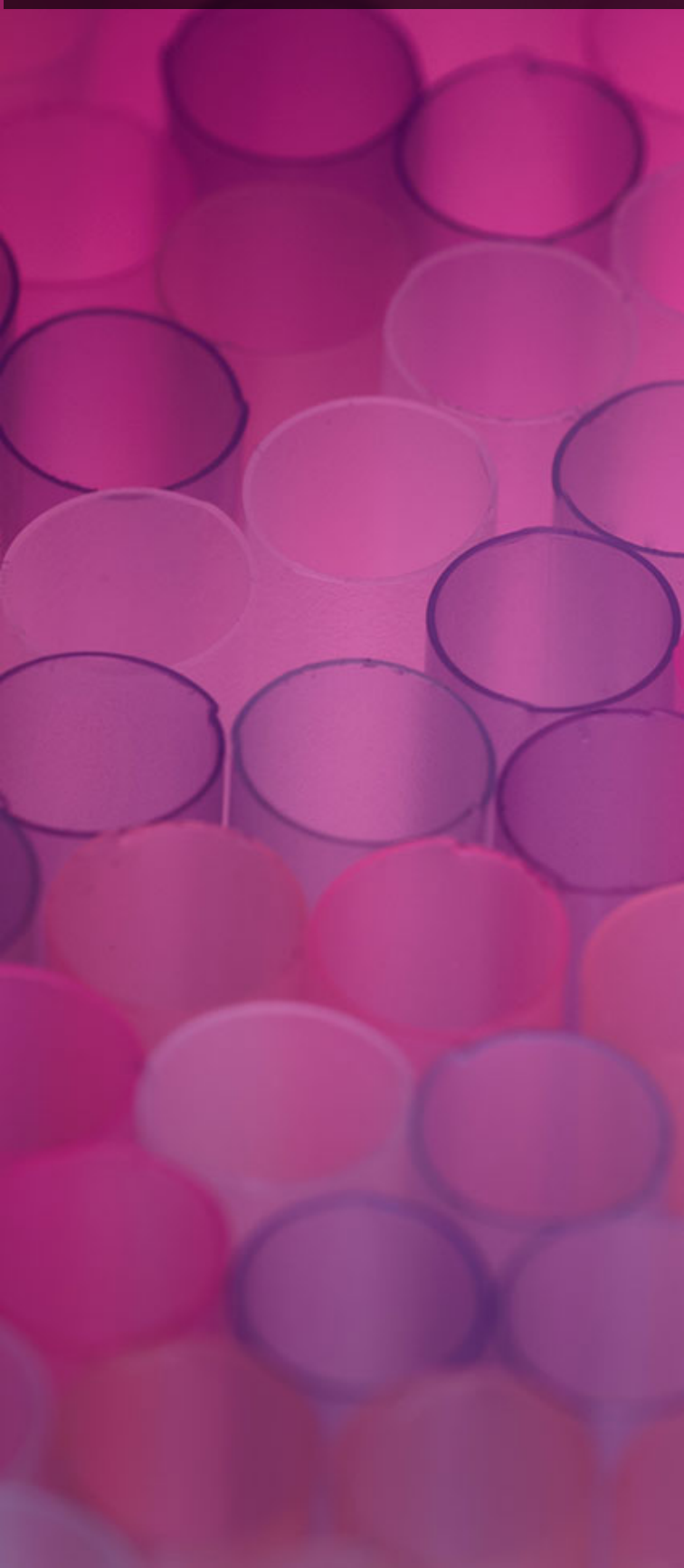




**ANA SASTRIAS**

**THE OLFACTIVE EXPERIENCE**  
**PERFUMERY STUDENT GUIDE**





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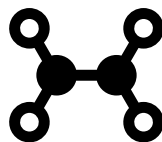
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# OLFACTIVE EXPERIENCE USING ESSENTIAL OILS

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## **ARTIST STATEMENT**

*I have been exploring Visual Arts since I was a child and I have applied the theory of colour palette into olfactory palette recently since the year 2016. As a perfumer, I help adult individuals who prefer a safer and bespoke design a unique natural perfume offering a personalised packaging service in person at the Blue Mountains Market Stalls or by visiting my website and online shop. A one-on-one consultation for customised perfumes is available online servicing Australia-wide.*

