

Oil					Fatty Acids										Properties
	Capric	Docosenoic	Icosenoic	Lauric	Alpha Linoleic	Gamma Linolenic	Linoleic	Linolenic	Myristic	Oleic	Palmitic	Ricinoleic	Stearic		
Apricot Kernel							20-34%			58-74%	4-7%			Stable lather, conditioning, moisturizing	
Avocado							6-18%			36-80%	7-32%		1.50%	Healing and moisturizing	
Babassu Seed				50%					20%	10%	11%		4%	fluffy lather, hard soap	
Borage Seed		2.50%	4.20%			20.50%	40.60%			16.80%	10.90%			Stable lather, conditioning, moisturizing	
Cow butterfat	3%			3%			2%		11%	29%	27%		12%		
Goat butterfat	7%			3%			3%		9%	27%	25%		12%		
Canola Oil					10%		15-22%			32-62%			2%	Stable lather, softer	
Castor Oil							3-4%			3-4%		90%		conditioning, moisturizing	
Coconut Oil	6%			39-54%			1-2%		15-23%	4-11%	6-11%		1-4%	makes a hard soap but can be drying	
Cocoa Butter							3%			32-36%	25-30%		31-38%	moisturizing	
Corn Oil							45-58%			28-37%	11-14%		2-3%	Stable lather, conditioning, soft soap	
Cottonseed Oil							52-54%		1%	18-19%	13-22%		3-13%	Conditioning, thick lather, emollient	
Emu Oil							14%		0.40%	50%	21%		9%	Heals skin tissue	
Evening Primrose						9-11%	65-75%			7-10%	5-8%		1-3%	Absorbs quickly into skin	
Flax Seed Oil					53%		7-19%	16%		14-21%	3-9%		2-7%	Softens and heals skin abrasions	
Grapeseed Oil							58-78%			12-28%	5-11%		3-6%	mildly astringent	
Hazelnut Oil							7-11%			65-85%	4-6%		1-4%	Excellent carrier for essential oils	
Hemp Seed Oil							57%	21%		12%	6%		2%	Silky but soft soap	
Joboba Oil										10-3%				Stable lather, conditioning, emolient	
Kukui Nut Oil							2%			20%	6%			Conditions after sun exposure	
Lard							6-10%		1-2%	44-46%	26-28%		13-14%	Best when combined with vegetable oil	
Macadamia Nut							1-3%			54-63%	7-10%		2-6%	Emollient and skin damage	
Mango Butter							1-13%			34-56%	3-18%		26-57%	moisturizer	
Neem Oil							13%			50%	18%		15%	Stable lather	
Olive Oil							5-15%			63-81%	7-14%		3-5%	Attracts external moisture to skin	
Palm Oil							9-11%		1%	38-40%	43-45		4-5%	cleans well but also mild	
Palm Kernel	4%			47-48%				2%	14-16%	15-18%	8-9%		3%	Hard soap, good lather	
Peach Kernel							15-35%			55-75%	5-8%			Stable lather, conditioning	
Peanut Oil							32%			48%	11%		2%	Conditioning, high in Vitamin E	
Rice Bran Oil							32-47%	1-3%		32-38%	13-23%		2-3%	moisturizing	
Safflower Oil							70-80%			10-20%	6-7%		2%	moisturizing	
Sesame Seed							39-47%			37-42%	8-11%		4-6%	Conditioning, high in Vitamin E	
Shea Butter							3-8%			40-55%	3-7%		35-45%	nourishing for skin	
Soybean Oil					7%		46-54%			22-27%	9-12%		4-6%	Stable lather, conditioning	
Stearic Acid													100%	used to harden soap.	
Sunflower Oil							68-70%			16-19%	7%		4-5%	Vitamin E	
Sweet Almond							8-28%			64-82%	6-8%	2%		Conditioning, moisturizing	
Tallow (Beef)							2-3%		3-6%	37-43%	24-32%		19-25%	Hard soap, stable lather	
Walnut Oil					5%		51-55%			28%	11%		5%	Emollient, regenerates skin	
Wheat Germ							55-60%			13-21%		13-20%	2%	antioxidant, Vitamin E	