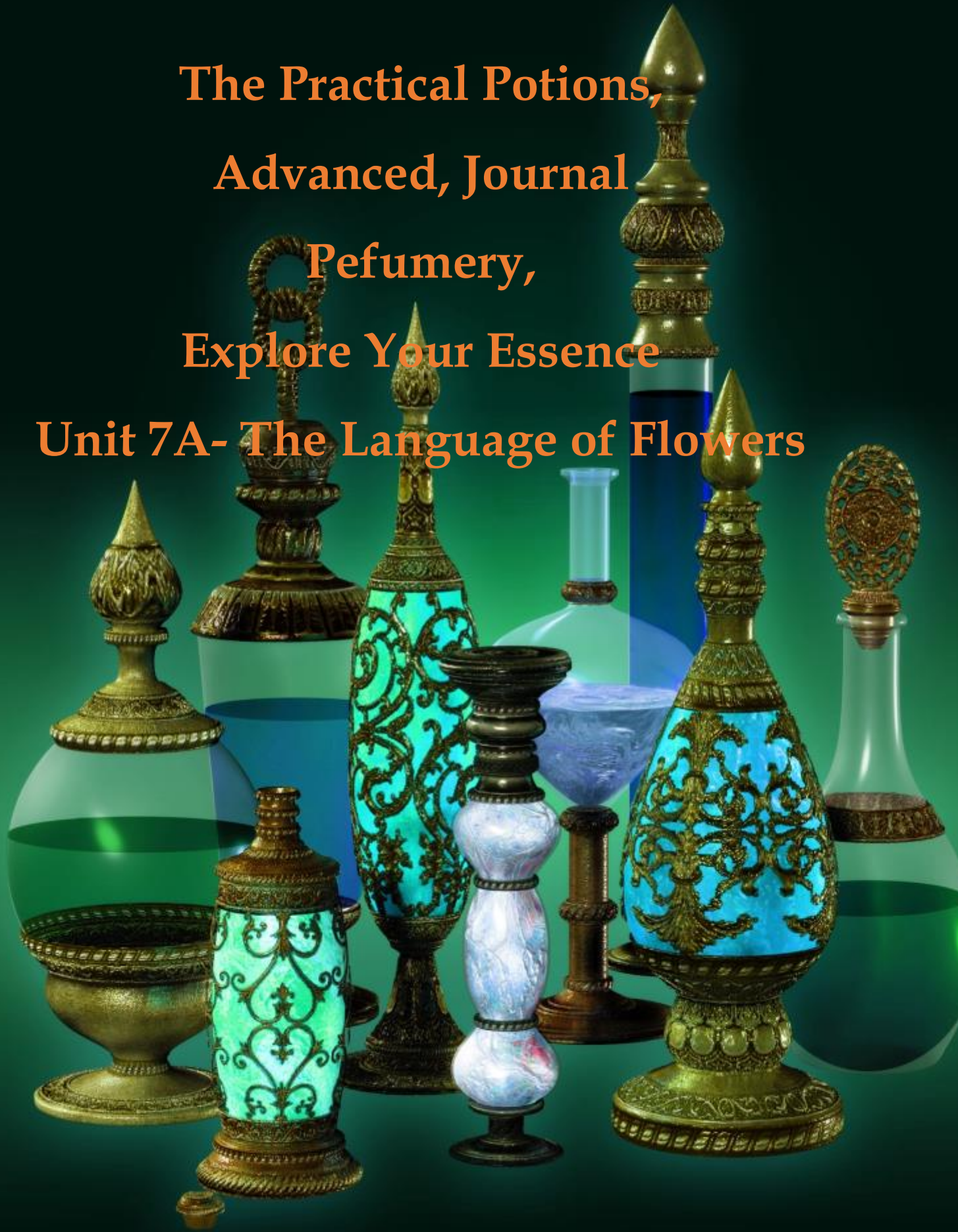


**The Practical Potions,
Advanced, Journal
Pefumery,
Explore Your Essence
Unit 7A- The Language of Flowers**



The Language of Flowers (Unit 7-A)



Transformations-

Learn the Art of Creating Your Own Perfumes-

- 1) Become familiar with the language of perfumery and increase your ability to speak about, smell and enjoy essential oils, in a whole new way.
- 2) Learn to make all your blends, (even the functional ones with a healing purpose), smell better by using aromatic notes, (top, mid and base).
- 3) Never be stuck about which essential oils complement each other again! Refer to handy charts each time you blend. These charts match your course structure and are laid out in families and then alphabetically within the family.

