

Practical Potions

An Aromatic E Course

Unit 2 E

The Scent Impressions Sheet



Transformational Step

The Scent Impressions Sheet:

Intuitive Use-Accessing and Keeping Memories



The purpose of the Scent Impressions Sheet is to keep subjective track of your reaction to every oil. This is useful for future reference when creating blends or simple products.

You may copy and paste the blank Scent Impressions Sheet from your journal repeatedly, as you go through each essential oil in the course. When you have the opportunity to find and smell a new oil- fill in the sheet.

You may organize these oils alphabetically in families to match the outline of your course.

Scent Strips:

A good way to sniff oils is from scent strips. Place a drop of essential oil onto a strip of absorbent paper. Porous drawing paper, cut into thin strips works best. Print the name of the oil on one end of the strip. Then dip the other end of the scent strip into your essential oil, or alternatively, drip a drop of oil onto the scent strip. Sniff the essential oil, while it is freshly on the strip.

Let the strip dry and sniff it an hour later to see if the dried oil smells different to you. Write down your responses. You may of course also sniff from the bottle itself. Try not to touch the bottle with your nose, as it could create a burning sensation and is not particularly hygienic.

The Scent Impressions Sheet:

Please read the oil impression sheet example on the following page. You will be asked to fill out one sheet for each essential oil you sample in this course. Use your senses and your imagination. The first example provides words in the olfactory vocabulary to get you thinking in this way. The second Scent Impressions Template will be left blank for you to copy and paste during the course for each oil you sniff.

Go into your imagination and memories to provide your answers. Be as concrete as possible with your words, so they trigger your memory in the future.

Now to gain an olfactory experience with the first oil in your course, please sniff and fill out the impression sheet below. Keep these impression sheets and redo periodically to see if your impression of the oil modifies with time and experience.

EXAMPLE SCENT IMPRESSIONS SHEET-

Oil Name:

Latin Name:

First Impression:

Second Impression:

What is most memorable about this oil's properties?

How might I use it in my life? (Practical Application)

Scent Description Ideas:

Fruity, citrusy, green, camphor, vanilla-like, woody, medicinal, flowery, sweet, tart, root-like, forestry, herbal, licorice-like, resinous, hay-like, rosy, minty.

Other scent descriptors- Tobacco-like, leather-like, cloying, rich, light, fresh, robust, delicate, masculine, feminine, old-fashioned, modern, jagged, round, deep, dark, full, heavy, musky, musty, sulphur-like, etc.

Like: spring, fall, Jupiter, Capricorn-like, Aphrodite, etc.

Reminds me of: Aunt Jess, when I was 3 years old at Grandmas; Being at the lake; the color red, etc.

Makes me feel: Calm, vaguely unsettled, brings up bad memories, reassuring, brings me into my body, makes me feel detached, etc.

Fill out a scent impression sheet each time you explore the scent of a new oil.

Numerous scent impression sheets in the course text will help remind you to fill out your copy.

SCENT IMPRESSIONS SHEET

Oil Name:

Latin Name:

First Impression:

Second Impression:

What is most memorable about this oil's properties?

How might I use it in my life? (Practical Application)

Scent Description:

Reminds me of:

Makes me feel:

To make life easier, please download the separate Scent Impression Sheet available by:

[Clicking Here](#)

Use this page to add your own notes.

