

53 Uses for Coconut Oil



So, What Is Coconut Oil?

Coconut oil is an edible oil, like olive or macadamia oil, extracted from the kernel or meat of mature coconuts. The oil is made up of around 90% saturated fat, 6% monounsaturated fat, and 3% polyunsaturated fat. Unlike other highly saturated and unsaturated fats, coconut oil is mostly made up of medium chain fatty acids (MCFAs). The saturated fat content makes coconut oil very heat-stable and enables a long shelf life.

It is well-known for its healing, anti-inflammatory properties and its metabolism-boosting medium chain tryglycerides. It has many uses from dietary, medical and industrial applications.



Eases digestion



Stress Relief



Slows wrinkles



Manage type 2 diabetes



Supports immunity



Cooking



Natural moisturizer



Boost metabolism



Stops sugar cravings

Health Benefits of Coconut Oil



Benefits Of Coconut Oil

Coconut oil has many benefits, from being directly associated with specific positive health effects to acting as an aid in certain body functions. I've read through dozens of papers, articles and blog posts and collated the following list of known/claimed benefits. Helps relieve symptoms associated with chronic fatigue syndrome. I've have also seen a lot of reports of coconut oil health benefits from those suffering from hypothyroidism, as coconut oil helps boost metabolism and raise body temperatures to promote thyroid health. Restricting carbohydrates and increasing coconut oil in the diet has also led many to report losing weight with coconut oil. Candida sufferers also report health benefits with coconut oil as

research now confirms, and those suffering from various skin diseases are also seeing tremendous health benefits by applying coconut oil directly on the skin. The benefits of coconut oil for healthy hair are also well known, and other healthy benefits of coconut oil included fighting off bacterial infections and viruses. Coconut oil is also increasingly being seen to benefit athletes and fitness trainers giving them an advantage in sustaining energy levels longer without drugs or stimulants.

The Amazing BENEFITS Coconut Oil

Nutritional Content in Coconut Oil:

- And oxidants
- MCT (Medium Chain Triglycerides)
- Lauric Acid
- Caprylic Acid
- Capric Acid

The Health & Healing Benefits of Coconut Oil:

Skin Care	Hair Care	Stress Relief
Weight Loss	Immunity	Infections
Digestion	Diabetes	Heart Health

Amazing Health Benefits of Coconut Water

- Coconut water can help you lose fat.** For weight conscious people, this water is one of the most important health benefits of coconut water. Because it is very low in fat, you can drink as much as you can without worrying about ingesting a lot of fatening agents, such as milk and the like. It can also help you feel full thus, decreasing your cravings for excessive foods.
- Coconut water can help prevent diabetes.** As mentioned before, it is also very low in sugar so you're actually preventing the onset of diabetes if you drink it.
- Coconut water can aid digestion.** It has more hydrating properties than the average tap water so drinking it can certainly help your digestion well. Thus, you'll be able to absorb food materials better and have easier bowel time when you drink it.
- Coconut water can help fight viruses.** Flu and herpes are some of the ailments caused by different kinds of viruses that attack the body. Coconut water has antiviral and anti-fungal properties that can help you stay clear from these diseases and issues!
- Coconut water can help revitalize your cells and boost your metabolism.** It contains low sodium and more potassium than the average orange or sports drink that's why it is a highly recommendable substitute for these expensive and artificial products.

Coconut Milk For Health Benefits





- Relax Muscles and Nerves
- Maintain blood sugar places
- Reinforces the Immune System
- Reduce Joint Inflammation
- Contributes to Strong, Healthy Bones

How Does It Work?

Have you ever heard of lauric acid? It's a compound with amazing health promoting properties. It contains anti fungal, antibacterial, antiviral properties that boost the immune system. Coconut oil fat is nearly 50% lauric acid, which is converted by the body into monolaurin and makes coconut oil effective in treating many bacterial and fungal infections such as candida, athlete's foot, measles, influenza, and hep C. Another source of monolaurin is human breast milk, go figure!

Another reason coconut oil has so many benefits is because

unlike most other fats and oils, it is comprised of medium-chain fatty acids, (MCFA's), which are smaller fat molecules metabolised in the liver and immediately absorbed and converted into energy, kind of like glucose but without the insulin spike. Other fats and oils are made up of long chain fatty acids, or long-chain triglycerides, which are larger molecules that are difficult for your body to break down and are mainly stored as fat. The MCFA's in coconut oil actually boost your metabolism and help your body use fat for energy, which can lead to weight loss, Type 2 diabetes risk reduction, increase in energy, accelerated healing and improved immunity. When it comes to your skin, coconut oil is very hydrating and keeps skin's connective tissues strong, which prevents sagging and wrinkles.

