PLEAS NOTE

The information in this manual is not intended to take the place of diagnosis and treatment by a qualified licensed health care provider.

Any recommendations are for educational purposes only and are believed to be effective. However, since use of any material by others is beyond the control of Australasian College of Health Sciences, no expressed or implied guarantee as to the effectiveness of this information can be given nor liability taken.

LAST REVISION

This course manual was last edited and revised in October 2008.

COPYRIGHT NOTICE

Copyright © 1978 - 2008

This material must not be reproduced in any way without the written permission of the president of Australasian College of Health Sciences, 5940 SW Hood Avenue, Portland, OR 97239 United States. Telephone 800-48-STUDY or 503-244-0726 fax 503-244-0727 email achs@achs.edu on the Web at www.achs.edu.

WANT TO LEARN MORE?

Be sure to ask our Admissions Advisor’s about the ACHS Introduction to Aromatherapy course and Certificate in Aromatherapy program.
Table of Contents

PLEASE NOTE .....................................................2
LAST REVISION ...................................................2
COPYRIGHT NOTICE ...........................................2
WANT TO LEARN MORE?.................................2
Creating Natural Perfumes Using Essential Oils.............................4
Balance in Blending .............................................8
BLENDING EXERCISE .......................................8
FRAGRANCE DESCRIPTION GUIDELINES... 10
FROM ESSENTIAL OIL BLEND TO PERFUME ......................11
LOSS PREVENTION TECHNIQUES .......................12
Recommended Reading/Viewing Available From the Apothecary Shoppe College Store ..........13
Creating Natural Perfumes Using Essential Oils

Essential oil perfume blends are more successful when they are created with oils from each of the following categories.

Lighter aromas that evaporate readily are referred to as top notes. The next to evaporate are the middle or body notes, while those aroma molecules with the slowest evaporation rate are the base, bottom, or dryout notes.

Each Essential oil is classified as a top, middle or base note. Some oils contain elements of all three notes while others are primarily just one note.

**The Top Note**

This is the very first impression of the aroma that is characteristic of the Essential oil. It is usually very volatile and does not last long. The top note is the most difficult to reproduce synthetically. It usually has a sharp tone, springs quickly from the fragrance and fades quickly.

**The Body or Middle Note**

This is the main fragrance of the oil that lingers for a longer period on the blotter, usually about one to two hours. It is referred to as the bouquet or heart of the fragrance. It is less characteristic of the oil and easier to reproduce artificially.

**The Base Note or Fixative**

Also called the dryout note, this appears anywhere up to a couple of hours or perhaps a whole day after the blotter strip has been dipped. This is where any adulteration of an Essential oil can be detected and it is usually studied very carefully for that reason. The dryout note reveals the tenacity or lasting ability of the oil. For example, lemon oil has a fresh and pleasant top note, a faint and rather uncharacteristic body note and a very faint dryout note, which means it has no lasting quality as a perfume oil. Base notes or fixatives
are further divided by their ability to reduce evaporation rate. A good base note oil will deliver a blend with resonance, strength, and depth.

**Base Notes**

<table>
<thead>
<tr>
<th>Base Note</th>
<th>Base Note</th>
</tr>
</thead>
<tbody>
<tr>
<td>Benzoin</td>
<td>Cedarwood</td>
</tr>
<tr>
<td>Clary sage</td>
<td>Elemi absolute</td>
</tr>
<tr>
<td>Immortelle</td>
<td>Myrrh</td>
</tr>
<tr>
<td>Neroli</td>
<td>Olibanum</td>
</tr>
<tr>
<td>Orris root</td>
<td>Patchouli</td>
</tr>
<tr>
<td>Sandalwood</td>
<td>Vetiver</td>
</tr>
<tr>
<td>Ylang ylang</td>
<td></td>
</tr>
</tbody>
</table>

**Base To Middle Note**

<table>
<thead>
<tr>
<th>Base To Middle Note</th>
<th>Base To Middle Note</th>
</tr>
</thead>
<tbody>
<tr>
<td>Angelica</td>
<td>Bergamot</td>
</tr>
<tr>
<td>Cinnamon</td>
<td>Cypress</td>
</tr>
<tr>
<td>Ginger</td>
<td>Jasmine</td>
</tr>
<tr>
<td>Nigerian</td>
<td></td>
</tr>
<tr>
<td>Myrrh</td>
<td>Rose attar absolute</td>
</tr>
<tr>
<td>Vanilla</td>
<td>Ylang ylang</td>
</tr>
</tbody>
</table>