More Transformations



- 4) Learn to equalize, enhance, modify or extend blends with charts, 16, 17 and 18, so you may always improve on your creation.
- 5) Make perfume recipes from ancient texts and modern books-
 - a) Chypre
 - b) Lavender water
 - c) Fougere
 - d) Eau de cologne and many more.
- 6) Take your client's personal circumstances into mind each time you blend, following the Life-Style Factors reference sheet.
- 7) Learn about the association between color and scent preferences to use in future product development.

Making Perfumes-

Keep This Handy Reference for Making Perfumes.

Always patch test on skin to ensure there is no sensitivity or reaction.

Advanced Practical Potions and Perfumes.



Review the information from the e-course.

Work out a budget. Buy what you need. Set aside time when you will not be interrupted.

Ensure you have all your equipment and essential oils assembled in a pristine, spacious and well-lit space, before starting. You may work on a base of clean paper towels, if in doubt of your surface's cleanliness. Also create a space which feels beautiful. Use equipment you love.

For equipment, you will need: glass beakers, scent strips, paper and an indelible pen to take notes, glass or plastic droppers, a beaker of alcohol to pump your glass droppers clean, paper towels, essential oils, the medium of your choice, glass bottles for the perfumes and labels. Non-bleached, small coffee filters, used over a sterile, pourable glass container comes in



handy, if you are working with oils such as vanilla oleo-resin, which separates. Strain it before using in your blend.

Develop a system where you place the essential oils you have already used in a different side of the table, then the ones not yet used, to minimize confusion.

When I first started blending I put a dot on the cap of my essential oils to indicate if they were top, mid or base notes. I related it to the chakra system, where red denotes base, yellow middle and white top. It helped make it simple, especially for beginners.

Create small blends before investing in larger batches. Keep smelling your creation on your skin, as well as scent strips, after each step. Start with your base notes and move up.

Keep specific notes, memory is slippery.

Making Perfumes (Continued)

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. **Rectified, liquid coconut oil, MCT** will also work in an oil based blend, as a substitute for jojoba.



2. 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. I like about 20% essential oils to 80% jojoba. But, I often start people out making 10% essential oils for practice, as it uses less product
3. Lately though, I prefer making my blends with alcohol. I use a Polish vodka called Polmos Spirytus, Rektyfikowany, a 192 proof vodka, that 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. A 10-20% blend of essential oils to vodka can create a nice, somewhat subtle blend.

4. Some perfumers advise beginning blenders to simplify the math and use an equal

amount of top, mid and bottom notes- i.e. about 33%. This is a viable option.

5. 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.



6. Create your blend from the bottom up. Start with the base note, next the mid-notes and finally the top.

5. Try different combinations before you settle. One way to do this is place single essential oils on dip sticks, let air dry. Then place the sticks together and see how the notes meld. Adjust to your preference.

* A wonderful technique to determine how essential oils smell when combined together is to use scent strips, marked with their name and the amount of drops used. Choose 2 essential oils- ylang and bergamot for



example. Write 1 drop ylang, 9 bergamot on one scent strip and then create this mix. On another strip write 9 drops ylang 1 bergamot. Do the same for 2 drops ylang, 8 drops bergamot. This is a great “nose on way to decide how much of each essential oil you like together. This personalizes the concept of odor intensity and is a great learning tool. Do occasionally, smell the blend on your skin, as well.

6. One effective way to keep track of what you like, as you blend is to **use a check mark to indicate yes**, or a code like: luth: (Like up to here). As you create your blend and sniff it write this code as you go. When you make a turn that is less appealing you know where it originated. So, if you like a blends bottom and middle notes you will have luth written at this stage. If it becomes less appealing with the top notes you know where the problem occurred. You then know which part to salvage and which part to keep experimenting with.

7. 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?

8. Create a label. Tailor the color of the label, font and bottle to your “niche”. What do people in your desired tribe like?

9. Apply the name.

10. List the essential oils and the medium on the label, (vodka or jojoba).

11. Make a record of this blend, so you can replicate or modify it.

12. Blends preserved with jojoba oil and rectified coconut oil have a more limited shelf life.

It is best to use them within a year. They may last longer, but the essential oil does disappear over time, and the medium may start to turn slightly rancid.



Blending for Clients



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 concoctions to address ailments. Our objective is usually to put function before form and create a synthesis 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 combination to help you remember your reaction. This means you will not need to repeat the same blending errors. Remember to use the luth technique- (like up to here). As you create your blend and sniff it write this code as you go. When you make a turn that is less appealing you know where it originated.



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.**

Blending Guide- 7A



This is your resource for creating blends.