	High Quality Refined Coconut Oils		Virgin Coconut Oils	
				
Qualities	non-certified Expeller-Pressed Coconut Oil	Organic Expeller-Pressed Coconut Oil	Green Label Virgin Coconut Oil	Gold Label Virgin Coconut Oil
High MCTs/Lauric Acid	Yes	Yes	Yes	Yes
No solvents used in processing	Yes	Yes	Yes	Yes
No hydrogenation or trans fats	Yes	Yes	Yes	Yes
Non-GMO	Yes	Yes	Yes	Yes
USDA Certified Organic	No	Yes	Yes	Yes
Scent and taste of coconuts	No	No	Yes	Yes
No refining	No	No	Yes	Yes
Made from fresh coconuts	No	No	Yes	Yes
Hand-made, not machine-made	No	No	No	Yes
Small batches - family producers	No	No	No	Yes
Highest levels of anti-oxidants	No	No	No	Yes

Types Of Coconut Oil

Refined coconut oil

- Made from dried coconut, also known as copra; the standard end product made from dried kernel (meat) is RBD oil, which stands for refined, bleached and deodorised. The reason the oil has to undergo this process is that the dried copra is not fit for consumption and the oil needs to undergo processes to filter out impurities and to make it more stable; it's a pretty common way to mass-produce coconut oil.
- Because it's refined it's fairly tasteless and doesn't smell like coconut; it can withstand higher cooking temperatures before it reaches its smoke point; great for deep-frying foods without the flavor of coconut.
- It's not as great as the virgin, completely raw coconut oil but still has the same beneficial medium chain fatty acids; from what I read, it's very close in its nutritional value to virgin coconut oil so it's more about the extraction method and what chemicals have been applied.

- Most of the coconut oils available in grocery stores and vitamin stores are refined unless they specifically state otherwise; not all refined oils are created equal so try to get good quality, non-hydrogenated (yep, even coconut oil can be hydrogenated or partially hydrogenated but mainly in tropical, Asian countries), and refined using natural, chemical free process like steam or diatomaceous earth.
- Refined oil is great if you're on the budget as it's usually cheaper. It's also good for things which require lots of oil like deep-frying, using it as a bath oil or in soaps, or using it as a body moisturizer.



Unrefined coconut oil

- Usually labelled as 'virgin' or 'extra-virgin', this coconut oil is made from the first pressing of fresh, raw coconut using mechanical means without the addition of any chemicals; depending on the extraction method, the flavor can be mild to very intense (more heat exposure during extraction, more coconut flavor in the oil).
- Good raw, unrefined, virgin coconut oil should have a very mild coconut flavor and scent.
- The difference between 'virgin' and 'extra virgin' is, well, pretty much none existent as far as I've researched, it's more of a marketing trick to get you to pay more.
- Virgin, unrefined oil is more superior to refined coconut oil.



Extraction methods

Cold-pressed, expeller-pressed or centrifuged are methods of extracting oil from dry or fresh coconut and can be used for both refined and unrefined varieties. All methods can create a good, healthy oil. Expeller-pressed and cold-pressed don't always mean 'raw' as sometimes these oils are heated to rather high temperatures during the extraction process, which is not a problem as coconut oil is a highly stable fat and will not go rancid. It does however mean that the flavor will be more coconutty. If you want a more mild and delicate coconut oil, look out for a centrifuged oil which is less likely to be exposed to heat during extraction.

Buying Coconut Oil

There are many brands and types of coconut oil and they vary in price depending on the source, production method, packaging

and the marketing team. Super expensive doesn't always mean the best, although it does often indicate the quality of ingredients and the purity. I always recommend to try a few brands and to find out as much as you can about the manufacturing process. Personally I really like Niulife coconut oil because the guy who started the company actually invented a natural expelling method they still use today and they are a fair trade and family owned business who make good products. However there are many great brands out there and regardless of where you are, here are a few things to look out for:

Color – white color when it's solid and colorless when liquid, any discoloration might mean contamination and inferior quality.

Aroma and flavor – virgin, unrefined coconut oil should smell and taste like coconut but should not be overpowering and strong, if it smells roasted or smokey it means it's been exposed to a lot of heat and it might not retain as many nutrients; and if it's odorless and neutral tasting then it's most likely refined and treated.

