

# Elevate the “Scentses”

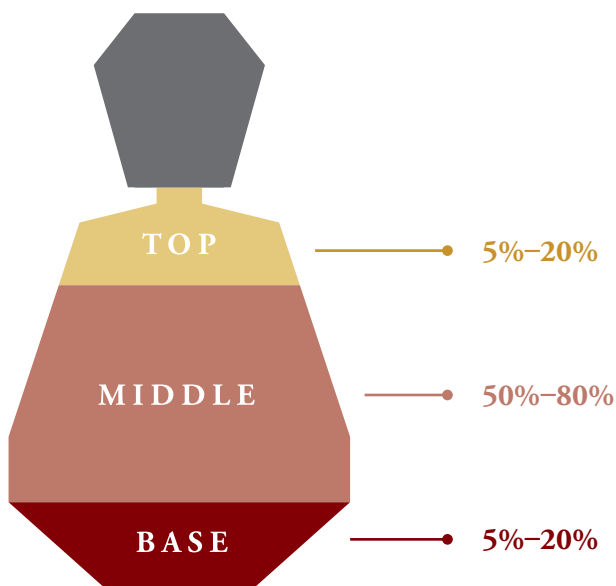
## *Essential Oils & Perfumes*

Throughout history, perfumery has been used for and associated with many things. Essential oils have been a part of perfumery since early 2000 BC, when they were used by the ancient Egyptians. They used them as a status symbol for superiority, used by aristocrats, politicians, athletes, and royalty. Oils were also specifically sought after for their health benefits. These powerful aromatic fragrances played a major part in ritual, beauty, and commerce, just as they do today. Here is a simple guide to creating and customizing your own toxin-free essential oil fragrance.



## FRAGRANCE NOTES

Essential oils can be separated into three categories or notes: base, middle, and top. It is important to remember that when you are blending, top notes are the first thing you smell and last a relatively short amount of time. Top notes make up between 5–20 percent of the perfume blend. Middle notes are the next group of oils you will smell. Once the top note wears off, middle notes start to become more prominent; this can happen anywhere from 20–60 minutes after application. These are known as the body, bouquet, or heart of the fragrance and make up between 50–80 percent of the perfume blend. After an hour or two, you will begin to smell the base notes. Base notes are the oils that last the longest and are usually floral or woody scents. Base notes, like top notes, make up between 5–20 percent of the perfume. When creating your own natural perfume fragrance, adding alcohol or carrier oils such as Fractionated Coconut Oil, can help tone down overpowering oils and even prolong the life of your custom fragrance.



### TOP

Basil	Lemon	Spearmint
Bergamot	Lemongrass	Tangerine
Clary Sage	Lime	Melaleuca
Coriander	Wild Orange	Wintergreen
Eucalyptus	Peppermint	
Grapefruit	Petitgrain	

### MIDDLE

Black Pepper	Juniper Berry	Rosemary
Cardamom	Lavender	Spikenard
Cilantro	Marjoram	Thyme
Cypress	Melissa	Siberian Fir
Douglas Fir	Oregano	Yarrow
Fennel, Sweet	Roman Cham-	
Geranium	omile	

### BASE

Arborvitae	Copaiba	Patchouli
Blue Tansi	Frankincense	Rose
Cassia	Ginger	Sandalwood
Cedarwood	Helichrysum	Vetiver
Cinnamon Bark	Jasmine	Ylang Ylang
Clove Bud	Myrrh	

## COMMON AROMATIC SCENT PROFILES

**Floral:** Geranium, Lavender, and Ylang Ylang  
**Oriental:** Ginger, Patchouli, and Frankincense  
**Woody:** Cedarwood, Sandalwood and Vetiver  
**Fresh:** Bergamot, Grapefruit, Wild Orange

## BLENDING HOW TO

When you are ready to create your own essential oil perfume blend remember, the middle is the heart but the base ties it all together. So, choose your favorites from the base and middle oils first, and then “top” it off. For example, let’s say you want a blend that is both woody and masculine but is versatile enough to be light and feminine. You would want to choose oils from the base and middle note sections that have deep, rich aromas but are still fresh and clean like Cedarwood, Sandalwood, and Juniper Berry. Next you will want to choose one or more oils from the top note section that are consistent with the theme but also give the blend that extra kick, like Siberian Fir and Grapefruit. Now, you want to blend them. Add 4 drops Cedarwood, 5 drops Sandalwood, 4 drops Juniper Berry, 5 drops Grapefruit, and 2 drops Siberian Fir to your bottle (we liked the 10mL amber bottle for this blend). Once you have the oils in the bottle, cap and shake to combine. Make sure the blend is what you were going for, then top off with dōTERRA Fractionated Coconut Oil.