

OIL CHART FOR LYE SOAP

	LAURIC	MYRISTIC	LINOLEIC	OLEIC	PALMITIC	RICINOLEIC	STEARIC	IODINE
	• HARD BAR				• HARD BAR	• HIGH AMOUNT = SOFTER BAR	• HARD BAR	• LOW NUMBER = HARDER BAR
			• LIGHT CONDITIONING	• CONDITIONING		• CONDITIONING		(EXCEPTION IS CASTOR OIL)
	• FLUFFY LATHER				• STABLE LATHER	• GOOD LATHER	• STABLE LATHER	
	• LARGE AMOUNT STRIPS NATURAL OILS		• LOW SOAP RESIDUE					
ALMOND			8-28%	64-82%	6-8%		-	93-106
APRICOT KERNEL			20-34%	58-74%	4-7%		-	92-108
AVOCADO			6-18%	36-80%	7-32%		2%	80-95
BORAGE			30-40%	15-20%	9-12%		3-4%	
CANOLA / RAPESEED			22%	60%	4%		2%	105-120
CASTOR			3-4%	3-4%		90%	-	82-90
COCOA BUTTER			3%	34-36%	25-30%		31-35%	33-42
COCONUT	39-54%	15-23%	1-2%	4-11%	6-11%		1-4%	<10
CORN			45-56%	28-37%	12-14%		2-3%	103-130
COTTONSEED			52%	18%	13%		13%	80
CRISCO			46-53%	21-27%	9-12%		4-6%	124-132
EMU		0.4%	14%	50%	21%		9%	75
EVENING PRIMROSE			65-80%	6-11%	7%		2%	
FLAX / LINSEED			7-19%	14-39%	4-9%		2-4%	105-115
GRAPESEED			58-78%	12-28%	5-11%		3-6%	125-142
HAZELNUT			7-11%	65-85%	4-6%		1-4%	90-103

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HEMP			57%	12%	6%		2%	167
JOJOBA				10-13%				80-85
KUIKUI NUT			42%	20%	6%			155-175
LANOLIN								
LARD		1%	6%	46%	28%		13%	43
MACADAMIA NUT			1-3%	54-36%	7-10%		2-6%	73-79
MANGO BUTTER			1-13%	34-56%	3-18%		26-57%	55-65
NEEM			13%	50%	18%		15%	84-94
OLIVE (PURE)			5-15%	63-81%	7-14%		3-5%	79-95
PALM			9-11%	38-40%	43-45%		4-5%	45-57
PALM KERNEL	47%	14%		18%	9%			37
PEACH KERNEL			15-35%	55-75%	5-8%			108-118
PEANUT			32%	45%	10%		2%	
RAPESEED/ CANOLA			15%	32%	1%			105-120
RICE BRAN			32-47%	32-38%	13-23%		2-3%	105-115
SAFFLOWER - HIGH OLEIC			14%	75%	4%		2%	92

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SAFFLOWER - REGULAR			70-80%	10-20%	6-7%			86-119
SESAME			39-47%	37-42%	8-11%		4-6%	105-115
SHEA BUTTER			3-8%	40-55%	3-7%		35-45%	55-71
SOY (CRISCO)			46-53%	21-27%	9-12%		4-6%	124-132
SUNFLOWER - HIGH OLEIC			4%	83%	3%		4%	83
SUNFLOWER - REGULAR			70%	16%	7%		4%	119-138
TALLOW		3-6%	2-3%	37-43%	24-32%		20-25%	42-45
WALNUT			54-65%	14-21%	6-8%		1-3%	140-150
WHEAT GERM			55-60%	13-21%	13-20%		2%	125-135