Price – the coconut oil in most stores can get quite pricey and doesn't always mean superior product. It's always a good idea to buy in bulk as the oil is stable and will last for at least 12 months. You can try a few different brands and make sure you like the smell and taste before you commit to buying a big batch. You can also share the shipping costs with friends and family and save even more money.

Storing Coconut Oil

Coconut oil can be stored out of the fridge, away from direct sunlight, for up to two years. It will stay liquid in temperatures above 25C (75F) and will turn into butter and solid texture in lower temperatures or if refrigerated. If the oil is solid and you need to use it in a liquid form, apply

low level heat and it will transform very quickly.



How To Use Coconut Oil?

There are hundreds of ways you can use coconut oil – in cooking, as part of your skincare routine, as part of flu and cold treatment, or to rub on cuts and bruises. I've put together a few examples of how you can use it.

As far as how much coconut oil you should consume, most recommend 3-4 tablespoons of coconut oil for adults per day to achieve optimal results. It would be less for kids and those of you starting out with coconut oil or saturated fats in general. If you've been following a low fat diet and only now decided to transition to a higher fat intake, I would recommend to gradually build up the consumption of fat to avoid the initial diarrhea you might experience along the way.

Coconut oil as food

- I use coconut oil in cooking as it's very heat-stable. I fry and deep-fry in it, rub it on my roast meats, stir-fries and

sauces. It's really good for Asian cooking as its flavor is very complimentary.

- It is a solid most of the time at room temperature or when refrigerated and is therefore a great substitute for butter or margarine and can be used for dips, spreads, in baking and desserts. Use 1 to 1 ratio when substituting other oils or butter for coconut oil. It can even be used to make mayonnaise, I would use a good quality refined coconut oil for that.

- Add a couple of teaspoons to smoothies, juices, tea or coffee.

- Refrigerate it and eat as is by scrapping some with a teaspoon. The taste is slightly sweet and subtle, it really is quite nice and doesn't have that oily texture you might expect, more like white chocolate.

- Mix some coconut oil with cacao & honey for a quick energy boost before a workout.



You can get both edible and inedible coconut oils in stores. The edible form of coconut oil is usually

refined, bleached and deodorized. Virgin coconut oil is considered the best as it is low in carbs and forms a great source of nutrition. Coconut oil that has been derived from copra as the starting is usually unsuitable for consumption and can be applied externally only. So, if you are purchasing coconut oil, make sure you confirm that is suitable for consumption to prevent to unwanted issues.

For external uses, expeller pressed or other types of refined coconut oil will work, but for internal use, an unrefined virgin coconut oil is best. This book provides more information about the benefits of coconut oil and the difference in the types of coconut oil.

Hydrogenated Coconut Oil

In most cases, the coconut oil that is refined, bleached and deodorized is hydrogenated fully or completely. This practice is common in tropical areas as the melting point of coconut oil is about 76 degrees F. The coconut oil retains its natural solid state in colder conditions. One common issue with coconut oil is the hydrogenation process itself.

Coconut oil contains very little unsaturated oil which makes it hard to hydrogenate. Once it is hydrogenated, however, it contains traces of trans fatty acids.

- 
- Energy provision**
-Skin hydration
-Gentle makeup removal
-Baby cream for diaper rash
-Prevent stretch marks
-Prevent sunburns
-Treatment of yeast infections
-Natural body scrubs
-Quick healing of injuries & wounds
-Improves cholesterol levels
-Hair conditioner
-Makeup remover
-Shoe cleaner
-Lip balm
-Cradle cap
-Soothing foot cream
-Eczema treatment
-Improved digestion
-Improves milk supply for breastfeeding

Ways To Use Coconut Oil For Health & Beauty

deniseinbloom.com

53 Uses for Coconut Oil

1. Taken supplementally for daily energy
2. On the skin as a basic lotion
3. In homemade lotion bars for soft, smooth skin
4. In homemade deodorant or deodorant bars
5. In cooking as a great oil with a high smoke point. Great for baking, stir-frys or as a dairy free replacement to butter.
6. As an eye-makeup remover
7. As a cloth diaper safe diaper cream (just rub on baby's bottom)
8. In making your own Remineralizing Toothpaste
9. To prevent stretch marks during pregnancy
10. To support healthy thyroid function
11. In homemade Mayo without the high PUFA vegetable oils
12. To help increase sun tolerance and avoid burning
13. As a naturally SPF 4 sunscreen
14. In homemade lotion recipes

