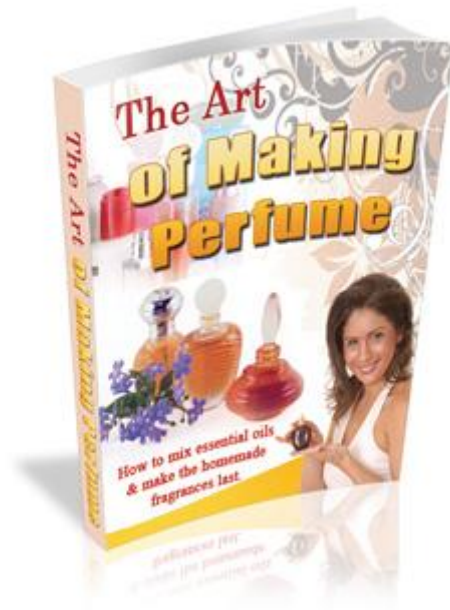


## The Art of Making Perfume



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## What to Look for When Buying Essential Oils for Making Perfume

You've been hearing all about making perfume and how much fun it is and are all hyped about making it yourself. You've read the directions and all you have to do is buy the main supplies, particularly the essential oils, which is what gives your perfume its fragrance. It sounds easy enough, right? All you have to do is go to your local health or craft store or start browsing the web and you'll find all the essential oils you need. However, before you rush out and start buying, here are some helpful tips and suggestions on what to look for in essential oils.

What you want to look for is undiluted essential oils. If they're truly undiluted, you won't have to put your nose right up them to get a good whiff. You should be able to hold it about 5 inches and still get a good smell. Another way to determine if they're undiluted is by putting a drop on a piece of paper. If it leaves an oily stain on the paper, it's probably been diluted with vegetable oil.

Don't try to smell too many in one day. Unbelievably, your nose will become overwhelmed and they'll all tend to smell the same.

Essential oils are a variety of different prices, with some more expensive than others. If you find a store that offers them at the same price, this may be a sign that they're synthetic so avoid shopping here.

One main reason why you do not want synthetic oils is that they will not have the same therapeutic properties as true essential oils. Read the label and ensure that it does not say perfume oil or fragrant oil.

Avoid purchasing essential oils that have been stored in plastic bottles. The plastic may have become dissolved in the oils causing it to become contaminated. Clear glass bottles are also not good for essential oils because they often make the oil spoil quicker. Look for essential oils that have been stored in dark bottles, particularly blue or dark amber.

I'm not a person that automatically looks for the most expensive item in a store. In fact, I like finding a good buy as well as the next guy but if something looks too good to be true it often is too good to be true. If essential oils are very cheap in price, take a second look as they may not be pure essential oils. While they don't have to be 100% pure essential oils for perfume making, you'll get a much better and longer lasting scent with pure essential oil.

## Understanding Notes When Making Perfume

If you're planning to make your own perfume, it's important that you understand the basics. When we think of expensive perfume, we automatically think of France, since France is the perfume capital of the world. Although the French did not discover perfume, they were the ones that turned making perfume into a Science.

Although the perfumers in France were not the original creators of perfume, they were the geniuses that figured out a way to make the fragrances last longer than a few minutes. Their

method was by layering the different fragrances. They started using the three layers that we now call notes.

If you've never made perfume before, you may not know the importance of using the different notes. For the best fragrances, you can't just throw together several essential oils and hope for the best. Some fragrances are stronger and longer lasting than others. Knowing what essential oils are in each note group will help you to make some beautiful and interesting creations with your perfume. Notes are what make up the difference between perfume and cologne.

Top notes are the scents that you smell as soon as you apply it. If you've ever sprayed a perfume in a store, the smell you get immediately after spraying is coming from the top notes. The top notes, although they quickly evaporate, are what give us our first impression of a perfume. Examples of some popular top notes include bergamot, peppermint, lemon, orange, lime, chamomile, lemongrass and neroli.

Middle notes are what we smell when the scent from the top notes disappears. It is generally considered as the heart of the perfume and often serves to cover up any unpleasant scents that may come from the base notes. This scent often evaporates after 15 seconds. Some typical middle notes include lavender, geranium, rosewood, ylang ylang, jasmine, rose and hyacinth.

Base notes are what you smell after about 30 seconds of applying it to your skin. The base and middle notes are what make up the main fragrance of the perfume. However, for a perfume to be successful, they must have a combination of all three notes. Commonly used for base notes are vanilla, sandalwood, patchouli, cedarwood, clove, vetiver, cinnamon and frankincense.

Keep in mind, when making your perfume, that you can mix and match different essential oils to get the scent that you want. The purpose of using the specific notes is to ensure you have a fragrance that's not only appealing but one that lasts as well.

## Tips to Successfully Making Perfume

Making perfume may be something you've always dreamed of doing but felt you didn't have a clue. I'm here to tell you it's an experience you'll not only find very challenging but also very rewarding, especially when you see and smell the finished product. The art of making perfume is very similar to making good wine. It's a combination of ingredients that, when properly mixed, will only get better with time. It's also very similar to baking a cake. If you follow the recipe to the letter, you'll have a creation that will make you proud.

Finding directions and "recipes" for making perfume will be very easy as they're everywhere. However, without knowing some simple basics, you may find it more difficult than it needs to be. If you're making perfume for the first time, here are some tips that may help you ensure a successful bottle of perfume as well as give you the basics about making perfume.

**Know what you're looking for before you begin.** Although essence oils are more costly than fragrance oils, they both cost money and you don't want to be wasting ingredients while you're experimenting. Don't get me wrong.

You'll have a lot of fun experimenting with different fragrances and you'll want to experiment as much as possible, but you don't want to be wasting these ingredients while you're learning. You'll have many choices to choose from including sweet smell, manly smell, unisex, floral, etc. Have a general idea of what you're interesting in making.

**Perfume consists of three main ingredients:** essential oils, pure grain alcohol and water. Without these ingredients, there would be more perfume. Although you may find many different recipes for perfume, they all will have this as a basis.

