

Your holiday, bottled

Whether you favour **Ibiza sunsets** or **Moroccan souks**, the right perfume can instantly transport you to your dream destination

by LAUREN EZEKIEL



Passports? Check. Swimwear?

Check. Too many cute outfits for the number of nights away? Obviously. But what about a new holiday perfume? If that isn't on your packing list, it might be time to rethink.

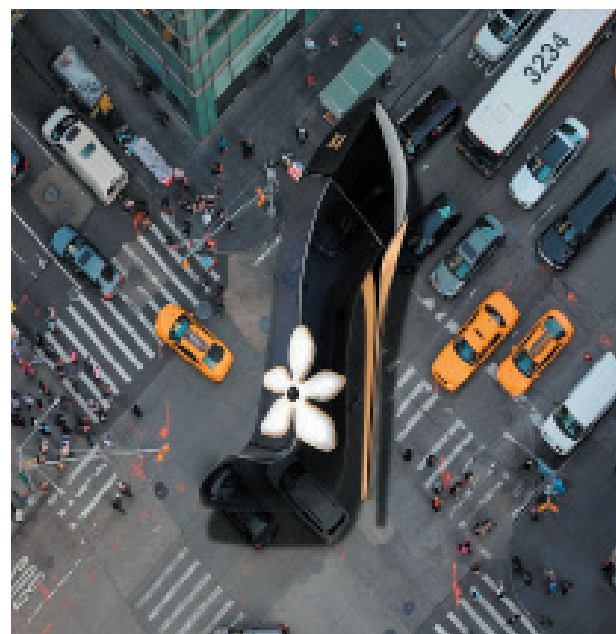
According to experts, taking a new scent on holiday can be almost as important as remembering your SPF when it comes to making the most of your trip. 'Scent is closely linked to our lived experiences, memories and emotions,' explains psychologist Dr Candice O'Neil. 'It has a unique ability to instantly evoke meaningful moments, alter mood states and shape the way we interact with others and feel about ourselves.' That's why a whiff of a citrusy perfume can powerfully remind you of a girls' trip in the sunshine, or the smell of jasmine might evoke a romantic alfresco dinner abroad – even if you're just sitting on the train home from work. 'A holiday scent has the ability to transport us back to those memories and places instantaneously, without the physical effort of travel,' says Dr Candice.

So, if you want to be whisked away to a seat in the sunshine with a Hugo spritz – minus the airport queues – it's time to start scenting your holiday.

Pack a new perfume

Not only does scenting your holiday give you a powerful way to revisit those special moments later, but it's also the perfect excuse to switch up your signature fragrance. 'Holidays often symbolise memory making, freedom of expression and time spent with the people we choose to share our lives with,' says Dr Candice. 'Because of that, there's a strong emotional component to choosing a holiday

Matching your scent to your destination can have benefits both on holiday and after you return home



scent.' Wearing a different fragrance while you're away means those memories become tied to that particular perfume. When you return home, you can go back to your everyday scent without blurring the two. It's also an opportunity to experiment: smaller bottles are handy for hand luggage, and allow you to try notes you might not normally go for.

Let your destination decide

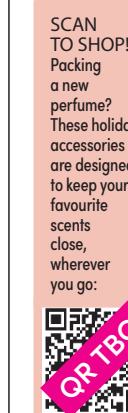
Just as you plan your wardrobe depending on where you're travelling, you can choose your scent based on your destination. Not only does this enhance



Photography: Getty Images, iStock

the sensory experience, but there's also a practical reason: climate, culture and atmosphere can all influence how a perfume develops on the skin.

While fragrance should always feel personal, certain notes pair better with certain destinations. Hot weather tends to suit lighter compositions such as citrus, neroli or tropical florals, while warm city evenings or more atmospheric locations may call for richer notes such as amber, rose or sandalwood. So, whether you're heading to sun-soaked islands or planning a buzzing city break, here are some scents that will capture the mood.



The White Isle

Close your eyes and imagine salty sea air, sun-warmed skin and fresh seafood enjoyed as the sun dips below the horizon. If that sounds like bliss, Ibiza might be your ideal destination. And your scent should reflect the island's carefree, effortlessly glamorous mindset. **Dolce & Gabbana Light Blue, £90 (50ml, EDT)** is practically synonymous with Mediterranean summers thanks to its blend of Sicilian lemon, crisp apple and cedarwood. It's the kind of scent that feels just as at home on a beach-club terrace as it does on a boat heading out into open water.

Tropical Thailand

If a balmy, far-flung destination such as Thailand has your name written all over it, choose a scent that feels like it belongs on a beautiful island. Notes such as coconut, jasmine, lime and soft white florals will be at home here, in perfumes that are bright, joyful and easy to wear in humid heat. **Estée Lauder Bronze Goddess, £59 (50ml, eau fraîche)** blends creamy coconut, warm amber and soft vanilla, for a scent that's like sunshine in a bottle.

New York times

If a fast-paced city is your happy place,

there's nowhere quite like New York. Richer perfumes with bold character are perfect for taking you back to those evenings spent discovering a hidden hot spot that you can't wait to recommend to friends. Think amber, vanilla and soft leather notes that feel confident, polished and a little addictive. **Carolina Herrera Good Girl Jasmine Absolute, £115 (50ml, EDP)** delivers exactly that, with its mix of jasmine, tonka bean and mandarin. A scent that's as bold and unforgettable as the city itself.

Moroccan souks

If immersing yourself in culture is more your style, Morocco could be for you. Picture yourself wandering through a souk, surrounded by spices, incense and sweet florals. When choosing a perfume to match, look for scents built around amber, rose and smoky woods. These richer notes echo the warmth of the destination, and feel luxurious and atmospheric. **Yves Saint Laurent Libre, £105 (50ml, EDP)** blends orange blossom, lavender and warm vanilla, for a scent that will transport you back to evenings spent wandering lantern-lit courtyards or sipping mint tea on a rooftop. ●