

Peter's soap formulas

Peter's Soap · Soap With Me

Here are six formulas from my course material. They show only the oil percentages of the total oil weight. They are not ready-made lye recipes.

Always work this way: 1) choose your total oil weight, 2) enter the percentages in Peter's Soap Calculator, 3) check NaOH/KOH, liquid, superfat and actual alkali purity for the exact batch you are making. For bar soap, 5% superfat is my normal starting point unless a formula requires otherwise.

01 · Öberg's superfatting / conditioning

Check	Oil	Share of oils
☐	Avocado oil	5 %
☐	Rapeseed oil	5 %
☐	Castor oil	5 %
☐	Coconut oil	25 %
☐	Olive oil	25 %
☐	Palm oil	15 %
☐	Shea butter	20 %

02 · Öberg's conditioning

Check	Oil	Share of oils
☐	Avocado oil	5 %
☐	Castor oil	5 %
☐	Coconut oil	25 %
☐	Olive oil	35 %
☐	Sesame oil	10 %
☐	Shea butter	20 %

03 · Peter's creamy

Check	Oil	Share of oils
☐	Castor oil	5 %
☐	Coconut oil	25 %

Check	Oil	Share of oils
☐	Linseed oil	15 %
☐	Olive oil	20 %
☐	Shea butter	25 %
☐	Avocado oil	10 %

04 · Öberg's conditioning – sunflower variation

Check	Oil	Share of oils
☐	Avocado oil	5 %
☐	Castor oil	5 %
☐	Coconut oil	25 %
☐	Olive oil	35 %
☐	Shea butter	20 %
☐	Sunflower oil	10 %

05 · Peter's African white soap

Check	Oil	Share of oils
☐	Castor oil	15 %
☐	Coconut oil	24 %
☐	Shea butter	61 %

Peter's African white soap is a personal white formula inspired by the ingredients, not a claim to be a traditional African black-soap recipe.

06 · Linseed special III

Check	Oil	Share of oils
☐	Castor oil	5 %
☐	Coconut oil	20 %
☐	Linseed oil	40 %
☐	Palm oil	10 %
☐	Shea butter	25 %