

Guide to Common Soapmaking Oils



<i>Oil</i>	<i>Shelf Life</i>	<i>SAP Usage</i>	<i>Oil Properties</i>	<i>Attributes</i>	
Apricot Kernel Oil	6 months to 1 year	0.135	Up to 15%	Lightweight oil, light yellow color	Skin loving, high linoleic and oleic acid content
Avocado Butter	3 years	0.133	Up to 12.5%	Soft, green-tinted butter, mild odor	Skin loving, good for lotion bars and hair products
Avocado Oil	1 year	0.133	Up to 20%	Mediumweight oil, yellow color	Skin loving, great for superfatting
Beeswax (white & yellow)	Indefinite	0.069	Up to 8%	Solid wax, same properties, yellow unbleached, white bleached	Adds no odor or color to products, acts as a hardening agent
Canola Oil	1 to 2 years	0.133	Up to 40%	Mediumweight yellow oil	Creamy lather; can be a partial substitute for olive oil
Castor Oil	1 year	0.128	Up to 8%	Viscous dark yellow oil with a distinct smell	Lots of creamy lather
Cocoa Butter	More than 1 year	0.137	Up to 15%	Hard solid at room temperature, off-white to yellow color	Solid, moisturizing
Coconut Oil	More than 1 year	0.178	Up to 25%	Solid yellow oil at room temperature	Hardening agent, very cleansing
Coffee Butter	1 year	0.132	Up to 10%	Solid butter, contains between 0.5%-1% natural caffeine	Naturally fragrant, smooth creamy feel
Emu Oil	1 year. 3 if frozen	0.139	Up to 12.5%	Mediumweight yellow liquid oil	Skin loving, anti-inflammatory properties
Evening Primrose	6 months to 1 year	0.133	Up to 6%	Lightweight pale yellow liquid oil	Skin loving, high content of fatty acids
Flax Seed Oil	6 months to 1 year if refrigerated	0.136	Up to 5%	Lightweight, colorless to light yellow liquid.	Skin loving, high content of fatty acids
Fractionated Coconut Oil	Indefinite	0.232	Up to 30%	Clear lightweight liquid	Skin loving, good carrier for essential oils
Grapeseed Oil	3 months to 1 year if refrigerated	0.133	Up to 15%	Light colored liquid	High antioxidant content, absorbs quickly
Hazelnut Oil	3 months	0.136	Up to 20%	Lightweight yellow liquid	Non-greasy, skin loving
Hempseed Oil	3 months. Up to 9 if frozen	0.135	Up to 20%	Unrefined: Thick dark brown oil Refined: Yellow mediumweight oil	Skin loving, high fatty acid content
Joboba Oil	Indefinite	0.069	Up to 2%	Clear liquid wax golden in color	Can increase soap shelflife
Meadowfoam Oil	3 years	0.12	Up to 20%	Golden yellow lightweight oil	Non-greasy liquid, can be a substitute for jojoba oil, creamy lather
Olive Oil	2 years	0.134	Up to 100%	Can vary, typically yellowish green mediumweight liquid oil	Pomace: accelerates trace Pure: creates a very hard soap
Palm Oil	1 year	0.144	Up to 25%	Yellow to ivory mediumweight liquid	Hardening agent commonly used with coconut oil
Palm Kernel Oil	1 year	0.178	Up to 15%	Thin, sheet-like flakes	Hardening agent
Peanut Oil	6 months to 1 year	0.136	Up to 25%	Pale yellow liquid	Hardening agent
Rice Bran Oil	1 to 2 years	0.129	Up to 100%	Yellow liquid	Skin conditioning good for dry or mature skin
Safflower Oil	1 year	0.135	Up to 25%	Yellow liquid	Skin loving, also great for lotion bars
Sesame Oil	6 months to 1 year	0.133	Up to 10%	Odorless light yellow liquid	Skin loving, high vitamin E content
Shea Butter	1 year	0.128	Up to 10%	Unrefined: Nutty smelling soft solid Refined: Neutral smelling soft solid	Skin softening, also great for lotions and balms
Soybean Oil	3 months if refrigerated	0.135	Up to 50%	Yellow liquid	Hardening agent, skin conditioning
Sunflower Oil	3 months if refrigerated	0.134	Up to 20%	Yellow liquid	Non-comedogenic, unstable lather
Sweet Almond Oil	6 months to 1 year	0.136	Up to 25%	Lightweight oil, ideal for use in salt scrubs	Skin loving, high fatty acid content
Tamanu Oil	2 years, up to 5 if refrigerated	0.148	Up to 5%	Nutty scented, dark colored liquid	Skin loving, good for facial creams or massage oil
Walnut Oil	3 months	0.135	Up to 15%	Golden colored lightweight oil	Skin loving, high antioxidant content
Wheatgerm Oil	6 months	0.131	Up to 6%	Yellow liquid	Skin loving, high vitamin E content