## **ABOUT THE AUTHOR**

Hello, my name is Ana Elena Sastrías. I was born and lived in Mexico City for about 34 of my life. Since 1996 I migrated to Australia and worked as an IT Support person in an Eye Research Institute for almost 10 years, then, decided to explore more Visual Arts during 2006 and 2007 and took some Design, Photography and Printing courses and participated in Group Exhibitions and Solo Exhibitions. Returned to work in 2007 in IT, then since my life circumstances changed as a carer of my now late husband, I worked in Community Legal Centres, then in Family Relationship Centres as an Admin and Publications and Education Assistant Officer, so I could apply a bit of Visual Arts and Design. I continued my education and have a Certificate IV in Training and Assessment and Certificate IV in Art Administration. I got the opportunity to assist an Art Teacher in his Classes at the St Marys Community Centre and participated in an Internship working at the time of VIVID Festival 2014 in a Local Government Projects Forum. At the end of the year 2016, I felt a strong interest and need to research about the uses of flowers petals and chose to focus in Perfumery. I took various perfumery and cosmetics courses in Penrith Area at Heirloom Body Care. In 2018, I went back to visit family in Mexico and also visited an Essential Oils Research Institute in Merida, Yucatan. Then, in 2019 I managed to attend a 2-weeks intensive Summer Natural Perfumery and Natural Cosmetics Course at Grasse, France.

## **CURRENT WORK**

Through experimentation, I have been able to create 3 fragrance collections, starting with the Floral Collection created since the end of 2016 comprising 8 fragrances. Then, in 2019, I created 10 fragrances for the Fruity Collection, and at the end of 2019 and beginning of 202, I already designed other 8 fragrances for the Woody Collection.

Additional to these collections I have been creating individual customised perfume fragrances for my clients since 2017. In 2017 I setup my Etsy Shop which has grown gradually and consistently.

I created a new brand presentation since March 2022 called FIFTY FIVE - ANA SASTRIAS showing the best fragrances for each collection to show at a Retail Event organised by “A Gorgeous Excuse” at the Sydney Hilton Hotel.

Alongside the fragrances, I have used my photography printed on paper to complement the perfumes as a wrapping paper, or gift cards. I have many ideas still to implement in this field.

Since May 2021, I am focusing full-time on my Perfume making business in order to grow my practice and my business. I am happy to collaborate with Artists, Fashion Designers, Botanists, Chemists, Naturopath, Cosmetics, Wellness and Corporate business.

I have participated in Market Stalls at the Blue Mountains at the RSL Blackheath Market and the Katoomba 142Junction Market.

At the end of 2022, I completed my Certificate IV in Entrepreneurship with Sarina Russo Entrepreneurship School.

In this year 2023, my goal is launching another set of fragrances with a similar format as the ones that I launched in March 2022. Also, I am open to collaborate with established business, artists, creatives and research centres.

## **ABOUT THIS GUIDE**

“The Olfactive Experience” Course is open to any audience interested in Aromas, Scents, Fragrances and is not subject to have adverse reaction to smelling fragrances.

This Course is challenging our Senses to connect with Scents and Fragrances through a series of Workshops that will explore the relationship of the Sense of Smell with other Senses and create a Synaesthetic Experience, meaning, a close relationship of Scents with Colour, Texture, Temperature, Movement, Emotions and Memories.

And so, we are concentrating at this point into the Olfactive Experience and Categorising Scents and embarking into the basics of creating our first Perfume Notes composition.

This Course will involve the use of Visual Arts with Fragrances. Your creativity and imagination will be taken to different places.

A Body of Work will be created on each Workshop Activity.

This Course is divided in up to 9 sessions at most. Starting with a very simple, non technical session, only smelling and appreciating the scents and creating a body of work, ending with a basic understanding of Accords and Perfume composition and blending in the final sessions.

I decided to partition a Perfumery Course into 8 to 9 sessions, so there is flexibility with different audiences interest and skills. Instead of starting straight with Perfumery, I decided to start with the physiology of the Olfactory System, so we can have a better understanding of the Science and Art behind Perfumery and showing how important it is our Sense of Smell in our lives.



