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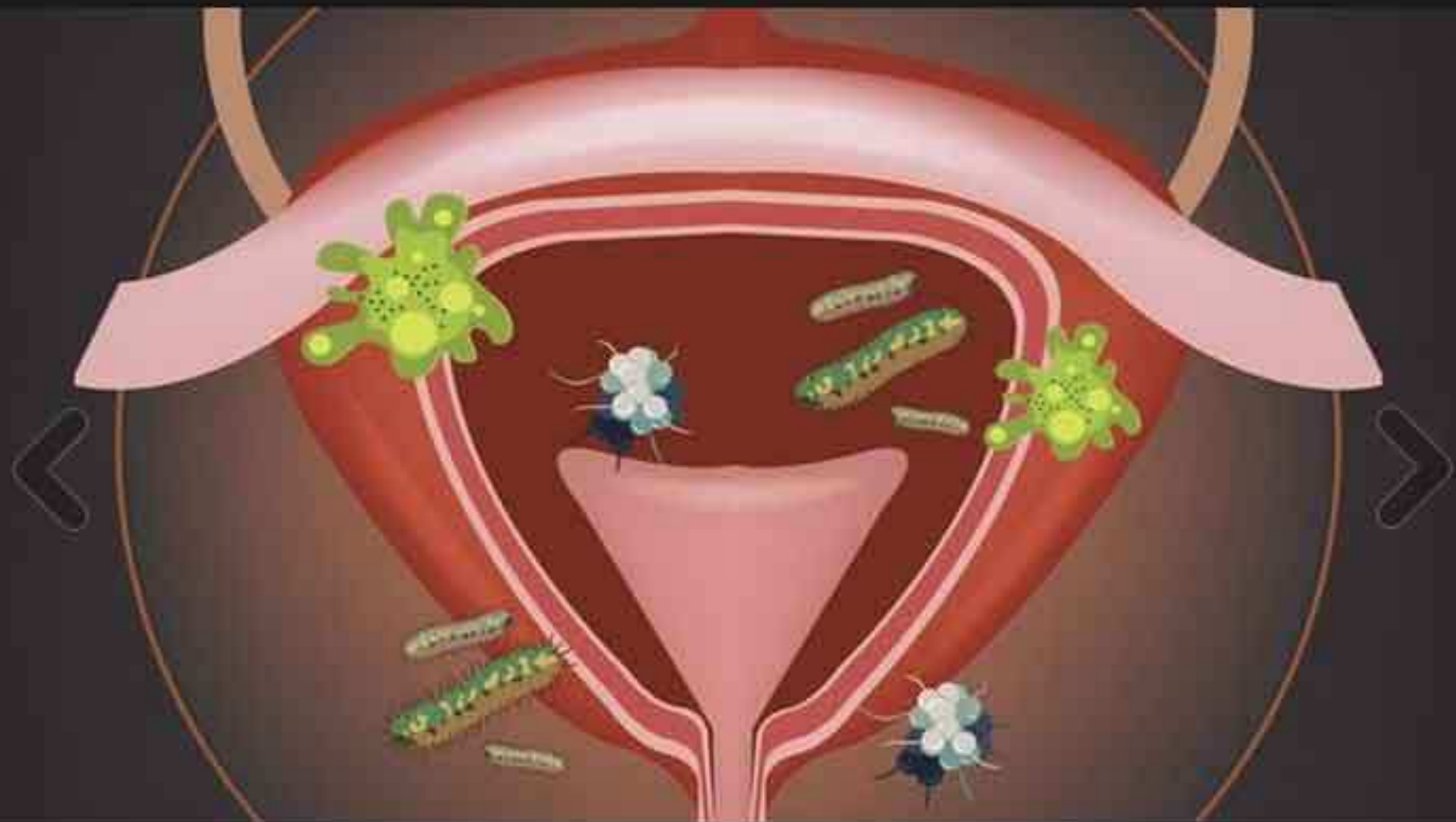
By [Tania Tarafdar](#) September 09, 2015 at 07:12pm



Coconut water is packed with nutrients and has a gamut of health benefits. Well known, for restoring the electrolytes in your body and preventing dehydration, this super food can be used in many other ways for better health and beauty.



Coconut water can be an excellent natural remedy for hangovers. It will replenish the electrolytes in your body and settle an acidic stomach making you feel better. You can just mix 2 cups of unsweetened coconut water with 2-3 tablespoons of lime juice. Also add two fresh mint sprigs and enjoy the refreshing drink.



Coconut water has antibacterial and diuretic properties that can help fight bladder infections. To a cup of coconut water, add a pinch of sea salt and drink it twice a day. It will get rid of toxins and promote urine production and flow.



Excess body heat often manifests as mouth ulcers. Drinking coconut water will help cool down the body. Drink coconut water twice a day, preferably early in the morning and in the afternoon, before eating anything. Do this for two or three days.



Coconut water helps to prevent kidney stones and flush out the various chemicals such as phosphate and uric acid from your system. Have coconut water twice a day. The best way to drink it is in its tender state. Coconut water that has been removed from its shell and kept for a few days tends to degrade the healthy compounds it contains.