**Your essence oils are categorized into three different types of oils.** These types are called notes in the perfume world. The base notes are usually the first oils added in your perfume mixture and are the scent that will last the longest on your skin. The middle notes will contribute to the overall scent and will stay on your skin awhile but not as long as the base. They are usually added second to the mixture. The top notes are added last and will be the one that provides the scent you'll smell when it's put on your skin. It's important to mix these notes in the correct order for the best mix.

**Don't be in a hurry to wear your masterpiece.** As anxious as you'll be to start wearing your new perfume, consider it like a good bottle of wine. The longer it sits, the better it will be.

## **Making Great Smelling Perfume the Simple Way**

If you're tired of paying high prices for your favorite perfume, you can join the millions of others that are attempting to make their own perfume. Making your own perfume can be as easy or complex as you choose just as you can have any scent you choose.

Essential oils are the most common sources to use for your perfume making. There are many essential oils available, considering they're concentrated oils that have been distilled from plants. Some people that don't want to use buy essential oils due to their cost, use food flavorings like orange, almond, vanilla, etc.

However, essential oils may seem costly for what you get but they go a long way. In fact, most perfumes only require a couple of drops of essential oil. If you decide to go with essential oils, you'll be amazed at the many different fragrances you'll find. These can be purchased online or in any health food or craft stores.

If you're really interested in cutting corners and being creative, you can also make perfume with lemon or orange peels that have been dried. Another choice is using dried flowers such as dry rose petals or lavender. My point here is that your choices are almost unlimited as to what you can use for your fragrances. Once you've decided what fragrance or scent you want, you're all ready to begin the process.

If you're making perfume for the first time, you may want to start off with just one scent. After you get the hang of it, you'll want to experiment with several scents but for now, just one will make it easier! You'll want to mix a few drops of essential oil in a small jar with a tight fitting lid.

Keep in mind the more oil you use, the stronger the scent is going to be. Add four tablespoons of both vodka and distilled water. Mix well, cover tightly and let sit for at least a week. You may want to test sample your perfume occasionally by putting a cotton swab in the mixture and rubbing it on your skin. If it smells the right strength, you're done.

If you'd like a stronger scent, you can add a drop or two more of essential oil and let it sit for a few more days in a cool dark place. When it's ready to use, strain it through a coffee filter into a dark perfume bottle. The scent will stay longer if you store your perfume in a cool dark room. Keep in mind that if you use orange peels, it will take longer for the scent to become strong than if you use essential oils.

## **Everything You Always Wanted to Know About Making Perfume**

You've probably heard about many people making their own perfume and wondered if it's something that you, too, can do in your spare time. You'll be happy to know that not only is it something you can do in the comfort of your home but it's something you'll find is as fun as it is easy.

I'm not going to tell you what fragrant you should get for your perfume or even provide you with a recipe as you'll find many other recipes for a variety of perfumes. What I am going to give you here are some very helpful hints and tips regarding making perfume and, possibly, things you've never been told. While making perfume is relatively easy, keeping these tips in mind may make things smoother and more economical.

- Essential oils can become costly, especially if you're planning to make a combination of many scents. However, if you know you'll be doing this more than once, you can often save money by buying a "package deal" of several oils. Keep in mind; however, that even a small container of essential oils goes a long way.
- If you're not sure of what scents you're going to want to use, take advantage of the samples that are offered in many health stores. Often by taking a sniff or two, you'll have a better idea of which ones you want to buy.
- When making solid perfume, an empty and cleaned Chapstick tube makes a great container for storage. It's also easy to apply with this tube.
- Subtle scents of solid perfume smell great on your business cards when used in moderation.
- If you're making perfume at home, don't limit yourself to just making women's perfume. Scents that have a citrusy or woody aroma are perfect for use in making men's cologne. They're not too powerful yet their scent lasts for hours. In fact, citrus oils will usually keep their scents for up to six months.
- Consider making perfumes with scents that are more than just for "decoration" or smell. Cedar wood makes a great-smelling perfume that is effective for repelling insects; while ginger or orange are perfect for providing your body with a warming sensation, particularly when used in solid perfumes. Check out aroma therapy sites or stores and

learn about the many psychological effects of different scents such as chamomile or lavender for relaxation and calmness.

## Simple Perfume Recipes You Can Make at Home

Making perfume at home is not only a fun project you can do by yourself but also something you can do with your children. If you're a leader of a children's group such as 4-H, girl or boy scouts, etc., making perfume is a fun project they can all do, whether it's just for fun or to give to their parents as gifts. You really don't have to have a major in chemistry to be able to make your own perfume, especially with these simple recipes I'm going to show you. You can make women's cologne, men's cologne, body spray or even solid perfume.

This first recipe is a very simple one that uses flowers right in your backyard.

If you like a floral scent, you'll love this simple perfume recipe. To start out, you'll need 1 to 2 cups of fresh flowers, petals or chopped blossoms (roses, lilacs, carnations, etc.) and 2 cups of water. Get a medium size bowl and put cheesecloth on top, making sure it hangs over the side of the bowl.

Put one cup of your flower blossoms in the cheesecloth and cover them completely with water. The mixture needs to sit covered overnight. The next day lift the cheesecloth up and squeeze the cheesecloth over the saucepan so you'll get the scented liquid. Simmer this liquid until only about a teaspoon remains. Let it cool and pour it into a small dark bottle. You have your perfume!

To bring a touch of the orient into your home, try this next recipe, which requires essential oils

Mix drops of sandalwood, musk, frankincense and jojoba oil into a small dark bottle with a tight fitting lid. The number of drops should be 4, 4, 3 and 2 respectively. Make sure you shake well after each different oil is added to the bottle. Do not add everything in the bottle at one time and then shake it up. Store in a dark place for at least 12 hours before using. The longer you let it sit, the stronger and longer lasting the scent will become.

This last recipe will make a delightful body splash with a citrus aroma.

It uses essential oils, vodka and distilled water. You'll need two cups distilled water, three tablespoons 100 proof vodka five drops of lemon verbena oil, ten of both mandarin oil and orange oil and one tablespoon each of finely chopped orange and lemon peel.

Add the orange and lemon peels to the vodka and store in a covered jar for one week. When the week is over, pour the liquid through a strainer. Drop the essential oils in one at a time to the liquid, followed by the distilled water. Make sure you shake thoroughly after each addition before adding the next one. Cover again and let sit for two weeks, making sure to shake the mixture at least once each day. Once it's done, store the dark glass bottle in a cool dark place.