# **1. FRAGRANCE PRESENTATION AND APPRECIATION**

## **1.1. THE THEORY BEHIND THE OLFACTORY SYSTEM (SENSE OF SMELL) - OVERVIEW**

## **1.2. FRAGRANCE WHEEL CATEGORISATION**

## **1.3. FRAGRANCE FAMILIES - DIFFERENT WAYS OF DESCRIBING FRAGRANCES**

## **1.4. RAW MATERIALS**

## **1.5. HOW TO SMELL OR APPRECIATE FRAGRANCES?**

## **1.6. FRAGRANCE PRESENTATION ACTIVITY**

## **1.7. ASSESSMENT ACTIVITY**

### **1.7.1. RE-CAP QUESTIONS**

### **1.7.2. MYSTERY SCENT IDENTIFICATION AND DESCRIPTION**

### **1.7.3. WHAT EFFECT CAUSED THAT SCENT AND WHAT KIND OF EXPERIENCE TRIGGERED? - MINDFULNESS EXERCISE**

## **2. ORIGINS OF PERFUME AND PERFUME COMPOSITION**

### **2.1. HISTORY AND ORIGINS OF PERFUME**

### **2.2. THEORY ABOUT PERFUME NOTES**

### **2.3. THEORY ABOUT PERFUME ACCORDS**

### **2.4. HOW TO SNIFF A FRAGRANCE?**

### **2.5. SNIFF TECHNIQUE FOR PERFUME APPRECIATION OR PERFUME MAKING**

### **2.6. COMPOSITION OF ACCORDS PRESENTATION ACTIVITY**

### **2.7. ASSESSMENT ACTIVITY**

#### **2.7.1. RE-CAP QUESTIONS**

#### **2.7.2. MYSTERY SCENT FAMILY IDENTIFICATION AND DESCRIPTION**

#### **2.7.3. WHAT EFFECT CAUSED THAT SCENT AND WHAT KIND OF EXPERIENCE TRIGGERED? - MINDFULNESS EXERCISE**

### **3. HOW TO CONSTRUCT A SIMPLE ACCORD?**

#### **3.1. CONSTRUCTING A “CHYPRE” PERFUME ACCORD**

#### **3.2. EXAMPLES OF COMMERCIAL FRAGRANCES ACCORDS**

#### **3.3. PERFUME FRAGRANCE COMPOSITION PRESENTATION ACTIVITY**

#### **3.4. ASSESSMENT ACTIVITY**

##### **3.4.1. RE-CAP QUESTIONS**

##### **3.4.2. CONSTRUCT AN ACCORD BASING ON THE FRAGRANCE WHEEL AND AROMATIC FAMILIES (3 INGREDIENTS)**

##### **3.4.3. WHAT EFFECT CAUSED THAT SCENT AND WHAT EFFECT TRIGGERED - MINDFULNESS EXERCISE**

## **4. WHAT MAKES A PERFUME LAST LONGER AND CREATES DIFFERENT EFFECTS?**

### **4.1. WHAT MAKES A PERFUME LAST LONGER?**

### **4.2. FRAGRANCE STRENGTHS AND CONCENTRATIONS?**

### **4.3. HOW TO WEAR PERFUME FRAGRANCE EFFECTIVELY?**

### **4.4. HOW TO STORE YOUR PERFUME AND PROTECT IT TO MAKE IT LAST**

### **4.5. WHAT INGREDIENTS AND ORDER OF INGREDIENTS CREATE SPECIAL EFFECTS ON PERFUMES?**

### **4.6. PERFUME FRAGRANCE COMPOSITION PRESENTATION ACTIVITY**

### **4.7. ASSESSMENT ACTIVITY**

#### **4.7.1. RE-CAP QUESTIONS**

#### **4.7.2. CREATING POWERFUL BLENDS ADDING KEY INGREDIENTS TO BASE NOTES, MIDDLE NOTES AND TOP NOTES**

#### **4.7.3. EXPERIMENT CHANGING ORDER OF THE NOTES ACCORDS AND WITHIN EACH NOTES ACCORD AND WRITE THE VARIOUS EFFECTS. ALSO, DRAW OR PAINT WHAT YOU PERCEIVED**

## **5. PERFUME BASE NOTES FORMULATION ACTIVITY**

### **5.1. LEARNING OUTCOME**

## **6. PERFUME MIDDLE NOTES FORMULATION ACTIVITY**

### **6.1. LEARNING OUTCOME**

## **7. PERFUME TOP NOTES FORMULATION ACTIVITY**

### **7.1. LEARNING OUTCOME**

## **8. FIRST FULL PERFUME NOTES ACCORDS FORMULATION AND PACKAGING ACTIVITY**

### **8.1. LEARNING OUTCOME**



## **SUPPLIERS AND ONLINE RESOURCES**

### **AROMA MATERIALS AND EQUIPMENT**

#### **AUSTRALIA**

**Heirloom Body Care - Australia:** [www.heirloombodycare.com.au](http://www.heirloombodycare.com.au)

Supplies Essential Oils, Fragrances, Bottles, Egyptian Perfume bottles, Accessories, Cosmetics and Soaps material, Alcohol for Perfumery, sniffing strips, course books

**Gala Imports - Australia :** [www.galaimports.com](http://www.galaimports.com)

Supplies a large array of containers, including roll-on bottles, PET bottles and Pumps, Atomisers

**Pack My Product - Australia :** <https://www.packmyproduct.com.au>

Supplies a very large array of containers, including perfume bottles, lids, atomisers, roll-ons, PET bottles, pumps, dripulators