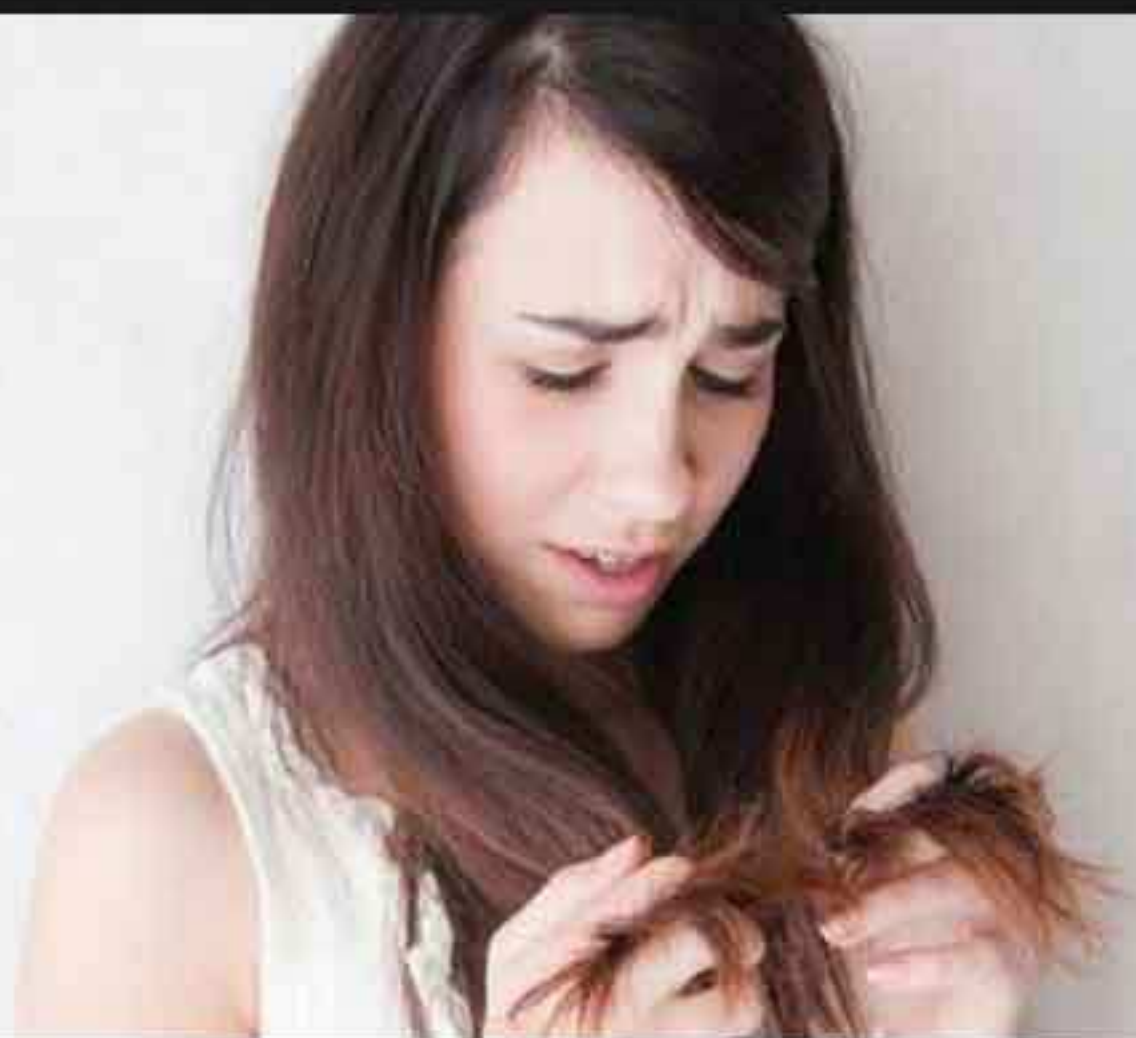
Whether due to dry skin or an insect bite, whatever the cause of the itch, coconut water can help relieve itchy skin. The best way to use coconut water is to directly rub it on the affected area.



Coconut water is not only useful in lightening acne scars but also fades away chicken pox scars. It is a natural skin lightening agent and evens out the patchiness on the skin. Just dab a cotton ball in coconut water and apply it to affected areas. Leave it overnight and wash your face in the morning with lukewarm water.



Coconut water is great to lock in moisture into your skin. It is also a good source of vitamin C that protects your skin from free radical damage. You can apply coconut water all over your skin and air dry for a few minutes. Doing this daily would show significant results.



Coconut water contains excellent moisturizing properties that fight with unruly and frizzy hair. Massage your hair using coconut water thrice a week and it will make your hair soft, smooth and silky.



Coconut water can be beneficial in reducing dark circles. It will enhance the complexion of your under the eye and also reduce puffiness. Only mix coconut water with cucumber juice and dab it over the affected areas using cotton. Use it daily to see your dark circles disappearing.