

The Nerdy Farm Wife's Essential Oils For Soapmaking Chart

Essential Oil	Scent	Benefits	Note	Blends With	Usage/PPO	Vol. / Weight
Basil (<i>Ocimum basilicum</i>) ct. linalool	Spicy, Strong	Stimulating, Skin Tonic	Top	Peppermint, Spearmint, Lavender	8 g	1 tsp = 3.5 g
Bergamot (<i>Citrus bergamia</i>)	Citrus, Hint of Floral	Uplifting, Relaxing	Top	Rosemary, Lavender, Litsea	15 g	1 tsp = 3.2 g
Cedarwood Atlas (<i>Cedrus atlantica</i>)	Woody, Masculine	Astringent, Antiseptic	Base	Lavender Vetiver, Clove	17 g	1 tsp = 3.5 g
Cinnamon Leaf (<i>Cinnamomum zeylanicum</i>)	Spicy, Strong	Warming, Speeds Trace	Middle	Clove, Citrus, Patchouli	3 g	1 tsp = 3.5 g
Clary Sage (<i>Salvia sclarea</i>)	Floral, Sweet	Calming, Balances Sebum	Top	Litsea, Lavender, Cedarwood	14 g	1 tsp = 3.4 g
Clove (<i>Syzygium aromaticum</i>)	Spicy, Strong	Warming, Speeds Trace	Middle	Cinnamon, Vetiver, Citrus	3 g	1 tsp = 3.6 g
Eucalyptus (<i>Eucalyptus globulus</i>)	Camphorous, Clean	Antiseptic, Cooling	Top	Peppermint, Lavender, Rosemary	14 g	1 tsp = 3.1 g
Fir Needle (<i>Abies sibirica</i>)	Woody, Fresh	Antiseptic, Uplifting	Middle	Cedarwood, Peppermint, Clove	17 g	1 tsp = 3.2 g
Geranium (<i>Pelargonium graveolens</i>)	Rosey, Floral	Uplifting, Balances Skin	Middle	Lavender, Clary Sage, Litsea	14 g	1 tsp = 3.6g
Grapefruit (<i>Citrus x paradisi</i>)	Citrus, Fresh	Mood Lifting, Refreshing	Top	Litsea, Lemongrass, Orange	22 g	1 tsp = 3.2 g

PPO = Per Pound of Oil in your recipe. 1 pound = 16 oz = 454 g

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Juniper Berry (<i>Juniperus communis</i>)	Warm, Woody	Oily Skin & Scalp	Middle	Orange, Cedarwood, Fir Needle	14 g	1 tsp = 3.5 g
Lavender (<i>Lavandula angustifolia</i>)	Floral, Herbaceous	Calming, Antiseptic	Top/Middle	Litsea, Cedarwood, Geranium	20 g	1 tsp = 3.5 g
Lemon, 5x or 10x (<i>Citrus limon</i>)	Citrus, Fresh	Astringent, Cleansing	Top	Orange, Rosemary, Lime	22 g	1 tsp = 3 g
Lemongrass (<i>Cymbopogon citratus</i>)	Lemon-Like Anchors Citrus	Antiseptic, Repels Insects	Middle	Orange, Grapefruit, Lime	22 g	1 tsp = 3.1 g
Lime (<i>Citrus aurantifolia</i>)	Citrus, Fruity	Astringent, Cleansing	Top	Lemon, Litsea Lemongrass	22 g	1 tsp = 3 g
Litsea (<i>Litsea cubeba</i>)	Lemon-Like Anchors Citrus	Tones Skin, Repels Insects	Middle	Lavender, Orange, Grapefruit	17 g	1 tsp = 3 g
Orange, Sweet, 5x or 10x (<i>Citrus x sinensis</i>)	Citrus, Fruity	Tones Skin, Promotes Joy	Top	Grapefruit, Litsea, Lemon	22 g	1 tsp = 3.6 g
Patchouli (<i>Pogostemon cablin</i>)	Earthy, Exotic	Antimicrobial, Regenerative	Base	Cedarwood, Lavender, Orange	17 g	1 tsp = 3 g
Peppermint (<i>Mentha x piperita</i>)	Minty, Herbal	Cooling, Pain Relief	Top	Lavender, Rosemary, Tea Tree	15 g	1 tsp = 3.3 g
Rosemary (<i>Rosmarinus officinalis</i>)	Herbal, Camphorous	Astringent, Stimulates Hair Growth	Middle	Peppermint, Lavender, Bergamot	11 g	1 tsp = 3.4 g