**Middle Note**

<table>
<thead>
<tr>
<th>Middle Note</th>
<th>Middle Note</th>
</tr>
</thead>
<tbody>
<tr>
<td>Black pepper</td>
<td>Cajuput</td>
</tr>
</tbody>
</table>
Chamomile  Cinnamon
Clary sage  Geranium
Juniper berry  Marjoram
Nutmeg  Pine
Rosemary  Tea Tree Australian
Tea Tree  Thyme
New Zealand

Middle To Top Note
Basil  Bay leaf
Bergamot  Black pepper
Cardamom  Chamomile
Clove  Elemi
Fennel  Fir
Geranium  Lavender
Lemongrass  Petitgrain
Rose  Rosemary
steam distilled
### Top Note

<table>
<thead>
<tr>
<th>Essential Oil</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>Anise</td>
<td>Basil</td>
</tr>
<tr>
<td>Bergamot</td>
<td>Coriander</td>
</tr>
<tr>
<td>Eucalyptus</td>
<td>Ginger - Jamaican</td>
</tr>
<tr>
<td>Grapefruit</td>
<td>Lemon</td>
</tr>
<tr>
<td>Lemongrass</td>
<td>Lime</td>
</tr>
<tr>
<td>Mandarin</td>
<td>Neroli</td>
</tr>
<tr>
<td>Orange</td>
<td>Peppermint</td>
</tr>
<tr>
<td>Petitgrain</td>
<td>Sage</td>
</tr>
<tr>
<td>Tangerine</td>
<td></td>
</tr>
</tbody>
</table>
Balance in Blending

What oils to blend is your own personal choice but there are some general guidelines. Blends of Essential oils that are designed as a perfume should have an agreeable, delicate fragrance. When blending oils together, the strength of each separate Essential oil should be taken into account. Chamomile and lavender are a good example. The fragrance of chamomile, which is a middle note, is much stronger than that of lavender, which is a top note. As a result, mixing one drop of chamomile with one drop of lavender does not produce a fragrance representing both Essential oils. The chamomile will dominate.

To create a fragrance that can be perceived as a blend of chamomile and lavender, it is necessary to mix one drop of chamomile with four to eight drops of lavender, or even more.

BLENDING EXERCISE

To begin to learn the art of blending, start with simple blends of two, then three and then four or five Essential oils. Keep a detailed journal of your experiments and always start with small amounts of even one or two drops of each oil.

It is important to develop a familiarity with each oil you are including in the blend. When developing a blend, take the time to become familiar with the evaporation rate and diffusive ability of each oil in the blend. The goal is to develop a pleasant blend that gives the overall impression of being similar throughout all the stages of evaporation while still containing individual aromas and variety.

Let’s start by choosing five oils that you feel would compose a pleasant blend. Allow your imagination and creativity take over here. Start by placing one drop of each oil on a perfume blotter. Gradually bring the blotter to your nose, circling it in the air about 8-12 inches and note at what length from your body you can first detect the aroma. Hold the blotter at your
nostrils and inhale quickly a number of times then slowly and deeply. Make notes of the following five points:

First impressions. Here you can use any vocabulary. This is a subjective exercise, so use the first words that come into your mind. Colors, shapes, textures and emotions will all help to describe your first impression.
Let the oil evaporate and smell again. Here you want to notice if it is heavy or light. Does the aroma seem to last long? You can use terms such as herbal, woody, mossy, fruity, citrus and green to further describe it. Try to describe the main characteristic of the note. Is it minty, nutty, hay-like or tobacco-like?
Allow your imagination to envisage the aroma as having a shape. Is it round, sharp, smooth, voluminous, wide, narrow?
Continue the exercise by closing your eyes and seeing the aroma as having a personality. How would you describe this? Is it sultry, assertive, or demure?
Be aware of where the fragrance initially affects your body. Is it very volatile, going straight up your nostrils to affect your forehead, or does it quickly travel to your lungs, or can you feel it in another part of your body?

Formulating The Blend

Have you narrowed your blend down yet to five oils? If not, try to think of what you really enjoy. Do you enjoy the fragrance of spices and herbs, or do you prefer the scent of flowers? Maybe you prefer the cool green smells found hiking while in the woods. At this point, you may want to make some final choices for the oils you will put in your blend.

For simplicity in determining the percentage of each ingredient in your composition, the formula should be based on 100 drops. This is a ratio only so a formula can be reduced or increased as long as you keep the relative amounts of each oil at the same ratio.

As an example, start with a citrus aroma and then add a warm note, of say 5%. To this, add a spice or herbal aroma at the ratio of about 15%. Now add 5-10% of a floral fragrance. Here you may want to add just a touch of a
green note and a sultry base note. You may also wish to add a touch of a floral absolute. At each stage of the formulation, stop and allow the aroma to guide your next step. Sit in a quiet space and smell, ponder and visualize.