## Making Perfume at Home

Have you ever wished you could have an unlimited supply of your favorite perfume without having to shop around for a local dealer or the best price? Guess what! Making your own perfume at home is actually easier than you think. You may find it challenging but the excitement you'll feel when you're finished will more than make up for it!

Before I made my first batch of perfume, I was nervous that I'd mess something up or, worse yet, blow the house up (I always hated chemistry in school)! However, once I discovered how easy the art of making perfume is, I do it all the time and I bet you will too. Once you find out how easy it actually is to make your own perfume, you will wonder why it's so expensive to buy. Before we get started, make sure you have everything you need. Here's your checklist.

- Distilled water
- Essential oils
- Plastic sheeting
- Glycerin
- Large measuring cup with spout for pouring
- Dark glass bottle with lid
- Vodka: I'll explain later!

You may find that essential oils tend to be expensive so fragrance oils can also be used. If you're buying essential oils, you'll find a great selection at health food stores. There may be health issues with some of the essential oils so be sure to speak with the sales person or an aroma therapist.

You're probably still wondering about the vodka, right? Using vodka in your perfume will actually serve a couple of purposes. For some reason, vodka enhances the aroma of the perfume. It also preserves the scent without making it overpowering. You only need a small amount so don't rush out and buy a fifth!

The plastic sheeting is used to protect your table or countertop as the essential oils and alcohol can damage them if spilled. This is also the reason you're using a measuring cup with a spout. It's much easier to pour without worrying about spilling it. It's better to be safe than sorry.

Put 25 drops of your favorite essential oils into your measuring cup. I use plural because it's a good idea to combine a couple of different scents to give you a compelling and deep fragrance but be sure to use fragrances that will go well with each other.

Add five drops of glycerin to the essential oils. Glycerin is used as a fixative because it will help your perfume keep its aroma much longer. Mix the glycerin and add 3 tablespoons of vodka and 2 cups of distilled water. Stir the mixture with a spoon so it's blended well. Now is when you want to check out the aroma to determine if it's strong enough for you. If not, add a drop or two until you have the exact strength you want.

Once you have the strength the way you want and it's mixed well, pour your perfume into the brown bottles, making sure the lids are tight. Store it in a cool dry location, letting it sit one full day before using.

## Helpful Tips When Making Your Own Perfume

Making perfume is not only a relatively easy project to do but also one you can easily do in the comfort of your home. If you've been thinking about making your own creations, you've probably managed to gather up many unique recipes and you're all set to go. However, there are little tips and tricks of the trade that you may not have been told. These tips can make the process easier and ensure your success.

- Before actually purchasing any essential oils, test them on your skin first to make sure you don't have a reaction to them.
- The higher the percentage of essential oils you use, the stronger your perfume is going to be. Typical ratios percentages are 70 to 85 percent alcohol, 5 percent water and 15 to 30 percent essential oils.
- Do NOT try to substitute tap water for spring or distilled water.
- When using vodka, make sure you use 100 proof vodka.
- If you want some color in your perfume, add a natural, good grade vegetable food dye.
- When making your perfume, be sure to take notes so if it's a success, you'll know exactly what you did so you can do it again.
- Your perfume will last much longer if you store it in a dark bottle. It should also be stored in a glass container as opposed to plastic.
- When adding the essential oils to your perfume mixture, use separate eyedroppers for each essential oil to avoid contamination or spoiling the fragrance of your perfume. If you don't have enough eyedroppers, make sure they're washed thoroughly after each oil is used. Washing them in alcohol or vodka works very well.
- Remember to use base notes, middle notes and top notes when making your perfume, making sure to add them in proper order and using the right oils for specific notes. Typical top notes are bergamot, lemon, neroli or lavender while base notes are cinnamon, cedar wood, sandalwood or vanilla with middle notes lemongrass, geranium, clove, and neroli or ylang ylang.
- When your perfumes are in the sitting stage, keep in mind the longer they sit before use, the stronger they'll be and the longer the scent will last.
- Don't be afraid to experiment. You may be surprised at some of the luxurious scents you can make with a little experimentation.
- You don't have to stop with just making women's perfume. You can also make your own body sprays, solid perfume and even men's cologne at home.

## Helpful Tips to Remember When Making Perfume

The art of making perfume is an art anyone can master. If you have the supplies and a little imagination, you'll find making perfume is fun and very easy. Whether it's something you want to tackle on your own or as a way to bond with your daughter, making perfume is a great way to spend an afternoon or evening. As easy as it is to make perfume, there are certain myths about making perfume or little hints that may help you to achieve the fragrance you desire.

Essential oils are extracted from a plant and although "one drop" may not seem like very much, keep in mind that these oils are in their pure undiluted form. A few drops goes a long way so unless you want a perfume that's overwhelming and overpowering, follow the directions carefully. If it says five drops, use five drops. It's much easier to add more drops if you desire a stronger scent than it is to remove drops when the perfume is too strong!

While we're on the subject of overwhelming perfumes, you may notice that your nose may not be working as it usually does after you've smelled so many different essential oils. In other words, what's actually a very strong smell your nose may not be picking up as such. There's a very simple way to correct this problem. Hold coffee grounds or fresh coffee beans a couple inches from your nose and inhale several times. You'll soon find your nose working once again!

To avoid making perfumes with weird and off-the-wall fragrances, make sure you stay with a base, middle and top note. As much as you may like many different fragrances, not all of them will go well together. It's also imperative that you put in the oils in a specific order, which is base, middle and top is last.

If someone tells you that you can use tap water instead of distilled water, don't listen to him or her. Using distilled water is necessary for your perfume venture to be successful. The one thing you can substitute is vodka instead of alcohol. In fact, vodka works excellently with perfume as it enhances the fragrance, making it last longer. You may want to try brandy but keep in mind that it will not blend well with all oil fragrances.

Take notes while you're making your perfume. There is nothing more frustrating than making the perfect creation only to find out you couldn't do it again if you tried!

## Creating Your Own Perfume Fragrance

Who says you have to pay high prices for your favorite perfume? With this simple "recipe", you can create your own perfume fragrances in the comfort of your home. Making your own perfume is so easy and so much fun, you'll soon have a wide selection to choose from each day. These little creations also make excellent gifts!

