

Properties of Oils Spreadsheet:

Fatty Acids:	Lauric	Linoleic	Myristic	Oleic	Palmitic	Ricinoleic	Stearic	Iodine
Properties:	hard bar cleansing fluffy lather	conditioning	hard bar cleansing fluffy lather	conditioning	hard bar stable lather	conditioning fluffy, stable lather	hard bar stable lather	lower numbers mean harder bar
Oils								
Almond (Sweet)	---	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%	---	1.5%	80-95
Castor	---	3-4%	---	3-4%	---	90%	---	82-90
Cocoa Butter	---	3%	---	34-36%	25-30%	---	31-35%	33-42
Coconut	39-54%	1-2%	15-23%	4-11%	6-11%	---	1-4%	<10
Canola/ Rapeseed Oil	---	15%	---	32%	1%	---	---	105-120
Corn	---	45-56%	---	28-37%	12-14%	---	2-3%	103-130
Cottonseed	---	52%	---	18%	13%	---	13%	80
Emu Oil	---	14%	0.4%	50%	21%	---	9%	75
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
Hemp Oil	---	57%	---	12%	6%	---	2%	166.5
Jjoba	---	---	---	10-13%	---	---	---	80-85
Kukui Nut	---	42%	---	20%	6%	---	---	155-175
Lard	---	6%	1%	46%	28%	---	13%	43-45
Macadamia	---	1-3%	---	54-63%	7-10%	---	2-6%	73-79
Mango	---	1-13%	---	34-56%	3-18%	---	26-57%	55-65
Olive	---	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
Rapeseed/ Canola Oil	---	15%	---	32%	1%	---	---	105-120
Rice Bran	---	32-47%	---	32-38%	13-23%	---	2-3%	105-115
Safflower	---	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
Soybean	---	46-53%	---	21-27%	9-12%	---	4-6%	124-132
Sunflower	---	70%	---	16%	7%	---	4%	119-138
Tallow	---	2-3%	3-6%	37-43%	24-32%	---	20-25%	43-45
Wheat Germ	---	55-60%	---	13-21%	13-20%	---	2%	125-135

Special Thanks to Toni, of Countryside Soap for original spreadsheet and to Jules and Deena Gentle for further contributions.

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If you have feedback or questions you can email me at: kathy@millerssoap.com