This chart will help you choose oils from each category.

**FRAGRANCE DESCRIPTION GUIDELINES**

<table>
<thead>
<tr>
<th>Category</th>
<th>Includes</th>
</tr>
</thead>
<tbody>
<tr>
<td>Citrus aromas</td>
<td>Essential oils of bergamot, lemon, lime, mandarin, sweet orange, bitter orange, neroli, petitgrain, verbena</td>
</tr>
<tr>
<td>Herbal spice aromas</td>
<td>Essential oils of basil, black pepper, caraway, cardamom, cinnamon, clove, ginger, marjoram, nutmeg, rosemary, thyme</td>
</tr>
<tr>
<td>Floral aromas</td>
<td>Essential oils of, geranium, jasmine, lavender, neroli, rose, ylang ylang</td>
</tr>
<tr>
<td>Fruity aromas</td>
<td>Essential oils of cajuput, chamomile, clove, juniper, lavender, pine</td>
</tr>
<tr>
<td>Green aromas</td>
<td>Essential oils of basil, galbanum, immortelle, oakmoss, violet leaf</td>
</tr>
<tr>
<td>Minty aromas</td>
<td>Essential oils of peppermint, spearmint, rue, sage</td>
</tr>
<tr>
<td>Warm aromas</td>
<td>Essential oils of anise, benzoin, chamomile, clary sage, cedarwood, geranium, ginger, immortelle, jasmine, marjoram, rose, rosemary, thyme, vanilla</td>
</tr>
</tbody>
</table>
FROM ESSENTIAL OIL BLEND TO PERFUME

So now you have a blend you are happy with and you want it to look and feel more like a “perfume.” At this point, you can dilute it. Blends of Essential oils for perfumes can be diluted in grain alcohol or vegetable glycerin at a ratio of 3-5%. If you have used resins or absolutes in the blend, it is best to use alcohol for solubility. General guidelines for dilution are 10-20 drops in each ounce of carrier. For variations using the same blend the following dilution ratios can be followed. All percentages are by fluid volume.

**Parfum**

Essential oil concentrate: 15-30%

Alcohol ethyl: 70-85%

Distilled water: 0-10%

**Eau de Parfum**

Essential oil concentrate: 10-15%

Alcohol ethyl: 70-80%

Distilled water: 5-20%

**Eau de Toilette**

Essential oil concentrate: 5-10%
Alcohol ethyl: 75-85%
Distilled water: 5-20%

**Eau de Cologne**

Essential oil concentrate: 3-5%
Alcohol ethyl: 75-85%
Distilled water: 15-22%

**After Shave**

Essential oil concentrate: 1-3%
Alcohol ethyl: 40-45%
Distilled water: 52-59%

**Ice Cologne**

Essential oil concentrate: 1-3%
Alcohol ethyl: 1-55%
Menthol crystals: 1%

For all of the formulas, mix the essential oil concentrate with the alcohol. For the ice cologne add the menthol crystals at this stage. Following this add the distilled water. Store for at least 24 hours in a cool place. Filter and bottle in a tightly closed bottle. Store in a cool, dark place for at least two weeks, to allow the fragrance to mature.

**LOSS PREVENTION TECHNIQUES**

Essential oils are expensive, some more so than others. Blending formulas can be a frustrating experience if you formulate a blend in a large quantity.
only to find it does not have the aroma you had in mind. Here are some techniques to help you reduce the amount you might lose in failed experiments.

Reduce the blend to start with, to five or ten drops, not 100. When you have finished the blend, apply one to two drops to the perfume blotter. Allow a minute for evaporation. If the scent is not pleasing, the Essential oil wasted is minimal.

To test a blend you want to add to a massage formula, add four to six drops of the Essential oil blend to one teaspoon of base oil. Rub it on the underside of your arm and allow it to blend with your skin’s chemistry.

To test a blend you want to use in a diffuser, add four to six drops to two to three teaspoons of water and shake. If you do not like the aroma, you can still use the blend to clean and freshen counters, trash cans, drains, refrigerators, and pet areas. You can even prepare a very dilute formula with water and spray your plants with the hope of chasing away bugs.

Happy perfume making!

**Recommended Reading/Viewing Available From the Apothecary Shoppe College Store**

Basics of Perfume Making DVD  30 minute lecture given by Australasian College President, Dorene Petersen.

Perfumes, Splashes & Colognes by Nancy M. Booth Nancy shares how to create personalized scents and favorite perfumes using herbs, oils, and alcohol.