Making perfume is definitely an art and, like any art, the result will depend on the time, inspiration and imagination that go in the product. So, get ready to make a creation of a lifetime! Whether it's soft and subtle or exotic and sexy, you can easily make any fragrance you desire.

Perfume is seldom made with just one fragrance. They're usually a blend of up to three or more fragrances. These fragrances, in the perfume world, are called notes. Perfume consists of base notes, middle notes and top notes.

**Base notes**, usually the backbone of the perfume, is what the users will remember most about this particular fragrance. This scent of base notes will last the longest in the air. Examples of base notes are vanilla, sandalwood, lichens, cinnamon, mosses or other woody scents. The **middle notes** are usually the inspiration for the perfume and often a floral scent such as geranium, honeysuckle, jasmine, lemongrass or neroli. **Top notes** are usually the selling point for the perfume as well as the first name listed. Common top notes include rose, lavender, orchid, lemon, bergamot or other citrus or herbal scents.

As with any good creation, it's combining the right mixture of ingredients that counts. Using notes that go well with each other will give you a beautiful fragrance you'll never tire of wearing and your friends will never tire of smelling. Your friends will constantly be asking you what you're wearing and where you got it. Imagine their surprise when you tell them it's your own creation!

One of the keys to successful perfume making is in mixing the right blend. Don't just assume because you happen to like two different fragrances that they'll make a good mixture for perfume. Before you waste a lot of time and money on essence oils, make some samples. Although making your own perfume is a lot cheaper than buying perfume, essence oil can get costly as well.

If you're considering blending a couple different oils together, put them on a cotton swap or perfume tester strip and let them sit overnight. In the morning, check out what they smell like and if you're pleased with the results, you have your new perfume fragrances and you're ready to start creating your own masterpiece!

## Learning about Making Your Own Perfume

Have you ever thought about making your own perfume? You may wonder why someone would even want to make their own perfume. After all, it's a difficult process that, unless you're a chemist, is easy to mess up, right? Actually, you couldn't be further from the truth! Making your own perfume is not only very easy but it's also a lot of fun. Whether you did well in chemistry or not, you'll love the adventure of mixing different essential oils to see the results.

There are actually several very good reasons why you would want to make your own perfume besides the obvious, which is because it's a lot of fun. Perfume is very costly, especially when you look at the small bottles you get. Secondly, you can create your own signature scent. You'll be able to make a perfume that is uniquely yours and unlike any other perfume in the world. Imagine the reaction of your friends and family!

You can easily become an expert at making your own perfume with just a little practice. You can also find many articles on making perfume but I'm going to save you the trouble and give you the basics right here and now.

Perfume consists of essential oils, distilled water and alcohol. Although there may be some slight variations, these are the basics. For instance, some people substitute vodka for alcohol but the basics are the same. Obviously, the more essential oils you put in your perfume, the stronger the scent.

The longer you let your perfume sit, the stronger it will be as well, almost like fine wine! You can also add a drop or two of glycerin to make the scent last longer. To start with, your ratio should be 70 percent alcohol, 20 percent essential oils and 10 percent water. You can also experiment, though.

The essential oils and alcohol will be mixed first and allowed to sit before adding the distilled water. There are many kinds of essential oils you can use. The cost may seem high for the amount you're getting but keep in mind a little goes a long way.

Perfume consists of three different notes. A note is another way of describing types of perfume. You'll have your top note, which is what you'll smell when you first apply your perfume. The middle note is the smell you'll get after it's on for 15 minutes or so and the base note is what you smell after it's been on you at least a half hour.

Typical top notes are jasmine, lavender, rose or bergamot. Middle notes may be geranium, lemon grass or neroli and base notes can be cinnamon, vanilla or sandalwood. They need to be added in order of top note, middle note and last is the base note. Be sure to use a dropper for the essential oils, as one drop will go a long way, as I said earlier.

If you don't get the exact scent you want at first, do not give up! Experiment with different essential oils and different ratios. You'll have fun and will develop some great smelling perfume in the mean time!

## **Why So Many People are Making Their Own Perfume**

Many people are choosing to make their own perfume today. With the supplies such as essential oils so readily available in stores or on the web, making perfume is easy and a lot of fun. It's a project you can do by yourself, with a friend or with your children. Just what is it about making perfume that's making it so popular?

In recent studies on women wearing perfume, most of the women stated that they bought a particular scent perfume because it made them smell good, they felt more feminine and they felt better about themselves. In short, they stated when they felt better about themselves, they felt more attractive.

This is one major reason why many women choose to make their own perfume. They know what they like and what makes them feel good but often can't find it in the store or can't afford the high price. Making your own perfume is very affordable!

As a gift, it can't more personal, special or unique than when you give someone a bottle of perfume you've made specifically for them. With crafts and do it yourself projects so popular today, you can find almost any supplies you need for almost any project, including making perfume.

You'll have a lot of fun shopping for perfume bottles to store your unique creation. Thrift stores, garage sales and swap meets are great places to find vintage bottles, which add a great touch to your homemade perfume.

Some individuals have made their own perfume for so long that they have it down to the true art that it is and are doing it for money. Research has shown once you know what you're doing; you can easily make up to 100 bottles of your favorite perfume for less than 300 dollars. That's only 3 dollars a bottle. If you sold each bottle for 10 dollars, you'll have more than tripled your investment and the buyer is getting an excellent deal as well. It's a win win situation for both parties!

There is another reason why many people are choosing to make their own perfume or cologne. Pure essential oils, which are in most perfume, have many healing and holistic properties such as promoting relaxation, relieving stress, etc. By making their own perfume with essential oils, they're getting the best of both worlds. They're smelling great and using healthful oils on their body or their family member's bodies. Consider the choices and reasons and you may soon join the many that are making their own perfume!

## **Getting the Desired Fragrance when Making Perfume**

Making your own perfume can provide you with a lot of fun while enabling you to make your own signature scents. Once you get the hang of what you're doing, you'll want to make several different scents, if not for yourself than for gifts. These make very special gifts as the recipient will look at them as a personal gift you made just for them.