If you are stuck, look at it. Always keep notes about your preferences, what you do well with blends and anything that could be improved, the next time.

Learn the basic rules and then go with your gut for blending. Remember to love all your perfume babies and mostly enjoy the process!

A quick glance through top, mid and bottom notes. Remember this is more art than science and due to essential oils differing and perfumer's perceptions varying there is a great deal of disagreement on this topic. 😊

Top Notes- (Alphabetical)

Lose much of their scent within 30 minutes.

Almond extract

Anise seed

Basil

Bay

Bergamot

Bergamot mint-top-mid

Birch

Black Pepper

Cajeput

Camphor- top-mid

Caraway

Carnation- top-mid

Chamomile German

Chamomile Roman- top- mid

Chamomile (Mixta-Ormensis)- top-mid

Chamomile Wild Blue- top-mid



Cinnamon-top-mid note aspects.

Citronella- top-mid

Coriander- also has some mid-note aspects

Cubeb

Cumin- top-mid

Davana

Eucalyptus

Fennel- top-mid

Fir Balsam- top-mid

Galbanum- the resin is a
bottom note

Grapefruit

Helichrysum- top-mid-note

Juniper Berry- top-middle



Laurel Leaf

Lemon

Lemon-mint- top-mid

Lime

Litsea- top-mid

Mandarin-

Mugwort- top-mid

Myrtle- top-mid

Niaouli- top-mid

Nutmeg

Bitter Orange

Sweet Orange

Oregano

Pansy/Tansy

Pennyroyal

Peppermint-top-mid

Petitgrain-top-mid



Ravensara/Ravinstara-

Rosemary- top-mid

Rue

Sage-top-mid

Sassafras

Spearmint

Tagetes- top-mid

Tangerine

Tea Tree

Thyme linalool-top-mid

Thyme- Red

Wintergreen

Wormwood

Yarrow- top-mid



Mid Notes-

Lose much of their scent in a couple of hours.

Ambrette Seed- sometimes called a bottom note

Angelica Seed- mid-base

Boronia

Broom Abs.

Calamus

Cananga-mid-base

Champa

Citronella- some top note characteristics.

Cardamom- also has top note characteristics.

Carrot Seed-also has top note qualities

Cascarilla

Cassia

Celery Root

Clary-some base

Clove- often called a top note



Dill

Euc. citriodora

Galanga- mid-bottom

Geranium and Rose Geranium

Ginger- sometimes called a top note

Gingergrass

Guaiac wood-sometimes called a base

Heliotropin

Hops

Hyacinth

Hyssop- top-mid

Jasmine Abs.

Jonquil- Also called daffodil

Lavandin

Lavender

Lavender Absolute



Spike Lavender

Lemongrass- Also has top note qualities

Linden-

Lovage

Manuka-

Marjoram- top-mid

Mastic

Melissa- top-mid

Mimosa Abs.

Monarda

Narcissus- Also called a top note

Neroli-sometimes called a top note

Orris Abs.-Also called a soft base note.

Palmarosa

Parsley- Also called a top note

Pine-top-mid note



Rose Abs.- a classic heart note

Rose Otto- sometimes called a top note.

Rose Spring

Rose Tea

Rose Geranium and Geranium

Rosemary-Sometimes called a top note

Rosewood-mid-bottom

Sage- Sometimes called a top note.

Tuberose Abs

Verbena

Ylang



Base Notes-

Scent lasts many hours.

Amber

Ambrette- also some mid note qualities

Angelica Root

Balsam of Peru

Benzoin

Birch Tar

Cade- also has a top note.

Cassie Abs

Cedarwood- also has some mid note qualities.

Cistus-

Cognac-

Costus-

Cypress- also has some top note qualities.

Elemi Resin- Also has mid-note qualities.



Fir Absolute-

Frankincense

Galbanum Resin- essential oil a top note.

Gurjun

Labdanum-

Myrrh- sometimes also called a mid-note and top note

Oakmoss

Opopanax Resin

Patchouli

Peru Balsam

Sandalwood

Spikenard

Spruce- but also has some top note qualities

Storax Resin



Tarragon- also has top note qualities

Tolu Balsam

Tonka Resin

Vanilla Absolute

Vanilla Resinoid-also has some mid note characteristics.

Vetivert

Violet Leaf Abs.



A thorough summary of fixatives (the sturdiest of base notes) is in unit 7A of the e-course.

