

## Aromatherapy Tip of the Week - #18

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### Notes? What are they in aromatherapy?

You will often hear the term "notes" in aromatherapy when describing the scent throw of an essential oil. What are they talking about?

Simply it is the volatility of the molecules of the essential oils basic chemicals.

Perfumers and aromatherapists came up with a type of 'scale' similar to that used in music to help describe the intensity and strength of oils and their scents.

The top or high note essential oils are usually light and airy. They dissipate quickly into the air and will not linger. Typically lasting only 1-2 hours at the most. Examples of these are your citrus oils lemon, orange, lime and grapefruit.

A middle note will be in the middle ground between the high and low (base notes). These oils will be a bit stronger and will last longer, anywhere from 2-5 hours is the average for middle notes scent. Examples here include Lavender, Juniper berry and Rosemary

A base or low note essential oil are heavy, and will last for a long time - usually 24-48 hours but sometimes a week or longer. Oils in this category include Sandalwood, Vetiver, Patchouli and Cedarwood.

The hard part about classifying essential oils by notes is that some oils will fall into more than one category or they will favor one more than another.

Using the notes of essential oils is very helpful when making perfume or scenting for your home or office. Always having a base note mixed in will help your blend to last more than an hour or two.

Another way to look at notes are the difference in smell as it evaporates:

A Top note is the first impression of the smell of the oil.

Top notes are difficult to reproduce, the scent usually fades quickly.

Middle note - is the main fragrance of the oil. It last longer than the top. It's easier to reproduce artificially.

Base notes - also called the dry out note - as it is the last "part" of the oil to linger for aroma.

So as you "get to know" your essential oils remember to write down what you feel is the "note" or "notes" of each oil. This will come in very helpful and handy as you continue your journey.

For another article written about Perfume notes see this past issue of our newsletter at:

<http://birchhillhappenings.com/v1002007.htm>

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