

## Cold Process Soap Making Oil & Fat Reference Chart

### HARD OILS & FATS

STRUCTURE · HARDNESS · LONGEVITY

Oil / Fat	Typical % Range	Main Contribution	Notes
Coconut Oil	15–30%	Cleansing, bubbly lather	Too high can be drying
Tallow	20–50%	Hardness, creamy lather	Long-lasting, very stable
Lard	20–50%	Mildness, hardness	Excellent beginner fat
Shea Butter	5–15%	Conditioning, hardness	Can reduce bubbles if high
Cocoa Butter	5–15%	Hardness, stability	Brittle if overused
Palm Oil	20–40%	Hardness, balanced lather	Sustainable sourcing matters

### CONDITIONING / SOFT

MILDNESS · SKIN FEEL · CONDITIONING

Oil	Typical % Range	Main Contribution	Notes
Olive Oil	30–70%	Mild, conditioning	High % = softer/slimy feel
Sunflower (High Oleic)	10–40%	Conditioning	Choose high oleic only
Sweet Almond Oil	5–20%	Gentle, conditioning	Luxury feel
Rice Bran Oil	10–30%	Conditioning, stability	Good olive alternative
Canola (Rapeseed)	10–30%	Conditioning	Must be fresh

### LATHER-BOOSTING

BUBBLES · CLEANSING POWER

Oil	Typical % Range	Lather Type	Notes
Coconut Oil	15–30%	Big, fluffy bubbles	Balance with superfat
Babassu Oil	10–30%	Bubbly, gentler	Coconut alternative
Palm Kernel Oil	5–15%	Strong bubbles	Very cleansing

## Cold Process Soap Making **Oil & Fat Reference Chart**

### **LUXURY & SPECIALTY** ENHANCEMENT • MARKETING • SKIN FEEL

Oil	Typical % Range	Why Use It	Notes
Avocado Oil	5-15%	Conditioning	Good for dry skin bars
Jojoba Oil	3-10%	Skin feel	Technically a wax
Argan Oil	3-10%	Luxury appeal	Use sparingly
Castor Oil	3-10%	Creamy lather	Too much = sticky

### **QUICK FORMULATION GUIDELINES**

- ✓ Hard oils/fats: 30-40%
- ✓ Conditioning oils: 30-40%
- ✓ Lather oils: 15-25%
- ✓ Specialty oils: 5-10%
- ✓ Superfat: 3-8%

### **HOW TO USE THIS CHART**

1. Choose 1-2 base oils/fats
2. Add 1 conditioning oil
3. Balance with 1 lather oil
4. Finish with 1 specialty oil (optional)
5. Run through a soap calculator