



Oil Comparison Chart

Name	Latin Name	Plant Part	SAP Value	Information	Skin & Hair
Sweet Almond Oil	Prunus dulcis	Kernels	0.136	Contains vitamin E, vitamin A, fatty acids, protein, potassium and zinc.	Smooths skin and improves fine lines. Easily penetrates the skin to moisturize helping to heal dry and irritated skin. Can relieve sun exposure, eczema and rashes. Unlikely to clog pores.
Apricot Kernel Oil	Prunus Armeniaca	Seed of Apricot	0.135	Vitamin A, Oleic Acid and Linoleic Acid	Excellent for all skin types. Great skin softener for delicate areas like around the eyes and mouth. Also recommended for irritated, prematurely aged and/or dry skin.
Argan Nut Oil	Argania spinosa	Nut of Argan Tree	0.135	Rich in oleic and linoleic essential fatty acids, antioxidants, Omega Oils and Vitamin E	Great for dry, damaged skin & hair. Reputed to have anti-aging benefits for your skin and great for regenerating and nourishing dry, unhealthy, and damaged hair. Instantly absorbed into your hair, creating silky, conditioned hair that looks & feels healthy with a gorgeous shine and no oily residue.
Avocado Oil	Persea gratissima	Fruit pulp of avocado	0.133	Contains nutrient-laden waxes, proteins and minerals	Excellent choice for stressed, dry and chapped skin. Moisturizing while low probability of clogging skin pores. Easily absorbed yet stays on skin to act as a protective barrier.
Babassu Oil	Orbignya oleifera	Kernel from Babassu palm tree	0.179	Has a high concentration of fatty acids with natural anti-fungal and anti-bacterial properties	Nourishing oil that is thought to help heal acne-related scarring and provide relief to dry, itchy skin irritations.
Black Cumin Seed Oil	Nigella sativa	Seeds of Fennel Flower	0.139	Black Cumin Seed Oil or more commonly known as Black Seed Oil is rich in vitamins, minerals, and fatty acids that deliver nourishing moisture.	Reputed to hydrate, soothe, smooth and nourish skin while addressing blemishes and fungus giving a smoother, clearer and brighter complexion. Promotes growth of stronger and smoother hair too!
Castor Oil	Ricinus communis	Seed of Castor bean	0.1286	Full of fatty acids	A very thick, rich, smooth oil that is great for use in products designed to protect the skin from harsh conditions such as lip balms and solid perfumes. Castor oil makes hair shiny when used as a conditioner and is also great for brittle nails and extremely dry skin.

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Coconut Oil – 76 degree	Cocos nucifera	Meat of Coconut	0.191	Contains vitamin E, almost 100% fat. Softest, melts easiest for softer soaps	Used in soap bases to promote a rich lather. It is great in lotions because it is easily absorbed by your skin and adds a creamy texture. Use up to 50% as a base blend.
Coconut Oil – 92 degree	Cocos nucifera	Meat of Coconut	0.191	Contains vitamin E, almost 100% fat. Slightly harder than 76 degree	Used in soap bases to promote a rich lather. It is great in lotions because it is easily absorbed by your skin and adds a creamy texture. Use up to 50% as a base blend.
Cranberry Seed Oil	Vaccinium macrocarpon	Cranberry Seed	0.135	Cranberry Seed Oil is unique with an even balance of omega-3 & omega-6 essential fatty acids, this increases stability and provides antioxidant properties.	Can aid in relief of itchy, irritated skin conditions. Contains Vitamin A making good for acne or blemished skin.
Evening Primrose Oil	Oenothera biennis	Seeds	0.1362	High levels of essential fatty acids, particularly GLA and linoleic acid	Soothes and moisturizes the skin, scalp and hair while enhancing elasticity. Promotes clear and rejuvenated complexion by addressing roughness, wrinkles, redness, dryness, and irritation.
Flaxseed Oil - Virgin	Linum usitatissimum	Seeds	0.1358	Rich in essential fatty acids, primarily the omega 3 fatty acid (ALA).	Fatty acids act to balance out the skins' natural oils and reduce inflammation. Extremely beneficial for chronic skin conditions like rosacea, acne, dermatitis, eczema, and psoriasis.
Grapeseed Oil	Vitis vinifera	Grape seeds	0.1265	Using leftover grape seeds from winemaking the seeds are cold pressed for the oil. Naturally rich in linoleic acid, fatty acids, phenols and vitamin E.	Widely used in cosmetic recipes easily penetrating the skin and great for oily skin.
Hemp Seed Oil	Cannabis sativa	Hemp Seeds	0.137	Rich in protein, polyunsaturated fatty acids, omega 6, omega 3 and insoluble fiber. It is a good source of Vitamin E antioxidants and packed with minerals such as potassium, magnesium, iron, zinc, calcium, phosphorus and microelements such as strontium, thorium, arsenic and chromium.	Virgin Hemp Oil is thick, green in color and used to increase immunity, counteract aging skin and improve cardiovascular health. The linoleic acid in hemp oil can slow down the aging process and fight psoriasis.
Golden Jojoba Oil	Simmondsia chinensis	Seeds of Jojoba plant	0.069	Naturally high vitamin E content that gives it a very long shelf life. most similar to the natural oils in human skin which make it absorb quickly without a greasy feel.	Great for everything from hair to cuticles to skin to lips. Use it everywhere. Won't clog pores. Warm the oil and apply to your hair before your shower to prevent split ends and add shine and luster. Use as a hair tamer for those humid wild hair frizz days. Massage into your scalp to relieve dryness.
Kukui Nut Oil (Candlenut)	Aleurites moluccana	Nut	0.1351	Contains higher levels of oleic and linoleic fatty acids	Penetrates the skin easily and is said to be helpful with psoriasis, eczema, aging skin and acne.

