

Comparison of Plant Butters vs Tallow

This table compares tallow with various plant-based butters in terms of fatty acid composition, skin feel, benefits, and ethical sourcing notes. Nature provides an abundance of luxurious plant butters that deeply hydrate and care for the skin.

Ingredient	Main Fatty Acids	Skin Feel	Benefits	Ethical/Sourcing Notes
Tallow	Stearic, oleic, palmitic	Rich, heavy, occlusive	Deep moisture, skin barrier protection	Animal-derived, often from factory farming, involves animal slaughter Not cruelty-free
Shea Butter	Stearic, oleic	Rich, creamy	Moisturizes, soothes, improves elasticity	Plant-based, supports women's cooperatives in Africa
Cocoa Butter	Stearic, palmitic, oleic	Firm, melts on skin	Locks in moisture, reduces dryness	Plant-based, sourced from cocoa beans
Mango Butter	Stearic, oleic	Light, non-greasy	Softens, smooths, nourishes	Plant-based, from mango seed kernel
Illipe Butter	Stearic, palmitic, oleic	Firm, long-lasting	Restores elasticity, protects skin	Plant-based, from Shorea stenoptera seeds
Sal Butter	Stearic, oleic	Medium-firm, rich	Moisturizes, restores suppleness	Plant-based, from Shorea robusta seeds
Kokum Butter	Stearic, oleic	Firm, non-greasy	Heals cracks, strengthens barrier	Plant-based, from Garcinia indica seeds
Cupuaçu Butter	Stearic, oleic, palmitic	Soft, rich	Superior water retention, smooths skin	Plant-based, from Theobroma grandiflorum seeds
Murumuru Butter	Lauric, myristic, oleic	Light, silky, non-greasy	Restores moisture, improves elasticity, smooths skin	Plant-based, from Astrocaryum murumuru seeds, sustainably harvested in the Amazon