15. To get rid of cradle cap on baby- just massage in to head, leave on for a few minutes and gently rinse with a warm wash cloth
16. Topically to kill yeast or yeast infections
17. As a delicious tropical massage oil
18. It's high Lauric acid and MCFAs content helps boost metabolism
19. A tiny dab rubbed on your hands and then through hair will help get rid of frizz
20. As an intensive nighttime facial moisturizer
21. Mixed with equal parts sugar for a smoothing body scrub (use in the shower)
22. Rubbed on lips as a natural chap stick
23. Topically, can help skin heal faster after injury or infection
24. As an incredibly intensive natural conditioner- Rub into dry hair, put a shower cap on and leave for several hours
25. On feet to fight athlete's foot or toe fungus
26. In place of Lanolin cream on nursing nipples to soothe irritation (also great for baby!)
27. Can help soothe psoriasis or eczema
28. With apple cider vinegar as a natural treatment for lice that actually works
29. In natural Homemade Sunscreen
30. In a filling and energy boosting Brain Powder Smoothie
31. Rub coconut oil on the inside of your nose to help alleviate allergy symptoms
32. There is some evidence that coconut oil helps digestion and may even kill intestinal parasites or yeast
33. Mix a tablespoon with a tablespoon of chia seeds for an all-day energy boost (do NOT take this at night!)
34. Can help improve insulin levels
35. Oil pulling with coconut oil and a drop of oregano oil helps improve gum health
36. Can help improve cholesterol ratios
37. Blend a tablespoon into hot tea to help speed recovery from cold or flu

38. In Homemade Natural Bug-Off Lotion Bars
39. As a replacement for vegetable oils in any recipe
40. After initial heat is gone, can help speed healing of sunburn
41. Is an immediate source of energy when eaten and isn't stored as fat
42. As a natural personal lubricant that won't disturb vaginal flora
43. As a naturally antibacterial skin cream
44. As a natural shave cream and after shave lotion
45. When used consistently on skin it can help get rid of cellulite
46. To season cast iron skillets
47. It's anti-inflammatory properties can help lessen arthritis
48. Can reduce the itch of mosquito bites
49. Can help resolve acne when used regularly
50. Can be rubbed into scalp daily to stimulate hair growth
51. I've used in kids ears to help speed ear infection healing
52. A small amount can be rubbed into real leather to soften and condition (shiny leather only... test a small area first)
53. By itself as a great tanning oil

Is Coconut Oil REALLY Healthy?

How to Use Coconut oil:

There are hundreds of uses
for coconut oil!

Dr. Bruce Fife – Benefits of
Coconut Oil

4 Doctors on Coconut Oil &
Dementia

How to take your daily dose
of coconut oil

Beauty Tips – Inflammation



For me, the best makeup is to first have healthy glowing skin. Otherwise it's like a band-aid covering up something that is letting us know how our internal system is doing.