Blend Equalizers, Modifiers and Enhancers

The Art of Aromatherapy- Marcel Lavabre



Equalizers	Modifiers	Enhancers
Rosewood	Clove	Bergamot Palmarosa
Marjoram	Cinnamon	Cedar Sandalwood
Orange	Peppermint	Geranium Spruce
Tangerine	Thyme	Clary Ylang
Fir	Blue Cham.	Lavender Jasmine
Pine	Cistus	Lemon Rose
Petitgrain	Patchouli	Lime Neroli
	Myrrh	Litsea
		Osmanthus

Blend Equalizers- Soften sharp edges. It holds blends together, but does not impact it too much. Orange and tangerine perform this function with other citruses, spices and florals.

Fir may improve blends in the coniferae and myrtaceae families.

Blend Modifiers- These are intense scents that affect your blend greatly. They give your blend a distinct personality. Add only drop by drop. Too much will ruin your blend. Besides the blend modifiers Marcel listed above, I like **Black Pepper** for this function. **Yarrow** is another modifier- but use with caution. I also like **Ginger** in some formulas.

Blend Enhancers-



They range between the modifiers and equalizers in distinctiveness. They help to integrate the blend. Monarda, is also useful as an enhancer.

Precious Oils and Extenders

The Art of Aromatherapy- Marcel Lavabre

Precious Oil	Extender
Neroli	Petitgrain, bergamot, tangerine
Rose	Geranium, palmarosa, rosewood
Jasmine	Champaca flowers, ylang, petitgrain
Champaca flowers	Ylang, petitgrain
Vanilla	Benzoin, Peru balsam
Sandalwood	Spruce, cedarwood?

*Note- personally I think a better extender for sandalwood is Jamaican Rosewood or Australian Sandalwood.

Natural extenders help take your blend in a congruent direction. They get the most mileage out of expensive oils. If you over extend the precious oils they will lose their exquisite scent.



Odour Intensity Chart-

The relative strength of essential oils. (Keep in mind everyone smells each oil differently, so there is subjectivity).

Use this chart when blending- but check out the scent of each essential oil first to see what you smell.

Low to very high- very high = very strong

Amber- mid

Ambrette- low-mid

Amyris- low-mid

Angelica Root - very high

Angelica Seed- high

Anise Seed- high

Basil-high

Benzoin- low

Bergamot- low

Birch- high

Birch Tar- very high

Black Pepper-high

Cade- very high

Cajeput- mid-high

Cananga- mid-high

Camphor- high



Caraway- mid-high
Cardamom -mid
Carnation-mid-high
Carrot seed-very high
Cedarwood -mid
Chamomile German- very high
Chamomile Mixta (Ormensis)- high
Chamomile Roman - mid-high
Chamomile Wild Blue- very high
Cinnamon Bark- very high
Cistus- very high
Clary Sage -mid
Clove- high
Coriander- mid
Cumin- mid
Cypress- mid-high
Davana- high
Eucalyptus- high
Elemi- mid
Fennel- high
Fir- mid-high



Fir absolute- high
Frankincense-mid-high
Galanga- high
Galbanum- very high
Geranium -mid
Ginger- high
Grapefruit - low
Helichrysum - high
Hyssop- mid
Jasmine -mid-high
Juniper- mid-high
Labdanum- very high
Laurel-mid-high
Lavender -mid
Lavender absolute- mid-high
Lemon- low
Lemongrass -low-mid
Lemon mint/Bergamot mint--mid-high
Lime-low
Linden-low
Litsea cubeba- mid



Manuka- mid

Mandarin- low

Marjoram-mid

Melissa- low

Monarda- low-mid

Mugwort- high

Myrrh- high

Myrtle- mid

Narcissus- mid-high

Neroli- low

Niaouli- mid-high

Nutmeg-mid-high

Oakmoss- mid

Opopanax- very high

Orange Bitter- low

Orange Sweet- very low

Orris- very low

Oregano- very high

Palmarosa-low

Patchouli - very high

Pennyroyal- very high



Peppermint - very high

Petitgrain - low

Pine- high

Ravensara-Ravinstara- high

Rose Otto -mid-high

Rose Absolute -mid

Spring Rose- mid

Tea Rose-low-mid

Rose Geranium- mid

Rosemary -mid-high

Rosewood - low

Sage- very high

Sandalwood - low

Spearmint- high

Spikenard- very high

Spruce-high

Tagetes- high

Tangerine- low

Tarragon- high

Tea tree- high



Thyme linalool- high

Thyme red- very high

Tuberose-mid-high

Valerian- very, very high

Vanilla Resinoid- mid

Vanilla Absolute- mid-high

Verbena-low-mid

Vetiver-mid-high

Violet Leaf-very high

Wormwood- high

Yarrow- very high

Ylang- high

Yuzu-low-mid