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Marula Oil	Scierocarya birrea	Kernels	0.197	Marula oil is high in omega-3 oleic acids and natural antioxidants. Absorbs into the skin without leaving greasy residue.	Nourishes, moisturizes and improves skin elasticity. Beneficial to prevent stretch marks. Can clog pores, do not use for acne prone skin. Great for damaged, dry or fragile hair.
Meadowfoam Seed Oil	Limnanthes alba	Seeds	0.12	Great for topical applications because of its emollient properties and non-greasy feel on the skin. Blends well with other carrier oils, is very stable and resistant to rancidity.	Meadowfoam Seed Oil forms a barrier on the skin to lock in moisture so it's a great rejuvenating oil.
MCT or Fractionated Coconut Oil	Medium-Chain Triglyceride	Coconut meat	0.232	Expeller Pressed then hydrogenated to produce the fractional component of the coconut oil. No traces of hexane.	Fractionated Coconut Oil is considered an excellent base for massage oils and roll-on perfumes. A non-greasy oil that is easily absorbed into the skin.
Neem Oil	Azadirachta indica	Fruits & Seeds of Neem Tree	0.1372	Loaded with nutrients, neem oil is also used in natural skin care products because it contains high levels of antioxidants that help protect the skin from environmental damage. Neem also helps fight free radical damage in the skin because it contains carotenoids, which provide high antioxidant compounds.	Neem Oil makes excellent skin and hair care products that soothe dryness, repair damage, remove bacteria, eliminate lice and mites, prevent baldness and slow the graying of hair.
Oat Oil	Avena sativa	Oat	0.133	Over 35% omega fatty acids, rich in unsaturated fatty acid oleic & linoleic. Also containing antioxidants & glycolipids. High levels of ceramides compared to other oils which helps with moisture retention. Also containing vitamin E.	Soothes & nourishes sensitive, mature and damaged skin. Leaves hair and scalp conditioned with its hydrating properties.
Pomace Olive Oil	Olea europaea	Olives	0.134	Used for CP & HP soapmaking and is heavier than standard olive oils. May speed up the saponification process when used in place of standard olive oil. Pomace Olive oil creates a long lasting, non-drying mild soap with a creamy lather like no other.	Forms a breathable layer when applied to the skin so it is excellent for moisture retention. Olive oil is good for mature, inflamed, or dry skin. Provides disinfectant, antiwrinkle, and wound healing properties. Makes an excellent conditioner for hair and nails.
Palm Oil (No-Stir)	Elaeis guineensis	Pulp of Palm Fruit	0.141	Our palm oil is a no-stir type so that you don't need to heat and mix the entire case when you are ready to use it.	Palm is a universal oil that can be used as a vegetable tallow to add firmness to your CP or HP soaps. Palm oil produces high quality soap with great fragrance retention, adds hardness to your bar and has a creamy lather.
Palm Kernel Oil	Elaeis guineensis	Kernel of Oil Palm	0.1777	Commonly used in place of coconut oil in soaps.	Most widely used in high-end luxury soaps and gives a wonderful lather in CP and HP soaps.

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Peach Kernel Oil	Prunus persica	Kernel	0.135	Peach Kernel Oil is rich in vitamins A & E and polyunsaturated fatty acids which gives high antioxidant properties.	Great for nourishing, regenerative and moisturizing which can help soothe sensitive & inflamed skin. Good for dry & mature skin. Conditions hair, aids in growth by preventing breakage.
Plum Kernel Oil	Prunus domestica	Kernel	0.194	High content of oleic fatty acid, rich in tocopherols & tocotrienols, phytosterols and palmitic acid.	Great for moisturizing all skin types and improving elasticity, reducing wrinkles, dryness and skin lines. Helps heal dry & chapped skin. Also great for conditioning hair.
Pumpkin Seed Oil	Cucurbita pepo	Pumpkin seeds	0.135	All natural Pumpkin Seed Oil contains zinc, magnesium, carotenoids and is rich in Omega-3, 6 and 9 fatty acids. The high Vitamin E content makes it an excellent anti-oxidant too.	Re-hydrates dry, mature and damaged skin and is commonly used to help skin conditions such as eczema and psoriasis. It is great for oily or dry skin and regulates proper skin oil production.
Rosehip Seed Oil	Rosa mosqueta	Seed of canina rose bush	0.135	Rosehip is very popular on the market right now as an anti-aging and healing skin oil. High content of Vitamin C and Vitamin A.	High content of Vitamin C which regenerates skin cells. Contains vitamin A which has healing and anti-inflammatory properties and it is a dry oil which means that it absorbs into your skin easily without feeling greasy. Not recommended for acne or oily skin.
Sunflower Oil – High Oleic	Helianthus annuus	Sunflower seeds	0.134	High Oleic Sunflower Oil has large amounts of essential fatty acids as well as a high amount of Vitamin E	Sunflower oil is a good oil to blend with other base oils in massage or perfume bases. This oil has a slow absorption rate so it does tend to leave a more oily feeling on the skin. It helps to provide a stable, conditioning lather in soap.
Shea Nut Oil	Butyrospermum parkii	Nut	0.13	Shea nut oil is a by-product of Shea Nut Butter from the Karite Tree. Contains high levels of vitamin A, E, F and oleic fatty acids.	Easily absorbed into the skin and non-greasy. An ideal ingredient for creams, lotion and make up when shea butter is too thick.