Perfume consists of three major components. These components are essential oils, distilled water and pure alcohol or vodka. If you know anything about making perfume, you're probably already familiar with the three notes that make up perfume. These notes are the top note, middle note and base note. While you have the option of experimenting with different fragrances and oils, it's important that you pay special attention to which oils you're using for a certain note.

For instance, the top note is going to be the first scent you smell when you apply the perfume. While it may be a great smelling fragrance, it usually disappears within 15 seconds and is replaced by the middle note. The middle note; however, disappears within 30 seconds to be replaced by the base note. In spite of these scents and how they seem to disappear, they all play a part in what your finished product will smell like and how long the scent will last.

Of particular importance is the order in which your notes are added because this will play a part in how they smell as the finished perfume as well as how long the scent will last. The base note should go in first, followed by the middle note and finally the top note goes in last.

One of the most important reasons for making your own perfume is to get a desired scent or fragrance. You may have a general idea of what you're looking for but aren't sure how to get it when choosing your essential oils. For instance, your husband likes cologne that has a woody scent.

Buying this in a store is easy because he'll be able to provide you with a name. However, when making your own perfume or cologne, you may not know how to achieve these desired scents.

Therefore, to make things a little easier for you, I've listed some of the most popular scents and the essential oils you can use to achieve those scents or fragrances.

**Floral scents** are achieved by using jasmine, geranium, ylang ylang, rose or neroli.

**Herbal scents** can be achieved by the use of chamomile, angelica, rosemary, basil, peppermint, lavender or clary sage.

For **earthy scents**, you can use vetiver or patchouli.

**Spicy scents** are easy to get with cinnamon, black pepper, ginger, cardamom, nutmeg, clove, juniper or coriander.

**Fruity scents** can be achieved with bergamot, lime, lemon, orange, grapefruit, lemongrass or mandarin.

For the **woody scents** so many men like, try using cedarwood, sandalwood, pine or cypress.

## **Making Perfume for Scented Spray**

Is there anything quite as refreshing and relaxing than taking a nice warm bubble bath? Stepping out of the tub can be just as relaxing when you have a beautifully fragrant bottle of body spray to spray on your body. Whether you want body spray for yourself or to give as gifts, you can easily make your own body spray in much the same way as if you were making perfume.

Mix your choice of fragrance or essential oils in a medium size bowl. You'll want to use 3 to 4 fragrances so you'll have your base note, middle note and top note. The reason for this is because not all scents blend and while some will give you the most powerful scent, others will add longevity to the fragrance. They each have their purpose but need to be added in a specific order.

The base, which typically can be cedar, cinnamon or sandalwood, will be the first oil added to the bowl. This will be your strongest scent and one that lasts the longest. The middle note, typically geranium, neroli, clove or ylang ylang, will last awhile but not as long as the base and is added after the base. The top note, which may be lime, lavender, rose, bergamot, jasmine or rose, is the last oil to add to the bowl. Also, this scent will be the strongest when you spray it on your skin. Use a total of approximately 35 drops of oil and mix well with a stir stick or straw.

In a container with a tight-fitting lid, add 3 teaspoons of pure alcohol, perfuming alcohol or vodka. This will help to enhance the fragrances as well as make the scents last longer. Add the oil mixture to the alcohol or vodka, cover and shake thoroughly, making sure it's all blended. The reason for shaking it thoroughly is so the scent of the alcohol is covered up with the fragrant scents and so the different oils get mixed together.

Add 4 ounces of white vinegar and 2 cups of distilled water to the mixture, again shaking well after each addition. Pour the complete mixture into a bowl, using a coffee filter to strain it and get rid of any impurities or sediments from the oil. Using a funnel to avoid spills, pour your

perfumed body spray into small spray bottles. Shake before using and store in a cool dry place away from extreme heat and direct sunlight. Once you find how easy it is to make your own body spray, don't hesitate experimenting with different fragrances and oils.

## **Learning the Benefits of Ingredients When Making Perfumes**

Whether you're making perfume for the first time or have done it before, you may have questions about different ingredients and what their purposes are in perfumes as well as what properties different scents can offer you. You may be amazed to learn that there may be a connection to the relaxing and calm feeling you have at certain times. It may be related to the scent of perfume you're wearing!

Vodka works very well as carrier oil when making perfume. While many people use pure alcohol or some other carrier oil, high-quality vodka works great because it's odorless and will enhance the fragrance and keep the scent alive longer.

Oils that come from the skins of many citrus fruits make the perfect top note for perfume. The invigorating scent they provide is not over powering and are often appropriate for men's cologne as well as women's perfume. Other oils that work well for men's colognes are verbena oils, cypress and lemongrass. All three of these oils will provide a slightly woody scent that men love and women find very appealing!

Joboba oil is another excellent choice for a carrier oil or base. It's actually a liquid plant wax made from the joboba seeds. This non-greasy oil is easily absorbed and has a very long shelf life, making it a great buy.

Ylang ylang oil is a very popular fragrance in perfumes. Not only is it good as a base but it's a popular choice for its calming and relaxing properties. Because it's the most erotic scent in the world, it's often used as an aphrodisiac. It works great for relaxing the muscles and calming the nerves.

Geranium oil is a delicate and rosy fragrance that's used often to treat stress and anxiety and to reduce fatigue. While it's very similar in properties to genuine rose oil, it's a much less expensive alternative. It's known for bringing balance and harmony.

Patchouli oil is a warm and earthy fragrance that's an excellent choice for a women's perfume or a man's cologne. It's often used as a fixative because it will not evaporate quickly like some oils and will prolong the fragrance in your perfume.

In the same way that many health foods are used for natural and holistic healing, perfumes are also now being recognized for the many benefits they can provide the body. By learning more about that many available essential oils and their benefits, you'll be able to serve more than one purpose when making your own perfume.

## **Making Perfumes for Holistic Healing and Well Being**

Making perfume is a fun way to spend an afternoon, particularly if you have an adventurous spirit and mind. With the hundreds of different essential oils available today, you can easily

make perfume in any scent you desire. With so many people switching to holistic or natural healing methods, essential oils are quite popular in helping us get back to the basics.

While so many people are making perfumes to be able to wear their favorite fragrance without paying the high prices they see in stores, many are making perfume for natural and holistic living purposes. Did you know that certain scents and fragrances can alter your mood?

