

# Practical Potions An Aromatic E Course

## Unit 5B

### Creating Practical Potions & Perfumes An Introduction



# Transformational Step

## Introduction to Creating Practical Potions and Perfumes.

### Review the information from the e-course.

Taken from Scents of Wonder-Aromatic Solutions, for Health, Beauty and Pleasure-  
Laurie Szott- Rogers



1. Jojoba oil is a valuable medium for home-made perfumes. It is a liquid wax that is usually good for more than a year. It is heavier than alcohol. I find using more top note in a jojoba blend helps to compensate for this duller quality. See if you like this formula for a jojoba blend: base 25%: middle 30%: top 45%. I made my perfumes with Jojoba for years and liked the consistency and scent.

2. Lately though, I prefer making my blends with alcohol. I use a Polish vodka called Polmos Spirytus, Rektyfikowany, a 192 proof vodka, makes a wonderful medium for perfumery. The downside is that some people can smell the alcohol a bit. So, it depends on your preference. The ratio of base to middle to top is approximately 40:30:30 for an alcohol blend. If you have access to organic grape alcohol, which so far we do not have available in Canada, that is also a great option.

3. Find a glass bottle to put your perfume in. Do not choose bottles that are too large. Smaller is better. Ensure it has a tight fitting lid.
4. Give your perfume a name. Dig deeply into your imagination. Dream on it. What is it reminiscent of? Where does your mind go when you inhale it?
5. Create a label.
6. Apply the name.
7. List the essential oils and the medium, (vodka or jojoba).
8. Make a record of this blend, so you can replicate it, or modify it.
9. Blends preserved with jojoba oil have a limited shelf life. It is best to use them within a year.

Scents change as they mature. I like to make small blends ahead of time and note how they shift, over time. If I don't like the mixture I can modify it without a lot of wasted resources. Make detailed notes about the scent you create and your impressions of it. When your blend is done write comments about your perception.

Remember also, that blending in aromatherapy is different than straight perfumery. In aromatherapy we often make functional blends to address ailments. Our objective is usually to put function before form and create a blend that resolves the client's issue, such as eczema. Knowing the principles of perfumery is still helpful when creating a healing blend, however as you can choose from the most effective oils to achieve your purpose, and still have them smell good together. Client compliance is higher when people like what they are using.

Make detailed notes about each of the oils individually. Record your perception of each blend to help you remember your reaction.

This means you will not need to repeat the same blending errors. The more imaginative and tangible your description is the better you will recall it. Remember there is not an absolute good and bad judgment scale with scents, although certain individuals will dispute this comment. Some scents are more pleasing to a larger population of people, but this is subjective. Perfumery rules are made to be broken-this is how we invent new blends. Except of course those regarding safety.



## Exercises

Try these blends from my book, or make up some of your own. The objective is to have fun and enjoy your creations.

### Hypnotic:

This blend is heavy and with 'narcotic' scent tones.

- 40 drops (2 ml) tangerine essential oil
- 3 drops cinnamon bark essential oil
- 20 (1 ml) drops jasmine absolute
- 20 drops (1 ml) oakmoss absolute or 5 drops vetiver essential oil
- 20 drops (1 ml) patchouli essential oil
- 30 drops (1.5 ml) amber resin oil
- 5 drops narcissus absolute



Blend in 1 oz. or 30 ml of jojoba or 192 proof vodka. Tweak this ratio to your medium, i.e. vodka needs less top note, jojoba more.

### Spring Kiss:

- 20 drops (1 ml) neroli essential oil
- 30 drops (1.5) tangerine essential oil
- 5 drops spring rose or rose absolute
- 20 drops (1 ml) vanilla oleoresin
- 20 drops (1 ml) sandalwood essential oil
- 20 drops (1 ml) amber resin oil

Blend in 1 oz or 30 ml of jojoba or 192 proof vodka. You may adjust this ratio to your medium, i.e. vodka needs less top note, jojoba more. Amend to the strength you prefer.

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