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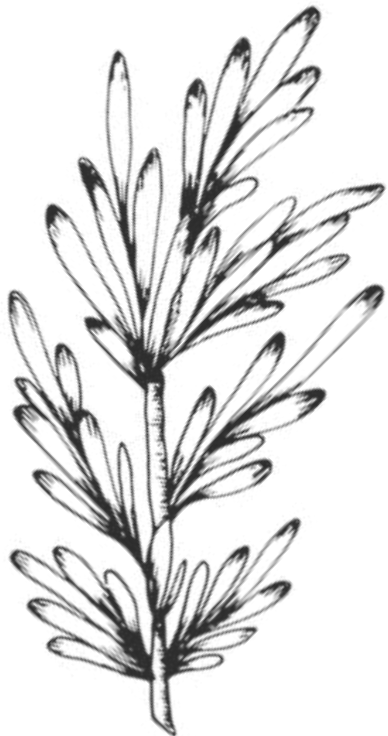
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Spearmint (<i>Mentha spicata</i>)	Minty, Sweet	Cooling, Gentle	Top	Peppermint, Rosemary, Lavender	15 g	1 tsp = 3.3 g
Tea Tree (<i>Melaleuca alternifolia</i>)	Resinous, Antiseptic	Antibacterial, Antifungal	Top	Lavender, Peppermint, Clary Sage	14 g	1 tsp = 3 g
Vetiver (<i>Vetiveria zizanoides</i>)	Earthy, Rich	Strengthens Nerves, Restful	Base	Lavender Cedarwood, Clove	8 g	1 tsp = 2.9 g
Ylang Ylang (<i>Cananga odorata</i>)	Floral. Sensuous	Tranquilizing, Skin Tonic	Base	Geranium, Lavender, Citrus	10 g	1 tsp = 3.2 g

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Notes & Tips:

- Citrus essential oils, such as orange, lemon, lime and grapefruit, are fleeting in soap. To help them stay around longer, use folded orange or lemon oils (as indicated by 5x or 10x on their label) and try pairing them with litsea or lemongrass as an anchor.
- Avoid using old or oxidized oils as they can irritate skin. Use gloves when handling essential oils and avoid getting undiluted oils on your skin. If pregnant, nursing or on medication, check with your health care provider since some essential oils may be contraindicated for you.
- For more soap recipes, tutorials and tips, along with natural body care recipes and DIY herbal projects, [click here to subscribe](#) to The Nerdy Farm Wife monthly newsletter!



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Top Notes	Middle Notes	Base Notes
<ul style="list-style-type: none"> Basil Bergamot Clary Sage Eucalyptus Grapefruit Lemon Lime Orange Peppermint Spearmint Tea Tree 	<ul style="list-style-type: none"> Cinnamon Leaf Clove Fir Needle Geranium Juniper Berry Lavender Lemongrass Litsea Rosemary 	<ul style="list-style-type: none"> Cedarwood Atlas Patchouli Vetiver Ylang Ylang
<ul style="list-style-type: none"> • Top notes tend to be more fleeting in soap, especially citrus scents, so are often paired with a middle and/or base note. A few top notes, like peppermint and bergamot, can be used alone in soap and still hold their scent nicely. 	<ul style="list-style-type: none"> • The scent of a middle note lasts longer and is kind of like the bridge between top and base notes. Middle notes like lavender, litsea and lemongrass can be used alone in soap & still hold their scent nicely. 	<ul style="list-style-type: none"> • A base note is the deepest scent in a blend that you don't always smell right away, but it sticks around the longest and adds depth. Base notes tend to be heavy by themselves, but when you use just a little in a blend they improve the overall aroma.

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