

3 PERFUME FORMULAS TO SOOTHE ANXIETY



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natural perfume

I believe that the best recipe for anxiety is to remember who you are as a Divine being and that the Universe has your back. However, if we forget, fear not, there are many tools to use when we need extra help. These are very challenging times, to say the least. Having solutions available to deal with anxiety and to support well-being is crucial to maintaining peace and balance in our lives. Meditation, yoga, and deep breathing are my favorite tools because they are essential to keeping my sanity. My second favorite is the power of scent. Essential oils can be a big help and amazing mood changers. Fortunately for us, many can be used to create a beautiful perfume.

Keep in mind that perfumes have higher concentrations of essential oils, so it's best not to use a natural perfume all over your body for safety reasons. If you want, you can dilute it into a low concentration and make it a body oil. I'll explain later.

I'll be sharing three formulas for perfumes from three fragrance families: Citrus, Floral, and Amber (formerly Oriental), so you can pick one that suits your taste.

Whenever you can, opt for organic or wild-crafted essential oils. Your body will thank you.

I use a scale to weigh all my materials for consistency and precision, but we'll use drops instead of weight to make it simple.

I will also keep it simple and cost-effective by using only six essential oils per recipe. It won't be a complex perfume, but you can still get a beautiful fragrance using the right combination. The botanical names of the essential oils are displayed. For every costly oil, I offer an alternative.

A note about the oils I chose: These oils have been researched for their therapeutic properties and chemical components, showing excellent results in helping anxiety. I picked Sandalwood for all the perfume formulas for its aroma, which can quiet mental activity and settle the breath.

A note about alcohol: Perfumer's alcohol is denatured, meaning it's been processed and chemicals have been added to make it bitter and unsuitable for drinking. You can find that online, but I don't use it, so I can't recommend it. I use certified organic grape alcohol, but I buy it in large quantities, and depending on where you reside, you need a license to purchase it. I've used vodka before, but you'll need to make sure you shake the perfume well before using it.

DILUTION

Essential oils are highly concentrated extracts derived from plants. Always dilute. They can also be costly. For perspective, it takes 200 kg of Lavender flowers to make 1 kg of essential oil, while it takes about 60 roses to produce only one single drop of essential oil. There is different information for dilution ratios guidelines. I go by Robert Tisserand's "Essential Oil Safety" book.

For reference: 1 oz = approximately 30 ml, 1ml = approximately 30 drops, 30 ml = approximately 900 drops

Dilution ratio – number of drops of essential oil in 1 oz carrier (jojoba oil)

1% - 9 drops
2% - 18 drops
3% - 27 drops
4% - 36 drops
5% - 45 drops
10% - 90 drops

For a 10 ml of jojoba oil carrier (what we are using):

1% - 3 drops
2% - 6 drops
3% - 9 drops
4% - 12 drops
5% - 15 drops
6% - 18 drops
10% - 30 drops

For a body oil: You can blend these formulas in a 2% dilution in 30 ml of jojoba oil. You can use a pump container. For a 2% dilution reference:

10 ml - 6 drops
30 ml - 18 drops
50 ml - 30 drops
60 ml - 36 drops
100 ml - 60 drops

For spray and alcohol-based perfume: I recommend ethanol, also called grain alcohol or ethyl alcohol such as organic grape or cane. You need to mix the oils with ethanol first. After essential oils are fully dissolved, add 10 drops of distilled or purified water (5 drops for every 5 ml of alcohol/essential oil mix), one drop at a time, and shake it after each addition to avoid getting a cloudy perfume. Alcohol can be harsh; water helps to lessen the drying effect of alcohol on the skin. The perfume will need at least one week to mature.

NOTES

Top/Head Notes - The first smell to arise and to evaporate quickly. Top notes are usually light, uplifting, refreshing, and airy.

Middle/Heart Notes – They are more complex, harmonize the perfume, and round off any rough edges. They can be the focal point or theme of the perfume, giving it its fullness.

Base/Bottom Notes – They are more dense, heavy, and strong, building the foundation of the perfume. They function as fixatives by reducing the evaporation of the top notes.

DIRECTIONS

Directions for all formulas: Blend the base notes first, then develop the heart notes and the top notes for last. I like to blend the notes separately first, and then add them together. You may choose to do that, and I recommend it but in this case, it's not necessary. Add 10 ml of organic jojoba oil or 5 ml for a stronger perfume. The longer the perfume matures, the more rounded it will be. Keep bottle away from light and heat. Always do a skin test patch.



CITRUS PERFUME OIL

Base Notes:

3 drops of Sandalwood*, *Santalum spicatum* OR 2 drops of Benzoin, *Styrax benzoin*
3 drops of Patchouli, *Pogostemon cablin*

Middle Notes:

1 drop of Himalayan Cedarwood, *Cedrus deodara* or Atlas Cedarwood, *Cedrus atlantica*
6 drops of Lavender, *Lavandula angustifolia*

Top Notes:

10 drops of White or Pink Grapefruit, *Citrus paradisi*
5 drops of Petitgrain, *Citrus aurantium var amara*



FLORAL PERFUME OIL

Base Notes:

4 drops of Sandalwood*, *Santalum spicatum* OR 2 drops of Benzoin, *Styrax benzoin*
2 drops of Vetiver, *Vetiveria zizanioides*

Middle Notes:

3 drops of Rose absolute*, *Rosa x damascena* OR 3 drops of Palmarosa, *Cymbopogon martinii* OR 3 drops of Geranium, *Pelargonium graveolens*
3 drops of Jasmine Sambac*, *Jasminum sambac* OR 5 drops of Ylang Ylang, *Cananga odorata*

Top Notes:

3 drops of Neroli* (Orange Blossom), *Citrus aurantium* var *amara* OR 3 drops of Petitgrain, *Citrus aurantium* var *amara* (yes, they both are from the same tree)
5 drops of Yellow or Red Mandarin, *Citrus reticulata*



AMBER PERFUME OIL

Base Notes:

4 drops of Sandalwood*, *Santalum spicatum* OR 3 drops of Benzoin, *Styrax benzoin*
5 drops of Frankincense, *Boswellia carterii* aka *Boswellia sacra*
Optional: For a musky, warmer, sweeter and bolder scent, add:
1 drop of Cistus (Rock Rose), *Cistus ladaniferus*

Middle Notes:

2 drops of Geranium, *Pelargonium graveolens*
5 drops of Ylang Ylang, *Cananga odorata*

Top Notes:

4 drops of Sweet Orange, *Citrus sinensis*
3 drops of Coriander, *Coriandrum sativum*

***These oils are precious and costly; the alternatives offered are also excellent.**

RESOURCES

For organic essential oils, organic jojoba oil, containers, bottles, equipment, etc., these are my favorite places:

Aromatics.com
Edenbotanicals.com