**Bottom of Form**

**Soap Making Oils and its Qualities**

Choosing the oils in your soap recipes is an important step in soap making. Each oil imparts different qualities to the final soap. Selection of the oils is the art of balancing them to create the perfect bar of soap. Here is a list of the important common [soap-making](http://www.integrativeholisticremedies.com) oils and the qualities they will give to your soap recipes.

**Avocado Oil**

Avocado oil is a heavy, green, rich, moisturizing oil that has a high percentage of unsaponifiables. It's a good oil to super fat with. It's often used in soap recipes for people with sensitive skin. On the skin, it first feels a little heavy but after a moment, it absorbs nicely. It's high in vitamins A, D & E, which is good for skin and gives it a longer shelf life. You can use it in your recipes from 5% - 10%.

[**Castor Oil**](https://www.thesprucecrafts.com/castor-oil-profile-517081)

Castor oil is a thick, clear oil that helps increase the lather in soap - a rich, creamy lather. It's also a humectant 5% - 8% in your recipe will be enough. In the recipe castor oil will speed up the rate at which your soap will get to trace.

**Coconut Oil**

Coconut oil is one of the primary oils soap makers use in their soap. Most of the coconut oil sold and used has a melting point of 76°. It also makes for a very hard, white bar of soap. Using more than 30% coconut oil in recipe will be drying to the skin. The super-cleansing nature of coconut oil can strip oils from your skin.

**Jojoba Oil**

Jojoba is actually a liquid wax that is very similar to sebum in its chemical composition. It contributes a nice stable lather, has remarkable absorption and moisturizing qualities and unlike some of the other luxury moisturizing oils, has a very long shelf life 1-2 years! 5-10% can be used.

**Neem Oil**

Neem oil is extracted from the bark of the Neem tree. It is growing in popularity as a soap making oil due to its antiseptic, anti-fungal and insect repellent qualities. It's also great, all by itself for treating skin conditions like athlete's foot. It can be used up to 10% preferably 5%.

**Extra Virgin Olive Oil**

Extra virgin and virgin olive oils come from the very first gentle pressing of the olives. The best grade for soap, comes from the second pressing and is lightly refined/filtered.

Olive oil is generally the #1 oil in most soap makers' recipes. Olive oil soaps are very [moisturizing](http://www.integrativeholisticremedies.com), make hard, white bars of soap and are exceptionally mild.

**Olive Oil, Pomace**

Pomace grade [olive oil](https://www.thesprucecrafts.com/types-of-olive-oil-for-soap-517112) is a thick, rich, green grade of olive oil that is obtained by solvent extraction of the fruit and pits of the olives - what's left over after the first several pressings that give the virgin and Grade A oils. It has a very high level of unsaponifiables.

**Palm Oil**

Palm oil, along with olive and coconut, is one of the top oils used by soap makers.

Alone, it's pretty unremarkable, but combined with other oils like olive, coconut, and castor, it makes great, hard, long-lasting soap. It can be mixed up 33%.

**Rice Bran Oil**

Rice bran oil imparted nearly the same creamy, moisturizing qualities that olive oil did to their soaps, but at a [lower price](http://www.integrativeholisticremedies.com). It does have a lot of the same antioxidants and vitamins that olive has, and a similar fatty acid make-up.

**Sunflower Oil**

It works synergistically with palm and olive oils to give a nice, rich, creamy lather that's very moisturizing. Depending on the type you get, it may have a short shelf life due to its fatty acid makeup. If you have the type that does, be sure to add some rosemary oleoresin extract to the oil or to the batch. In soap, we've used up to about 25% in the [recipe](http://www.integrativeholisticremedies.com) with good results.

**Sweet Almond Oil**

A moisturizing oil that is very light and absorbs well. In soap, it produces a low, stable lather. It's not a very hard oil in soap. The use of this oil is limited to 5 - 10%.

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