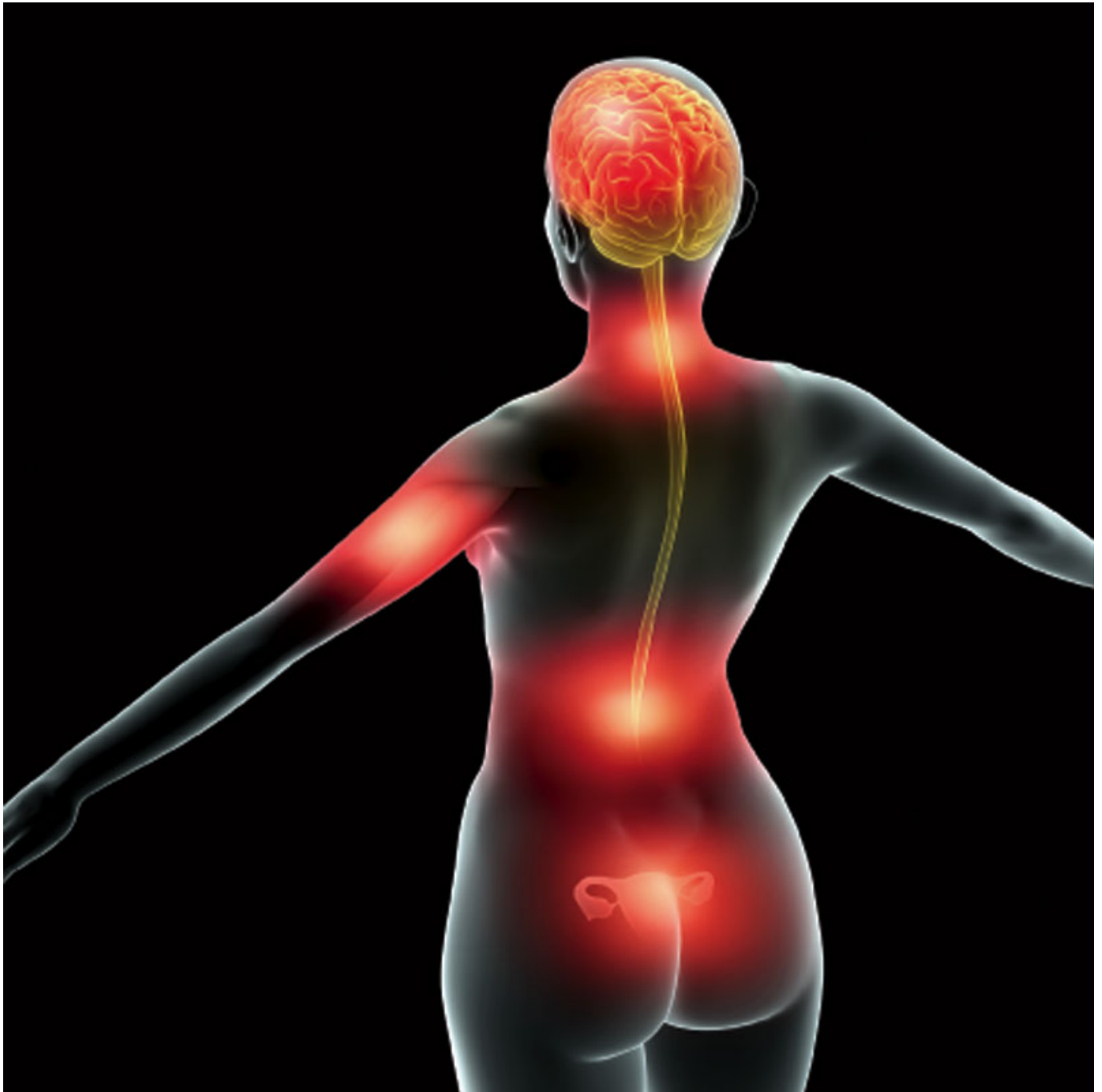
When I work with a client, my number one priority is to maintain and support a good skincare regimen from the inside out.

Inflammation is the reflection of the inner system.

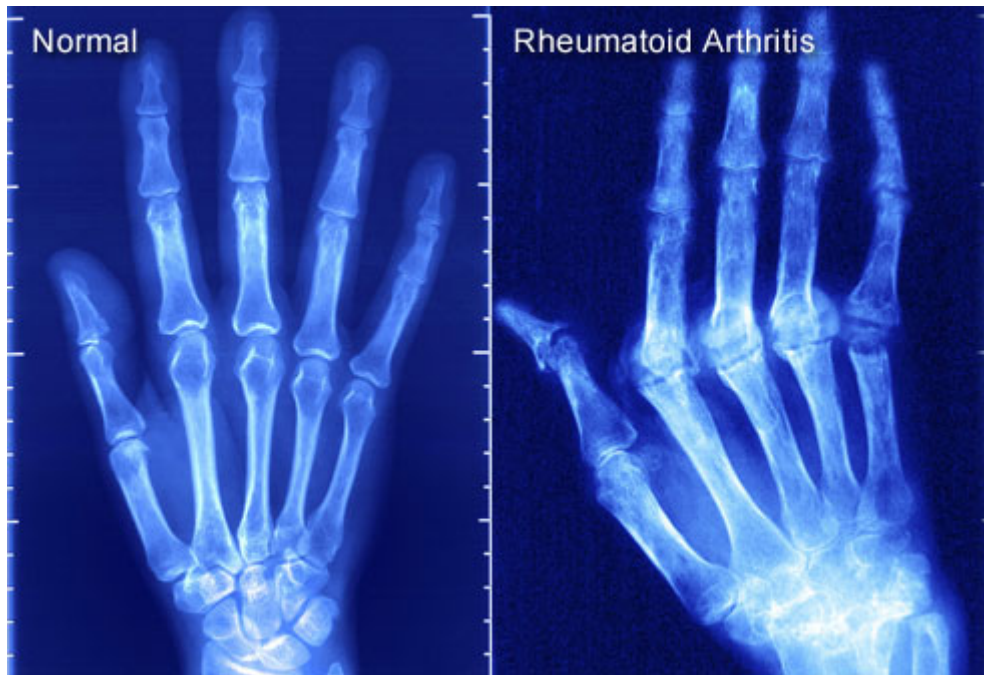
Many skin care specialists believe inflammation is a key factor in premature skin deterioration and a majority of internal issues. Because the body's basic response is to protect itself from irritation via inflammation, many people believe this response is a positive one. However, several scientists and skin care professionals from around the world advise people to avoid inflammation altogether. Bottom line: Anything that causes redness, over heating, swelling and any kind of irritation maybe detrimental to a person's overall wellbeing.