One of the things that make perfume making so much fun is being able to experiment with different essential oils until you get your favorite scent down to a science. By mixing up different essential oils, you may be able to alter your moods and senses. Here is a list of some very common essential oils as well as their properties or characteristics. After reading this, you're going to want to rush out, buy some of these oils and check their effectiveness!

**Grapefruit** and **sandalwood** can help to fight fear.

**Ylang ylang** and **orange** will help with anger.

**Lavender** and **jasmine** can help you relieve anxiety as well as help you sleep. Lavender is also great for skin problems and burns. There's a good reason why they call lavender the universal oil.

**Rosemary** and **cypress** can help build your confidence. Rosemary is also good for fatigue.

**Rose**, **frankincense** and **bergamot** can help you deal with grief and depression.

**Peppermint** and **pepper** are good for increasing your memory power. Peppermint is also good for clearing the mind and relief of headaches and migraines. It's also great for digestion comfort. **Lemon** is calming, soothing and almost uplifting affect on the spirit and mind as well as fighting fatigue.

**Juniper**, **sandalwood**, **neroli** and **cedarwood** are good for lifting your spirits.

**Marjoram** and **helichrysum** work well to help fight panic.

While you may wonder how these essential oils can make a difference in your mood and spirits, many people have used them successfully for hundreds of years. If you're considering making your own perfume, why not try some of them? In addition to any healing effects they may have on your body, you may also find you've discovered some great new fragrances to wear.

## Making Your Own Perfume

Who says you can't make your own perfume? Why pay hundreds of dollars for a large bottle of your favorite perfume when you can easily make your favorite fragrances in the comfort of your own home. Have you ever put your two perfume bottles side by side and wished you could combine them? By making your own perfume, that's exactly what you can do. Here's a list of everything you'll need to begin the art of making your own perfume.

- Dark bottles to store your perfume
- 3 fragrance or essential oils
- Cotton swabs or perfume tester strips
- At least 4 Glass droppers or pipettes
- Jojoba oil or another carrier oil
- Plastic sheeting or old newspaper to protect your work space
- Labels for your bottles

Now that you have your favorite fragrances, also called notes, in front of you, you're ready to get started. You're going to want to choose one fragrance from each category: top, base and middle. This will make for the perfect blend. For those of you that don't know what jojoba oil or carrier oil is for, it's to help dilute and blend your three fragrances together before they're ready to apply to your skin.

It's a good idea to do a test sample of the mixture you want to make before actually making the perfume. Choose the fragrances you're considering using, put a drop of each on a cotton swab, and let sit overnight. If it's what you want in the morning, you're all ready to start. A good selection would be sandalwood for the base, orchid for the top and honeysuckle for the middle.

Before you begin, cover your workspace with plastic or old newspaper as the oils can easily stain your table or countertops. You'll want to use a separate pipette or dropper for each note you use. You should use a basic combination for the perfect blend. This combination consists of one part top, one part middle, two parts base and one part jojoba oil or other carrier oil. For instance, you'll use one part honeysuckle, one part orchid, one part carrier oil and two parts sandalwood. Keep in mind, each part may be up to 40 drops, depending on your container size.

Using the pipette and squeeze bulb, suck each essence oil into the bulb so it can be put in your storage bottles. You may need to squeeze more than once to get the amount you want. Just make sure you use the right ratios. **Remember to use a separate pipette for each oil.** You will not be using the carrier oil at this time.

When your oils are all mixed in the container, put a lid on the container and let them sit for at least a day in a cool dark place. After sitting, the fragrance will intensify. Take the cover off and see if they have the desired scent. If so, you're ready to add your carrier oil. If not, you can add more essences oils and let it sit longer until you get the desired smell. If you're satisfied, cover it tightly once again and let it sit. This time you may want to let it sit for at least a week so the fragrances can really get to work. At the end of this sitting period, you should have the perfume of your dreams!

## Making Perfume for a Unique Gift Idea

Are you wondering what to give your best friend, sister or mother for a gift? Every woman loves getting perfume and they'll love it even more when they know it's their favorite scent and you made it yourself. Making perfume is a simple process you can do right in your home. All you need is a few items to get started. You'll need essential oils, pure alcohol or vodka, distilled water and pretty containers to store your creation when it's finished and ready to gift-wrap.

To make perfume that's well blended with the best possible fragrance, try to use a formula that consists of 15 to 30 percent essential oils, 70 to 85 percent alcohol or vodka and at least 5 percent distilled water. These percentages can be adjusted according to your personal preferences. Your essential oils should consist of at least four different fragrances. One will be the base; one the middle; one the top and one the bridge. The bridge is what will help the other three mix together well and is often vitamin E oil, jojoba oil or carrier oil, which you can get at a health food store when you buy your other essential oils.

The sales representative at the health food store or an aroma therapist can help you select essential oils that can be used as the base, middle and top. Top notes or oils may be lavender, bergamot, lemon or neroli while base may be cedar wood, sandalwood or cinnamon while the middle can be geranium, clove, lemon grass or ylang ylang. Bridge notes you may consider are lavender or vanilla. The order they are added is base first, followed by the middle and the top goes in last. Although the order the oils go in your container is important, you can experiment with different fragrances until you create the scent that you like the most.

Put the alcohol in a small mixing cup with a spout. Slowly add your essential oils a drop at a time, stirring as you drop them into the alcohol. Make sure you stir one drop before adding the next drop. When you have all the essential oil mixed in the alcohol or vodka, let it sit overnight. Many people like using vodka in their perfume because it keeps the fragrance longer and enhances it as well.

After it's sat for at least a day, add the distilled water to the perfume mix drop by drop, stirring well until it's all mixed. Store your perfume for a couple weeks in a tightly closed container in a cool dark place. Now, it's finally ready to be poured into your perfume bottles. Thrift stores or garage sales are great places to find some beautiful vintage perfume bottles. Filter it through a coffee filter to pick up any sediment that may have developed from the essential oils. Tie decorative ribbons around the bottles and they're ready to be given as gifts your friends will treasure forever!

A great idea to remember is to take notes while you're mixing your oils. Write down the exact number of drops you use of each oil so if you discover you've created a sensational perfume, you'll know how to do it again!