**New Directions - Australia :** <https://www.newdirections.com.au>

Supplies a large range of products: Essential Oils, Fragrances, Infused Oils, Oil carriers, Cosmetics material, Soaps material, Alcohol for Perfumery, Perfume bottles, PET bottles, Accessories, provides Manufacturing services, Workshops, Packaging, Marketing, Certified Organic, Testing Fragrances, Re-filling, Helpdesk

**Risdon International - Australia :** <https://risdoninternational.com/design-your-own/>

Supplier of Essential Oils and Fragrances for wholesale, Manufacturer, Fragrance design

**Mombati - Australia :** <https://www.mombati.com.au/pages/bespoke-fragrance-design>

Supplier of Essential Oils and Fragrances for wholesale, Manufacturer, Fragrance design

**CHEMWATCH - Australia :** <https://www.chemwatch.net/services/>

Chemicals Management, SDS Authoring Services, Testing Services

**Givaudan - Australia :** <https://www.givaudan.com/contact>

Supplier of Fragrances and Flavours, Services, Career, Education

**Wild Wood Oils - Australia :** <http://www.wildwoodoils.com>

Supplier and Manufacturer of Australian Wood Essential Oils only

**Scent Australia :** <https://www.scentaustraliahome.com.au>

Supplier of Oils, designed fragrances, other perfumery products, IFRA regulated

**IFRA - Asia Pacific :** <https://ifrafragrance.org/about-ifra/membership/apac>

International Fragrance Association, Education and Regulatory Body

## **THAILAND**

**Perfumers World - Thailand :** <https://www.perfumersworld.com>

supplier of Aroma Chemicals, ready made fragrances or bases, individual aroma notes. Also sells mixing pots, sniffing strips, tools, 0.01g digital scales

## **U.S.A.**

**Perfumers Apprentice - USA :** <https://shop.perfumersapprentice.com>

<https://shop.perfumersapprentice.com/t-PerfumersCornerHow.aspx>

**Creating Perfumes - USA :** <https://creatingperfumes.com/pages/card>

Supplies Aroma Chemicals, ready made accords from all fragrance families, very useful perfume formulas and accord formulas

**PRIVE LABEL - USA :** <https://www.privelabel.com>

Private Label Design and Manufacture

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### **SESSION 1:**

1. “Perfume - The Alchemy of Scent” - Ellena, Jean-Claude
2. “How Mucus helps crack the smell code” - <https://asknature.org/strategy/how-mucus-helps-crack-the-smell-code/>
3. “Perfume ingredients” - <https://www.fragrancex.com/blog/perfume-ingredients/>
4. “Raw Materials - Building blocks” - <https://ayalamoriel.com/pages/building-blocks>
5. “Aromachology” - Sastrias, Ana : Notes from Natural Perfumery Summer Course at GIP, Grasse

### **SESSION 2:**

1. “History of Perfume” - Wikipedia
2. “Fragrance Notes” - <https://www.fragrancex.com/blog/fragrance-notes/>
3. “Examples of BASE NOTES” - <https://shop.perfumersapprentice.com/t-PerfumersCornerAdvanced.aspx/>
4. “Creating your Own Perfumes” - Dyer, Andrew
5. “Fragrance Families” - [https://www.theperfumedcourt.com/fragrance\\_families.aspx/](https://www.theperfumedcourt.com/fragrance_families.aspx/)
6. “Fragrance Wheel” - <https://www.fragrancex.com/blog/fragrance-wheel/>
7. “Neuroscience of the Scent” - <https://kfkaesqueblog.com/2022/09/23/the-science-and-neuroscience-of-scent/>

## **SESSION 3:**

1. “Perfume Accords composition” - Dyer, Andrew :Notes from “Creating your Own Perfumes”
2. “Perfume Accords - Payne, Leonard: <https://www.bookdepository.com/Perfume-Accords-Leonard-Payne/>
3. “Examples of Accords” - Delacourte, Sylvaine: Website article: <https://www.sylvaine-delacourte.com/en/guide/the-accord>

## **SESSION 4:**

1. “Select the ingredients for your fragrance” - <https://www.privelabel.com>
2. “Fragrance library” - <https://www.privelabel.com>
3. “Fragrance Concentration Guide” - Handfume Studio: <https://www.instagram.com/handfume.studio/>
4. “Fragrance Concentrations Explained” - Scentist: <https://scentist.com>
5. “Perfume Fragrance Storage” - “The Perfume Society”: <https://perfumesociety.org>
6. “How to make a fragrance to work harder even if you think it doesn’t suit you” - Perfume Society: <https://perfumesociety.org/how-to-make-a-fragrance-work-harder-even-if-you-think-it-doesnt-suit-you/>
7. “Raw Materials List” - Fragrantica: <https://www.fragrantica/notes/>