There are a few upsides to inflammation: It is a sign of the body attempting to repair an affected area by bringing blood to the site; it helps to remove intruding agents from the site; and the additional white blood cells arriving at the site help to counteract the aggressor. Still, individuals should avoid inflammation at all costs.

In simplest terms, inflammation is the body's immediate reaction to guard itself from some type of damage caused by an environmental external invader. Without the crucial process of inflammation, the body cannot restore itself in the face of damage.



Essentially, all inflammation starts in an acute phase. The body becomes damaged in some capacity due to a foreign agent, and it responds immediately to repair the damage. In many cases, this reaction goes undetected. Signs are so mild that they are even unnoticeable. Once the threat is gone, the body is able to go back to a non-defensive state—and the inflammation process turns off.



That's why long lasting inflammation is being labeled the 21st century's number one challenge. Unlike its short form, long lasting internal inflammation can occur undetected because it falls just below the radar of discomfort and visible swelling. You feel nothing, or you may experience vague, unexplained signs for which there are no conventional answers. And while you search for answers or even ignore the signs altogether, your body's inflammation process carries on for weeks, months, or even years—which compromises your immune system.

In my opinion, wellness is the absence of inflammation. A possible key to optimal wellness is to detect long lasting inflammation and address its root concerns promptly and effectively.

12 Foods that Fight INFLAMMATION

Brought to you by:



Subscribe to: www.livelovefruit.com



Papaya



Avocado



Blueberries



Chia seeds



Cranberries



Broccoli



Ginger



Walnuts



Red Cabbage



Hemp seeds



Turmeric

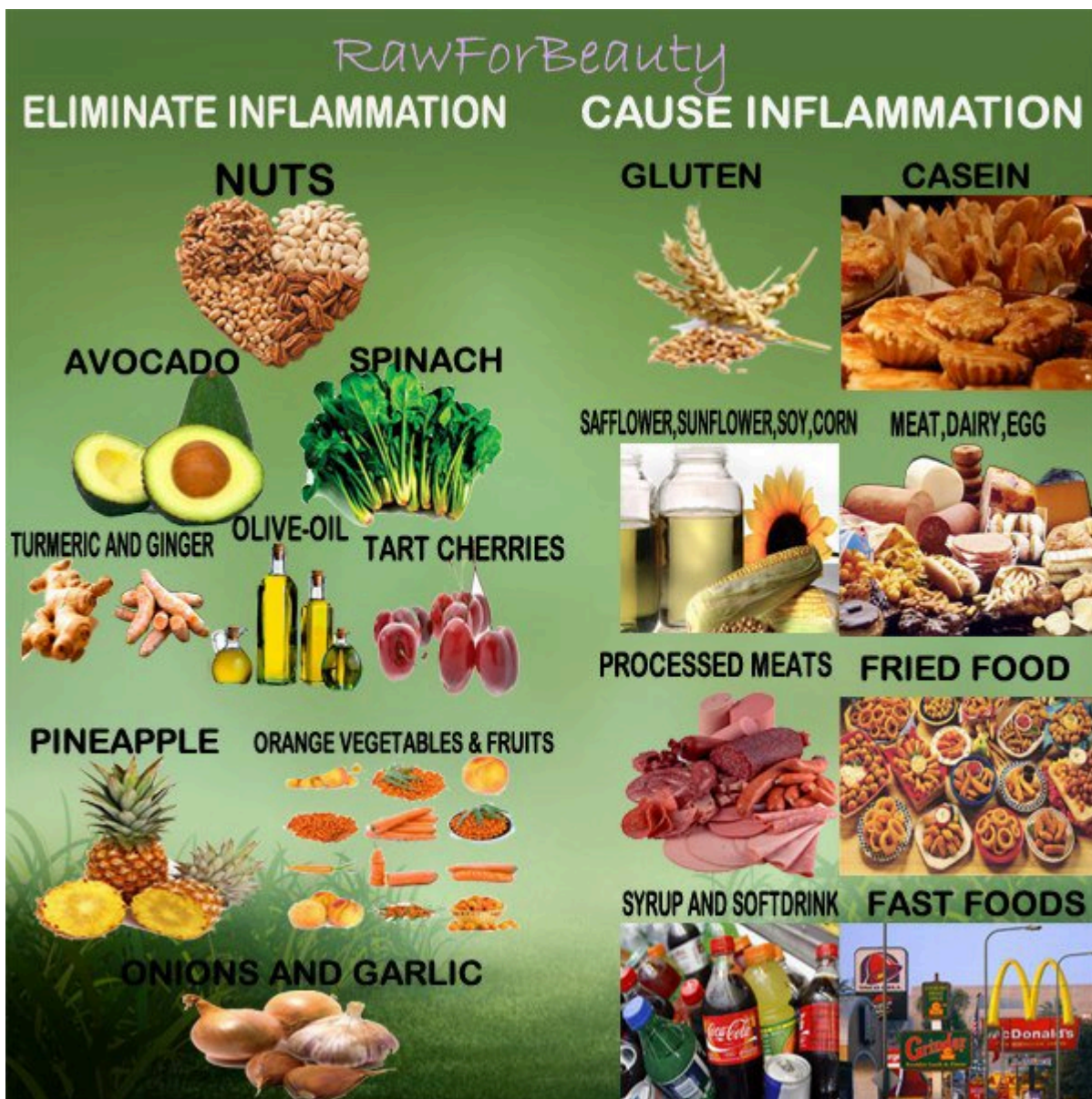


Celery

The signs of inflammation are many and varied – it's been linked to everything from bloating to joint pain to sinus congestion and skin rashes. Although a clinical assessment is the only way to determine for sure if you suffer from inflammation, the more of the following symptoms you experience, the more likely you have low-grade inflammation, says Mark Hyman, MD, author of *The UltraSimple Diet* (Pocket Books, 2007).

- Bloating, belching, passing gas
- Diarrhea or constipation
- Fatigue, sluggishness
- Itchy ears or eyes
- Dark circles or bags under eyes

- Joint pain or stiffness
- Throat tickle, irritation or coughing
- Stuffy nose, sinus trouble, excessive mucus
- Acne, cysts, hives or rashes
- Ruddy, inflamed-looking skin
- Flushing
- Water retention, skin puffiness
- Craving certain foods
- Compulsive or binge eating



The good news: Inflammation is fixable: “Our best tool to reverse inflammation isn’t a drug, but our diets,” says Barry

Sears, PhD, a former research scientist at Boston University School of Medicine and the Massachusetts Institute of Technology and author of the forthcoming Toxic Fat Syndrome. One of the best ways to snuff out inflammation is by heeding food sensitivities and intolerances. These are inflammatory responses that occur when the gut fails to break down certain foods.

The most notorious offenders are dairy, wheat, corn, sugar, soy, eggs,peanuts poor diet , mostly sugar,refined flours, processed foods, inflammatory fats such as transfats and unhealthy saturated fats,and STRESS is very inflammatory, Anger is inflamed thoughts . Keep a food diary to identify negative reactions (which may be delayed by hours or days after you've eaten), then root out food sensitivities by following an elimination diet for at least a week. (For more on that, see "False Fat" in the March/April 2003 archives.)

By eliminating the foods that irritate your body and eating more of those that help your body combat inflammation, you'll get rid of a lot of bloating and water retention, produce fewer "weight-gain" hormones, and have more energy for activity, says Elson Haas, MD, medical director of the Preventive Medical Center of Marin in San Rafael, Calif., and author of The False Fat Diet (Ballantine, 2001). That sounds like a slim-down strategy we can all live with.

Anti-Inflammatory	Inflammatory
Fresh, unprocessed (as grown)	Old, rancid, moldy, processed, microwave, skimmed, enhanced, canned, adulterated
Fruit	Excessive meats and poultry; dairy
Vegetables (non-nightshade)	Nightshade vegetables (tomato, potato, bell and hot peppers, eggplant)
Water, herbal teas	Soft drinks, milk, juices, etc.
Herbs	Mandy drugs and medications (but you may need them)
Water	Dehydration
Most plant oils (best is olive oil, especially organic extra virgin olive oil and organic coconut oil), nuts oils (if not rancid), especially those rich in omega-3 fatty acids (nut oils, except coconut oil, should not be heated)	Animals fats, many commercial branded oils, vegetable shortening, corn oil, palm oil
Uncooked and cooked at low heat (steaming, boiling, simmering, braising)	Fried, baked, grilled, and broiled at high temperatures
Soy foods (to a degree)	Dairy products (milk, cheese, yogurt)
Nuts and dried fruit (without added sugar)	Candies, most chocolates, "health" bars
Naturally sweet fruit	Sugars, artificial sweeteners
Whole foods	Artificial molecules
No preservatives	Preservatives like nitrites, benzoic acid
No artificial additives	Artificial additives like dyes, preservatives, flavors, MSG, etc.
Grass-fed meats	Corn-fed meats
Nuts (if you are not allergic)	Peanuts (they are legumes, not nuts; should be eaten sparingly)
Fish, especially seawater	Excessive meats and poultry
No hydrogenated fats	Hydrogenated or partially hydrogenated fats (trans fats)
Food your body likes	Food your body reacts adversely to