## **Making Your Own Signature Scent**

Wouldn't it be great to have your own signature scent? A scent that is so "yours" that your friends and family know you're entering the room before they even see you? When you make your own perfume, you can create your own signature scent – a scent that will linger in his mind long after you've said goodnight! Making your own perfume is easy and fun. You'll be the envy of all your friends when they see the one-of-a-kind creations you can make in the comfort of your home.

Before you can begin making your own signature scent, you need to understand a little about how perfume gets its fragrance. Perfumes are made up of three or, actually, four different parts: a base, middle, top and a binder for the first three parts. The base is usually the strongest scent and the one that will last the longest. The middle contributes to the overall scent of your perfume and, while it will last quite a while, it won't last as long as the base.

The top part is usually the last oil you'll add to the mixture when making your perfume but will be the scent you'll actually smell when the perfume is on your skin. The binder is usually jojoba oil, vitamin E or some other carrier oil, all which can be purchased at a health food store. Some examples of top essential oils are lavender, lime, bergamot, rose, orchid or jasmine. Base essentials may be cinnamon, cedar, vanilla or sandalwood while middle ones may be geranium, clove, neroli, lemongrass or, commonly, ylang ylang.

In addition to the essential oils, you'll need pure grain alcohol and distilled water to get your perfume to blend to perfection. Some people like using vodka instead of the alcohol because vodka is great for enhancing the fragrance of the perfume.

A formula works great when making your own perfume. While you can adjust it to your own preferences, the ratio should be up to 30 percent essential oils, 70 percent alcohol and 5 percent distilled water. The alcohol should be the first thing you put in your container, followed by the base oil, middle oil, top oil and distilled water last. Mix well with a stir stick or straw and let sit several hours. Test it the next day to see if you're happy with the fragrance. If not, you can add a few more drops of your favorite oil, mix again and let it sit a few more hours.

Once you have the signature scent you've been working towards, add your binder oil and let it sit another 24 hours. The binder is what allows the three essential oils to blend together. Once you have the fragrance exactly how you want it, it's ready to be put into a bottle with a tight-fitting lid. Many people pour it through a coffee filter to catch any little particles that may have resulted from the extraction of the oils. The longer it sits, the better it will smell over time. In many ways, perfume is like a good wine – the longer it sits, the better it becomes. You now have a fragrance that's all yours and sure to have everyone remembering you!

## Methods of Making Perfume

Making perfume is an art that's been around for many centuries. To many, it's much more than an art. It's a creation of thought, inspiration and care, resulting in some of the most beautiful fragrances imaginable.

Although there have been different methods implemented through the years, the general principle and purpose of making perfume is the same: extracting the desired scent. There are actually two methods of scent extraction: enfleurage or distillation.

- **Enfleurage** is a process where a glass plates are filled with highly purified and odorless animal or vegetable fat, where petals of your chosen are placed. The petals of fresh flowers are pressed into the fat. The petal will stay in the grease for a few days so the essence has a chance to disperse and leak into the compound.

After a few days, remove the petals and replace them with freshly picked ones. This process continues until the greasy compound is saturated with the essence. You'll have to do this process a few times to get to this point. Once the saturation point has been reached, the petals are removed and the grease and fragrant oil mixture, also known as enfleurage pomade, is washed with alcohol so the extract can separate from the grease.

The remaining grease is used to make soap and, once the alcohol evaporates, you have the essential oil you need for perfume. Enfleurage is not only very time consuming but an expensive way of extraction as well. This process is often used for jasmine and tuberose.

- **Distillation** is a process where steam is used to capture the fragrance. The plants or flowers are put in the top part of a still on perforated trays, with the bottom part filled with water. The water is brought to a boil, as it's the steam that brings out the fragrances and

scent-bearing components, which are transferred into an attached glass-cooling worm so it can be refrigerated and condensed.

The essential oil and water mixture is put into bottles, where the essential oils will rise to the top leaving the scented water on the bottom. While the scented water is used for toilette water and other purposes, the essential oil is made into the finest perfumes.

Although technology has provided perfume makers with state-of-the-art equipment to make their perfume quickly and efficiently, the methods are still basically the same. Once they have the desired perfume, they don't stop there. Being chemists as well as artists of the trade, they're able to mix them with other essential oils to create exotic and beautiful fragrances.

## Perfume You Can Make For Your Dog

Making perfume is becoming very popular today. With the high cost of perfume, many people are finding they're not only saving money but they're offered a wider variety of scents by making their own creations. With so many essential oils providing us with health and holistic benefits, many are choosing to make perfume for this reason alone. Making perfume is easy, fun and very economical.

When we think of perfume or making perfume, what usually comes to mind is making a beautifully fragrant scent for a night on the town or a relaxing scent to spray on us after a long soak in the tub. What usually doesn't come to mind is making perfume for our dogs! However, it's very easy to make perfume for your dog.

Not only will your dog smell great but also the perfume I'm about to show you will also help repel ticks. Every year, hundreds of dollars is spent by dog owners on insect repellent when, for a much lower cost, their dog could be wearing great-smelling perfume and repelling those nasty insects at the same time.

Before we get started, make sure you have the following things, which can be purchases at a health food store, ready. If you have more than one dog, you can double or triple the recipe.

- Straw
- Mixing Bowl
- Container for dog's perfume
- Saucepan
- Water
- 15 drops of cedarwood essential oil
- 1 tablespoon of vitamin E
- 1 tablespoon of beeswax

In your mixing bowl, first put in the beeswax, followed by the vitamin E. Add a small amount of water in your saucepan and put it on the stove. Put the mixing bowl with the beeswax and vitamin E in the saucepan. Keep it on high heat until the water boils and the mixture melts completely. A double boiler may also work for this if you have one. You may want to wear gloves as this mixture gets extremely hot.

Take the saucepan off the stove and take out the mixing bowl. Add the 15 drops of cedarwood essential oil to your mixture, a little at a time, stirring it with a straw. You'll want to stir it quickly so it is all mixed before the wax starts to get hard again.

Quickly, while it's still in liquid form, pour the mixture into the container you plan to store it in. Allow at least 30 minutes for your dog's perfume to harden before use. Once hard, you can rub it on your dog's collar and enjoy how great your dog smells, while no longer being bothered by ticks!

