Fractionated coconut oil is made by separating the different types of fats in regular coconut oil.

# What remains are two medium-chain fatty acids that may lead to modest weight loss and provide several other health benefits. Fractionated Coconut Oil  Cocos nucifera

Fractionated Coconut Oil is an absorbent and light carrier oil that will help to increase essential oil distribution while leaving skin feeling smooth and soft.

Fractionated coconut oil may have some benefits, but it’s more processed than the regular kind. And lauric acid, one of the most beneficial fats, has been removed.

Personally, I would stick to organic, virgin coconut oil, which is a whole food source and may provide additional benefits.

# Fractionated Coconut Oil  Cocos nucifera

Fractionated Coconut Oil is an absorbent and light carrier oil that will help to increase essential oil distribution while leaving skin feeling smooth and soft.

The fractionated oil can be really useful in the preparation of [natural skin care](http://www.shopnaturally.com.au/natural-organic-skin-care-face-products.html) and as a carrier oil for blending and diluting essential oils. When you pick up a moisturiser or a cleanser that has coconut oil in it, the chances are it’s the refined fractionated oil. Cosmetically, it’s more stable as it doesn’t change from a liquid to a solid.