

SCHOOL of
NATURAL SKINCARE
International

COLD PROCESS
Soapmaking

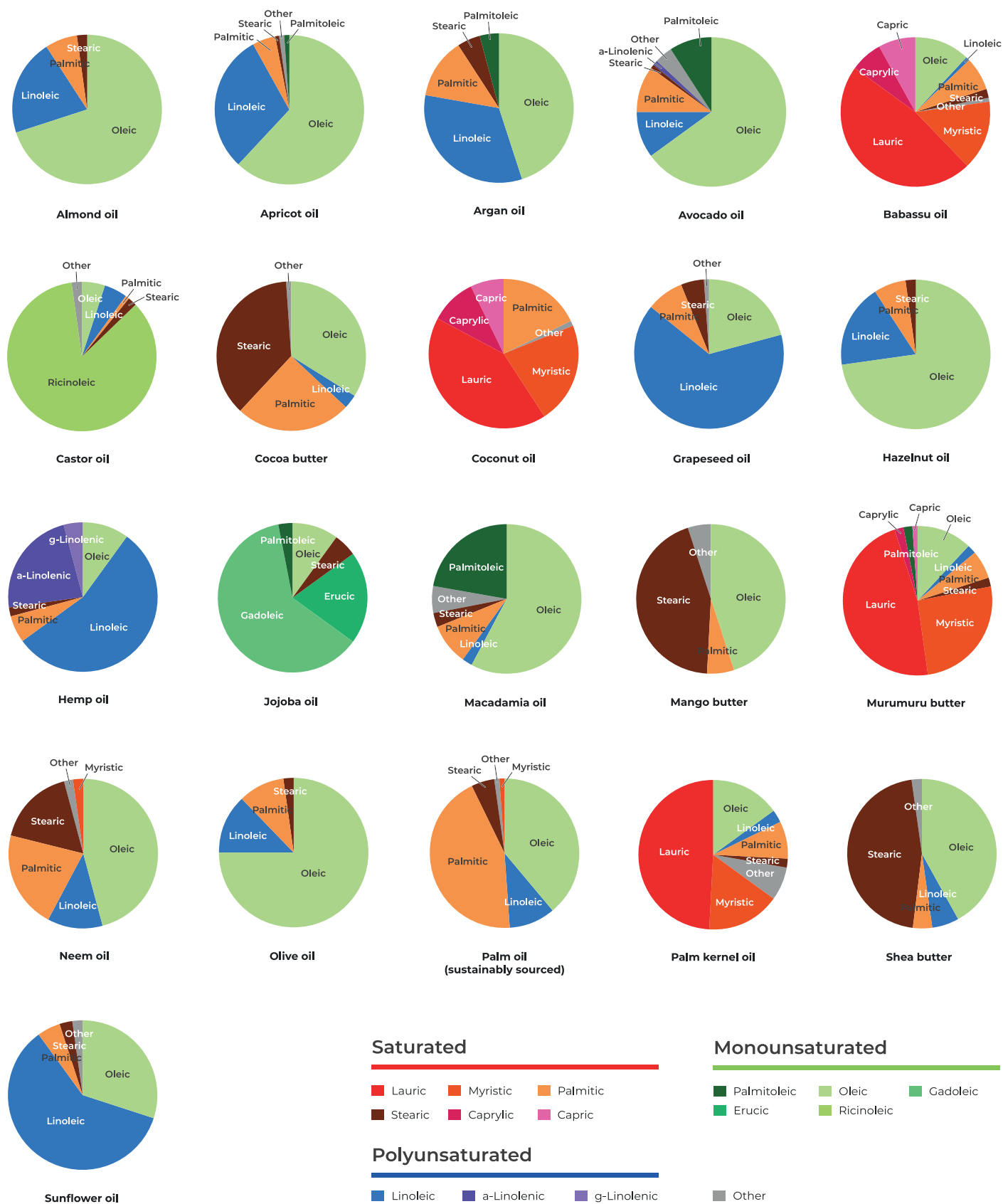


APPENDIX 1

FATTY ACIDS IN SOAPMAKING

COLD PROCESS SOAPMAKING

FATTY ACID PROFILES



THE PROPERTIES FATTY ACIDS CONFER TO SOAP

Fatty acid type	Saturated/ unsaturated	Tracing speed	Hardness of finished soap	Cleansing ability	Lather ability	Creaminess	Nourishing	Sources
Lauric acid	Saturated	Fast	Hard	Good	Good	No	No	Coconut, babassu, palm kernel
Myristic acid	Saturated	Fast	Hard	Good	Good	No	No	Coconut, babassu, palm kernel
Palmitic acid	Saturated	Fast	Hard	Good	Poor	Yes	No	Palm oil, red palm butter, cocoa butter
Stearic acid	Saturated	Fast	Hard	Poor	Poor	Yes	No	Shea butter, mango butter, kokum butter. Can also be purchased as pure stearic acid
Linolenic acid	Polyunsaturated	Slow	Soft	Poor	Poor	No	Yes	Pomegranate seed oil, flax, hemp oil
Linoleic acid	Polyunsaturated	Slow	Soft	Poor	Poor	No	Yes	Grapeseed oil, evening primrose oil, passionfruit seed oil
Oleic acid	Monounsaturated	Slow	Soft	Poor	Poor	Yes	Yes	Olive oil, sweet almond oil, apricot kernel oil
Ricinoleic acid	Monounsaturated	Fast	Soft	Poor	Good	No	Yes	Castor oil

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