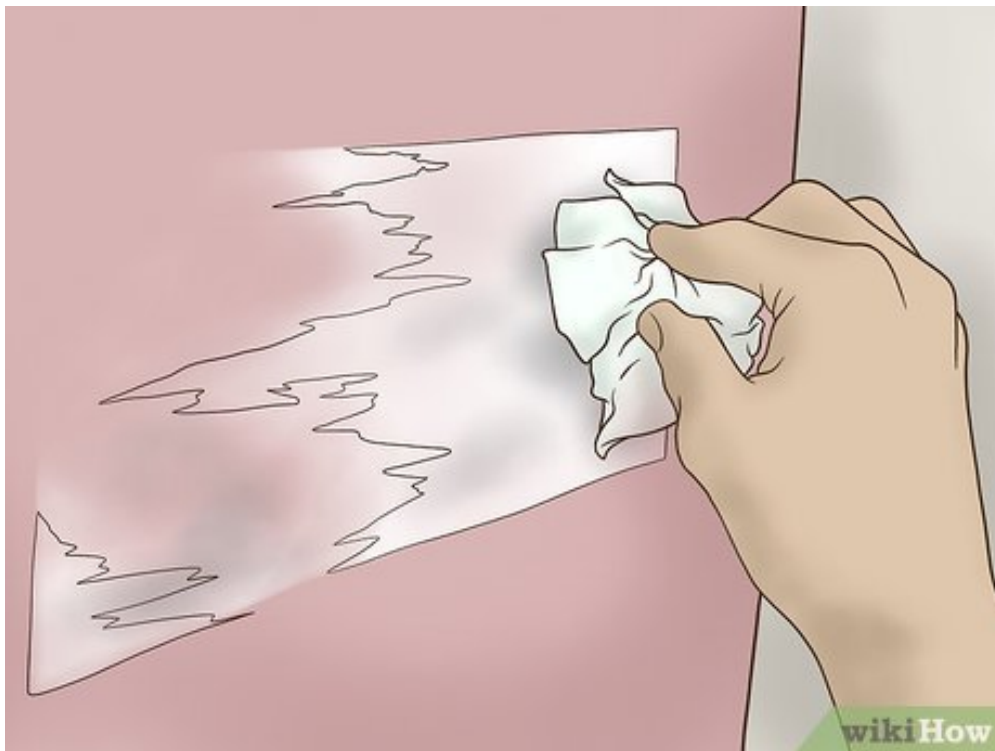
4 **Remove sticky residue with coconut oil.** Sticky residue on carpeting, or residue on items left behind by tags, can be removed with coconut oil. Rub some oil into the carpeting or item and the residue should come out.[3]

- For tough stains, sprinkle on a little baking soda before adding the coconut oil.

Method 2 of 3:
Using Coconut Oil in the Kitchen

1 **Season a cast iron pan with coconut oil.** Use a paper towel to coat a cast iron pan with a liberal layer of coconut oil. Place the pan in an unheated oven and then set the heat to 300 degrees Fahrenheit. After the oven reaches the right temperature, leave the pan in the oven for 30 minutes. Then, leave the pan until the oven cools off. When you're done, your cast iron pan should have a sleek surface.[4]

- If there is any excess oil after seasoning, dab it off with paper towels.

2 **Wipe coconut oil on a cutting board.** Coconut oil can clean, sanitize, and smooth out a wooden chopping board. All you have to do is wipe a small amount of coconut oil over the board after using and cleaning it. This should remove excess bacteria and leave the board looking smooth.

3 **Use coconut oil when cooking.** If you want the health benefits of coconut oil, use coconut oil in place of butter or other cooking cooking oils. Coat a surface in a small layer of coconut oil to create a nonstick surface.You can cook things like eggs, veggies, and meats in coconut oil.[5]

4 **Add coconut oil to your coffee.** Some people report coconut oil increases their energy. Try mixing a spoonful of coconut oil into your coffee in the morning over cream or sugar. This may increase your energy and, if you're looking to cut back on added sugar, it will keep you from having to sweeten your drink.[6]

- Coconut oil can also add a unique coconut taste to your coffee.

5 **Replace vegetable oil with coconut oil when baking.** Coconut oil can add a sweet taste to baked goods. Try swapping out vegetable oil for coconut oil in a recipe. This can work well for boxed baked goods that call for vegetable oil.[7]

Method 3 of 3:
Using Coconut Oil in Place of Household Products

1 **Make toothpaste with coconut oil.** Coconut oil may help to whiten teeth. Mix six tablespoons of coconut oil, six tablespoons of baking powder, and a teaspoon of stevia in a mason jar. Add it to your toothbrush each morning and night when you brush your teeth.

- Consult your dentist before trying a new toothpaste. You may need specific cleaners found in commercial toothpaste. Coconut oil toothpaste is best used as a supplement to regular toothpaste.

2 **Mix coconut oil with honey for your hair.** Combine two tablespoons of melted coconut oil with two tablespoons of raw honey and an egg yolk. Whisk the mixture together and then work it into your hair. Let it sit on for an hour or two and then rinse it out with warm water. Your hair should be feeling stronger and softer.[8]

- You may want to apply this mixture to a small portion of your hair first to make sure it doesn't' cause damage.

3 **Moisturize with coconut oil.** If your skin is dry, you can simply rub coconut oil into the dry areas. Coconut oil can moisturize skin around your hands, elbows, lips, and other areas prone to dryness.[9]

- Coconut oil will feel greasy at first. Give it a few minutes to be absorbed into your skin.

- Be careful using coconut oil as a moisturizer if you have oily skin, as the product has the potential to cause further problems or irritation in oily skin types.[10]

4 **Wash your face with coconut oil.** Rub some coconut oil into your hands until it softens slightly. Then, work it into your face before bed at night. Rinse it out with warm water.[11]

- This can also be used to remove makeup at the end of the day.

- If you have sensitive skin, be careful using coconut oil on your face. The oil can leave a residue that has the potential to cause acne or breakouts in some.[12]

⑦ Expert Q&A

Question

Are there any natural alternatives to coconut oil if my skin type does not agree with it?

Joanna Kula
Licensed Esthetician
Expert Answer

Grapeseed oil has antibacterial and astringent properties and is an excellent alternative for those with oily, combination or acne-prone skin.

Helpful 0   Not Helpful 0

Question

Can I use coconut oil on a fabric sofa to kill fleas?

Community Answer

You can as long as it doesn't damage the fabric. Try a small area of the coach to see how the coconut oil works with the fabric.

Helpful 3   Not Helpful 0

How can I grow my nails using coconut oil?

Ava Cohen
Community Answer

Soak your nails daily in coconut oil and they will grow stronger than before and longer. Repeat daily for as long as you wish, normally a couple of weeks.

Helpful 0   Not Helpful 0

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About This Article

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This article was co-authored by Joanna Kula. Joanna Kula is a Licensed Esthetician, Owner and Founder of Skin Devotee Facial Studio in Philadelphia. With over 10 years of experience in skincare, Joanna specializes in transformative facial treatments to help clients achieve a lifetime of healthy, beautiful, and radiant skin. She is also a contributing author for the prestigious Les Nouvelles Esthetiques & Spa magazine and has been featured in a number of magazines including InStyle. This article has been viewed 13,234 times.

★★★★★
3 votes - 100%

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