Thankfully, the list of things that cause inflammation is relatively short:

- Poor diet—mostly sugar, refined flours, processed foods, and inflammatory fats such as trans and saturated fats
- Lack of exercise
- Stress
- Hidden or chronic infections with viruses, bacteria, yeasts, or parasites
- Hidden allergens from food or the environment
- Toxins such as mercury and pesticides
- Mold toxins and allergens



The Zone is not some mystical place or some clever marketing terms. It is a real physiological state in your body where the hormones that control silent inflammation are maintained in a zone that is not too high, but not too low. This requires treating food as if it were a drug to be taken at the right dose and at the right time. However, saying food is a drug is actually derogatory to food since your diet affects hormones that are hundreds of times more powerful than any drug. In many respects, food will be the most powerful drug you will ever take because you are using this drug at least three times a day for the rest of your life. Thus your diet can be your greatest ally or worst enemy because the hormonal rules for

humans haven't changed in the past 150,000 years, and they probably won't change tomorrow.

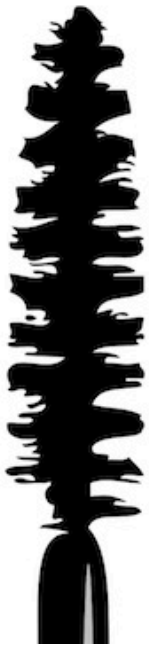
Anti-Inflammatory Diet Tips From Dr. Andrew Weil

The Perricone Anti Inflammatory Diet

Top 5 Winner Mascara Tips



No eyes are complete without a frame of lashes curled and defined lashes to flutter. For a semi-permanent solution ideal for vacation consider having your lashes color, but for every day there are mascaras to color, thicken, volumize, lengthen, curl, or condition. Waterproof formulas withstand rain, tears, and swimming-they can be a godsend for wearers of contact lenses, . Clear mascara gives a dewy look to natural lashes and can also be used to hold brows in shape.



Different Mascara Wands





TIP: I only use waterproof mascara in a special situation I don't regularly do, because it tends to dry the lashes, it coats them and doesn't let them breathe, aside it is hard to remove and promotes rubbing the delicate skin of the eyes and under the eyes, and irritates the skin by doing that, is best to give a place for that kind of mascara. Color: Black mascara defines the eyes like nothing else and works with almost any look, but electric blues and deep purples can also be stunning, so don't be afraid to experiment. Dark brown mascara is generally softer and more flattering for mature faces.

Application: Whatever formula you choose, here is a foolproof guide to applying mascara:

1. Make sure the wand is not overloaded so that the product is less likely to come into contact with the skin. Look down and stroke the wand over the top of the upper lashes from roots to tips. Move along from one corner of the eye to the other until every lash is coated.
2. With the eyes wide open, stroke the wand up the upper

lashes from underneath, starting at the roots and sweeping up to the tips. Move along as before from one corner to the other until every lash is coated. Repeat, but this time move the wand up the lashes in a zigzag motion to coat the sides of each lash.

3. To add more volume to the roots of the upper lashes, hold the wand vertically and push it directly up into the roots, working your way along from corner to corner.

4. To coat the lower lashes, hold the wand vertically and sweep it from side to side over the lashes, being careful not to let the wand touch your face.

TIP: I like to use an eye liner brush to coat the roots, that way I prevent myself from touching the skin and at the same time I clean any eye shadow that got in the lashes which will show the mascara as fake and not so natural.

TIP: You can purchase or make your own Mascara shield, it will help you prevent getting it on the skin.

TIP: I personally don't use mascara in the lower lashes on every person, only on certain eye shapes, it can have an effect of droopy eye.

For more information watch the videos below:

**The Amazing Mascara Trick You Need To Try
By Beauty and the Boutique**

THE NEW WAY TO APPLY MASCARA

By gossmakeupartist

**Adele Doll Lashes Makeup Tutorial Video
by Robert Jones**

**How to Curl Your Eyelashes: Makeup
Tutorial Video by Robert Jones**