

Aromatherapy and Perfume

Perfume is a sensual way to enhance your appeal to a romantic partner. There is a wide variety of different fragrances and different types of scent. Some popular perfume scents include floral, sweet, musky, and spicy. The perfume industry grows more each year and new perfumes are constantly added to the market. However, the basis of the perfume industry began with essential oils derived from plants. The commercial perfume industry has classifications, they are Citrus, Floral, Woody, Leather, Orientals, Aldehydic, Fougere, and Chypre.

A Floral fragrance by definition is a scent from one or more flowers. A perfume can also contain just one flower and that is known as a soliflore. A single scent is considered a soliflore, for example, wearing Gardenia alone. However, wearing a combination of jasmine and rose is a Floral. You can find many natural floral scents to try in the form of essential oils that can be purchased from a health food store. It is possible to wear them on your skin, however, most essential oils need to be diluted before wearing. Creating a floral scent can be as simple as adding 10 drops of jasmine oil, for example, to 1 ounce of a carrier oil, such as Jojoba oil. You can apply this when you feel like wearing a floral scent. Essential oils are also great when added to a hot bath and then soaking in it for a minimum of 20 minutes.

Citrus fragrances are often used to freshen or energize. They are not as long lasting as other scents but they are very popular and they smell wonderful. You can concoct your own citrus blend by mixing 4 drops of Lemon and 6 drops of Orange with 1 ounce of a carrier oil. Woody fragrances include Cedar, Sandalwood, and Patchouli. These Woody smells are very popular for men and are often used to scent their colognes, fragrances, and after shaves. Orientals are usually made of a blend of woody, florals, musk, and vanilla. These fragrances are very exotic and very popular, as they remind people of the Far East. Leather is another popular scent made up of scents derived from wood trees. Fougere is different classification that is similar to Woody. Aldehydic scents are made entirely from chemicals. The first Aldehydic perfume was Chanel No. 5. Chypre fragrances are made from Bergamot, Jasmine, and Oakmoss.

These are the basic fragrances in perfumery. Aromatherapy is a wonderful way to introduce oneself to all of the beautiful natural fragrances that are used to create perfumes. Creating your own unique perfume may be a rewarding experience as well. Adding a grain alcohol to essential oils is how to create perfumes. Vodka is an alcohol that may be successfully used in perfume creation.

When creating your own perfumes, it is important to keep note of the exact combination of essential oils that were involved. Also, be sure to keep record of how many drops of each oil comprised your particular formula. If you create a perfume and subsequently decide that you love it, it may be very difficult to remember the exact ratio of ingredients that you used. Keeping a permanent record, whether it is on index cards, in a notebook, or on your computer is a great way to ensure that you will always have your favorite perfume recipe at hand.