

Birch Hill Happenings Aromatherapy LLC

Making Perfumes and Natural Fragrances

By Penny Keay

We are asked quite often about making perfumes. Although we are not into perfumery, which is another use of essential oils, we can make a few suggestions about using them to make a type of perfume that you will enjoy to wear and have the many benefits of the oils you use to make it.

Natural perfumes made with essential oils are not usually overpowering like the synthetic or commercial fragrances. Commercial fragrances are made almost exclusively of synthetic petroleum chemicals, although some do use essential oils. Many of the commercial perfumes can cause allergic reactions and skin or respiratory irritations.

When using essential oils it is extremely rare for them to cause allergic reactions. Remember, most folks allergic to plants are not allergic to the scent but to the pollen, dust and molds that are growing on the plant themselves. The steam distilled essential oils do not contain those impurities and therefore do not or rarely cause allergic reactions.

Essential oils can be emotionally and physically therapeutic. Remember while wearing Perfumes made of Natural and Pure Essential oils, you will continue to receive the health benefits of each of the oils present in the perfume.

To make a simple Perfume from your favorite essential oil (s). Add up to, but no more than 20 drops to 15 ml of [Jojoba oil](#). Shake and let 'age' for several days to a few weeks. Aging of essential oils will help them combine and bring out more wonderful scents. This is especially true when using some floral essential oils, absolutes or your more viscous (thick) oils.

Once aged, you can then apply a drop or two to your pulse points - on your wrists, behind your ears. Also a drop or two in your hair and combed or brushed through will add a light scent. Because essential oils are very volatile (evaporate) you will need to reapply your 'perfume' more often than the commercial products. You will need to apply it as often as every 2-3 hours. For ease of use we suggest making a larger batch in a one or two ounce [poly-seal capped glass bottle](#) and then as needed transfer into one of the [perfume roll-on bottles](#).

The importance of "aging" when making perfumes: An example of the importance of 'aging' is our [Beautiful blend](#). When it is first blended it doesn't have the beautiful smell that it will get as it sits and 'ages' for 3 or more weeks. We have had folks complain in the past that the [Beautiful blend](#) was wrong, when in actuality it had not had a chance to 'age' properly before we shipped it to the customer. So if you order our [Beautiful Blend](#) and it doesn't smell quite like a previous batch, simply let it sit for 2-3 weeks so the 'aging' process will bring out the best scents! The [Beautiful blend](#), when aged, is very wonderful. BTW, [Beautiful blend](#) makes a very nice natural perfume when mixed with Jojoba.

Calming Perfume

[Roman Chamomile](#) - 3 drops

[Ylang ylang](#) - 3 drops

[Jasmine 5%](#) - 20 drops

[Rose 5%](#) - 10 drops

[Jojoba oil](#) - 7 ml (1 ½ teaspoons)

Add these oils to a glass bottle then add the Jojoba and blend (shake). Wear as a fragrance or you can always just inhale from the bottle! We suggest you put in a [perfume roll-on bottle](#) for convenience.

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Romantic Perfume

Sandalwood - 7 drops (Can also use S' Woods Blend)

Orange - 8 drops

Cypress - 5 drops

Juniper berry - 5 drops

Jojoba oil- 1 Tablespoon (15 ml)

Blend all the above oils together in a glass bottle, let blend for a few days.

Wear as you would any other perfume.

Very Floral Perfume

Rose Absolute – 10 drops

Jasmine absolute – 10 drops

Neroli – 10 drops

Jojoba oil – 1 oz

This particular blend needs to 'age' for about 2 weeks to bring out the awesome scent these three floral oils will develop. Once aged – use as you would any perfume.

Be sure to visit us on line at <http://birchhillhappenings.com/aroma1.htm> for more information. Or our Shopping Site at <http://birchhillhappenings.net> for all your Essential oils & Aromatherapy Supplies needs.

There are many recipes available in the "Aromatherapy Recipes using Pure Essential oils Volume 1" available on our site.

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