

Many oils can be used to make soap, including **avocado oil, coconut oil, shea butter, almond oil**, and more. [[1](https://www.rangeproducts.com.au/examples-of-good-carrier-oils-for-soap/), [2](https://www.thesprucecrafts.com/qualities-of-soap-making-oils-517120#:~:text=Avocado%20Oil.%20Avocado%20oil%20is%20a%20heavy%2C,soap%20recipes%20for%20people%20with%20sensitive%20skin.)]

**Saturated fats [**[**1**](https://www.rangeproducts.com.au/examples-of-good-carrier-oils-for-soap/)**]**

**Coconut oil**

Creates a great lather, but shouldn't be the main oil in a soap recipe [[1](https://www.rangeproducts.com.au/examples-of-good-carrier-oils-for-soap/)]

**Palm oil**

Hardens soap bars and creates a creamy lather, but some have environmental concerns [[1](https://www.rangeproducts.com.au/examples-of-good-carrier-oils-for-soap/), [3](https://www.soapguild.org/tools-and-resources/resource-center/140/base-oils/)]

**Cocoa butter**

Softens skin, hardens soap bars, and holds moisture in the skin [[1](https://www.rangeproducts.com.au/examples-of-good-carrier-oils-for-soap/)]

**Unsaturated fats [**[**1**](https://www.rangeproducts.com.au/examples-of-good-carrier-oils-for-soap/)**,** [**2**](https://www.thesprucecrafts.com/qualities-of-soap-making-oils-517120#:~:text=Avocado%20Oil.%20Avocado%20oil%20is%20a%20heavy%2C,soap%20recipes%20for%20people%20with%20sensitive%20skin.)**]**

**Avocado oil**

Moisturizing and rich in vitamins, often used in soaps for sensitive skin [[1](https://www.rangeproducts.com.au/examples-of-good-carrier-oils-for-soap/), [2](https://www.thesprucecrafts.com/qualities-of-soap-making-oils-517120#:~:text=Avocado%20Oil.%20Avocado%20oil%20is%20a%20heavy%2C,soap%20recipes%20for%20people%20with%20sensitive%20skin.)]

**Sweet almond oil**

Mild and conditioning, good for sensitive skin [[1](https://www.rangeproducts.com.au/examples-of-good-carrier-oils-for-soap/), [4](http://www.soap-making-resource.com/sweet-almond-oil-for-soap-making.html#:~:text=This%20ingredient%20is%20also%20very%20mild%20and,oils%20like%20coconut%20oil%20or%20palm%20oil.)]

**Sunflower oil**

Moisturizing and creates a creamy lather [[5](http://www.natureontheshelf.com/soap-making/common-soap-making-oils-%E2%80%93-in-brief.html#:~:text=Sunflower%20oil%20is%20liquid%20at%20room%20temperature,conditioning%20soap%20bar%20that%20is%20prone%20to)]

**Grapeseed oil**

Inexpensive, easily absorbed into skin, and creates a creamy lather [[1](https://www.rangeproducts.com.au/examples-of-good-carrier-oils-for-soap/), [6](https://www.naturesgardencandles.com/discover-learn/grapeseed-oil-benefits#:~:text=This%20cosmetic%20oil%20has%20high%20conditioning%20properties.,to%20create%20a%20soap%20that%20is%20anti%2Dacne.)]

**Butters [**[**7**](https://www.petronaftco.com/soap-made/)**]**

* **Shea butter**: Moisturizing and conditioning, creates a creamy lather, and is good for dry and sensitive skin [[7](https://www.petronaftco.com/soap-made/)]
* **Mango butter**: Helps make hard soap bars with a stable lather [[8](https://thethingswellmake.com/oils-for-soap-making/#:~:text=Butters%20(Shea%2C%20Cocoa%2C%20Mango)%20Butters%20like%20shea,they%20can%20be%20used%20in%20higher%20amounts.)]

**Other oils [**[**9**](https://www.crafters-choice.com/handmade101/learn-to-make-articles/liquid-oils-in-soap-making-guide.aspx#:~:text=Apricot%20Kernel%20Oil%2C%20embodying%20the%20essence%20of,300%20ppm)%2C%20this%20medium%20greasy%2C%20lightweight%20oil)**]**

* **Apricot kernel oil**: Nourishing and similar in composition to sweet almond oil [[9](https://www.crafters-choice.com/handmade101/learn-to-make-articles/liquid-oils-in-soap-making-guide.aspx#:~:text=Apricot%20Kernel%20Oil%2C%20embodying%20the%20essence%20of,300%20ppm)%2C%20this%20medium%20greasy%2C%20lightweight%20oil)]
* **Jojoba oil**: Conditions skin and is similar to the oil the body creates naturally [[1](https://www.rangeproducts.com.au/examples-of-good-carrier-oils-for-soap/)]
* **Castor oil**: Creates a foamy lather and attracts moisture to the skin [[1](https://www.rangeproducts.com.au/examples-of-good-carrier-oils-for-soap/)]

You can also watch this video to learn more about choosing oils for soap making:<https://www.youtube.com/watch?v=V-uDPifp3n0>

*Generative AI is experimental.*

[1] <https://www.rangeproducts.com.au/examples-of-good-carrier-oils-for-soap/>

[2] [https://www.thesprucecrafts.com/qualities-of-soap-making-oils-517120](https://www.thesprucecrafts.com/qualities-of-soap-making-oils-517120#:~:text=Avocado%20Oil.%20Avocado%20oil%20is%20a%20heavy%2C,soap%20recipes%20for%20people%20with%20sensitive%20skin.)

[3] <https://www.soapguild.org/tools-and-resources/resource-center/140/base-oils/>

[4] [http://www.soap-making-resource.com/sweet-almond-oil-for-soap-making.html](http://www.soap-making-resource.com/sweet-almond-oil-for-soap-making.html#:~:text=This%20ingredient%20is%20also%20very%20mild%20and,oils%20like%20coconut%20oil%20or%20palm%20oil.)

[5] [http://www.natureontheshelf.com/soap-making/common-soap-making-oils-%E2%80%93-in-brief.html](http://www.natureontheshelf.com/soap-making/common-soap-making-oils-%E2%80%93-in-brief.html#:~:text=Sunflower%20oil%20is%20liquid%20at%20room%20temperature,conditioning%20soap%20bar%20that%20is%20prone%20to)

[6] [https://www.naturesgardencandles.com/discover-learn/grapeseed-oil-benefits](https://www.naturesgardencandles.com/discover-learn/grapeseed-oil-benefits#:~:text=This%20cosmetic%20oil%20has%20high%20conditioning%20properties.,to%20create%20a%20soap%20that%20is%20anti%2Dacne.)

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