

Claire Munnings
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Dear Ms. Munnings,

Every woman wants smoother skin and healthier hair. It is a good assumption that woman would try something if it meant that it would make her hair and skin look and feel better. Unfortunately, there are a million products out there that are all screaming at women to buy them and try them. What if the very best product to use could be found not in the grocery store, but right inside their own pantry...

Coconut oil has become a hot fad in the past couple years. People have been using it in all sorts of ways to spice up their cooking. It can be substituted for butter, margarine, and vegetable oil and it is said to be the healthier option out of all of those. But what women do not know is that it can also be good for your hair and skin.

Coconut oil is used in many beauty products because it is naturally antibacterial and antifungal. It is an incredible moisturizer for both hair and skin and it can penetrate hair better than many other oils in order to create shine and bring moisture back into your hair.

I would like to submit an article about the benefits of coconut oil on hair and skin, and how to use coconut oil on hair and skin. This article is appropriate for Natural Health because it is directly related to what your magazine stands for, offering natural ways for women to be healthier, and nothing is better than coconut oil to do that!

I am a senior at Baylor University. I have been published online before through a blog I wrote for a travel agency. You can contact me at Abigail_Miller@baylor.edu or by phone at 214-663-9933. I look forward to hearing from you about this article.

Sincerely,

Abigail Miller