## **Simple Perfumes You Can Make With Your Child**

Have you been looking for a project to do with your child that's fun and easy? Making perfume is something that many people are now experimenting with for several reasons. With the high cost of perfume in stores, many are preferring to make it themselves, saving money as well as allowing them to make their own signature scent.

From the time girls are little, they love playing with and wearing perfume, whether it's toy perfume or their mother's best perfume. Making perfume is a project you can do with your daughter, niece, granddaughter and any young girl you know that likes having fun. I'm including three very simple recipes that even a young girl can understand and help with. I believe they'll find them so much fun and so easy, they'll want to take them to school to show their class!

### **First Simple Recipe**

Find some spices and flowers that you enjoy smelling like rosemary, roses, lavender, etc. Pick as many as you can so you'll have a stronger scent.

Place them in a saucepan or bowl and finely grind them with a mortar and pestle. Add a little water to the mixture. You may also want to try a blender for the grinding, making sure to add some water. Add some pure alcohol to the ground up mixture.

Pour your mixture through a strainer so you'll have all liquid. Pour the liquid either in a spray bottle or a used perfume bottle. Your little ones will love this!

### **Second Simple Recipe**

Although this perfume won't be done for at least a week, it's still fun to make, particularly if you live with the little girl so she can smell the progress each day.

Collect some flowers or plants that you both enjoy smelling. Encourage her to pick her favorites, whether they're roses, carnations or daisies or anything from your herb garden. Find a jar with a tight fitting lid and fill it up with odorless oil. Cut the flowers off the stems and immediately put them in the jar containing the oil and close the lid tightly. It's most effective if all the flowers fall into the oil at the same time. Don't ask me why but it just is better.

Put the jar in a cool dark place for at least a week. At the end of this time, pour your new perfume creation into a perfume bottle, straining it first and enjoy the beautiful fragrances!

### **Third Simple Recipe**

This recipe consists of essential oils, vodka and spring or distilled water. For the best results, use a ratio of 20 to 30 percent essential oils, 70 to 80 percent vodka and 5 percent water. Mix the essential oils of your choice with the vodka, stirring well and put in a cool dark room for two days, making sure they're in a jar with a tightly fit lid.

After two day, add the water, stir again and let sit for another two days. Strain it through a coffee filter and store in a dark jar. Some popular essential oil choices are jasmine, lavender, patchouli, juniper or ylang ylang.

### **Making Aromatherapy Perfume at Home**

If you've never made perfume in your life before, you're about to have the time of your life. You'll find it's not only a very satisfying experience but it's also great fun. I'm going to tell you a little about and then explain how to make aromatherapy perfume right in the comfort of your own home.

Aromatherapy perfume actually serves two purposes. You'll have a beautiful perfume to wear each as well a fragrance that will enhance your good mood, help with relaxation, give you energy or help get rid of a negative mood, depending on the essential oil you choose for your perfume. When you see how great these aromatherapy perfumes are and how easy they are to make, you'll want to make several.

Essential oils are great for altering your mood so start doing some research and you'll see which ones you want to experiment as well as which ones smell the best. One of the first things you need for a perfume is a base. This is what helps the other essential oils to blend. The most popular base is a alcohol, such as vodka. Vodka works well because it's not only odorless but will help enhance the scent of your perfume. Jojoba oil is also a great choice because it lasts a long time. You may want to mix the jojoba oil with the vodka.

Certain essential oils go very well together and allow you to use the three necessary parts you need for perfume, which are the base note, middle note and top note. Each one plays a part in what your final perfume will smell like when finished. When making perfume, it's important that the base note go in first, followed by the middle note and finally the top note. For starters, I'm going to give you a simple recipe for an essential perfume guaranteed to help you sleep better at night. In this recipe, the lavender is going to be the top note or the one that will be added last.

Add 1 teaspoon each of alcohol and jojoba oil in a bottle, using a funnel to avoid spilling and wasting any. Using a dropper, add 3 drops of chamomile, 2 drops of marjoram, 2 drops of bergamot and 4 drops of lavender. Be sure to put the lid on the bottle after adding each oil, shaking well before adding the next. When they've all been added and shaken well, store in a cool dark place for up to 12 days, making sure the lid is on tight. Each day the bottle should be shaken a couple of times to make sure the oils are mixed. After the 12 days are up, you'll have an aromatherapy perfume that will help give you a great night's sleep.

## **The Art of Making Perfume from Scratch**

Making perfume can be exciting and a lot of fun. It can also be very challenging – the challenging part being getting the exact fragrance you want. With so many different essential oils available today, you can make almost any fragrance you desire.

Making perfume with essential oils is very easy and with the wide selection of oils available, you can own a wide selection of all your favorite perfumes. Ever considered making perfume from scratch? It's a great challenge and can be a lot of fun. Here are some basic instructions of making perfume from scratch.

If you have a green thumb at growing your own flowers, you already have the fragrances right in your yard. However, flowers are not the only thing in your yard that gives off fragrances. Pinecones, pine needles, tree leaves and different nuts and seeds all have aromas. The peels of different citrus fruits have fantastic aromas, which is why they're so popular for potpourri. However, most of these things require extraction, which is much more difficult so, for the time being, we'll concentrate on making perfume from your flowers.

Get the flowers or floral materials you want ready. For a simple fragrance, use just the petals but for a stronger aroma, you can use the petals, leaves and flowers. The choice is yours. You'll be making your perfume in a bottle, particularly one with a wide mouth opening.

The bottle and top need to be sterilized to get rid of all impurities. This is extremely important so your perfume doesn't pick up some of the aromas from the food that was in the bottles. You can do this by boiling them in a pot of water for at least five minutes and drying them. Once your bottle is dry, line it completely with cheesecloth.

Place your floral items inside the jar in the cheesecloth. Put enough water in the jar to cover your flowers, leaves and petals. You may also want to add 100 proof vodka or perfumers alcohol to the water, adding a ten percent mixture. Put the cover on the jar, making sure it's tight and let it sit for a couple of days.

After a couple days, pull the cheesecloth very slowly out of the jar, removing the flowers at the same time. Holding the cheesecloth over the jar, carefully wring it out so the excess liquid goes into your mixture in the jar. Cover the jar again and let sit for another day. After one full day, strain your mixture through a coffee filter into your perfume container. You've now made your perfume from the aromas in the yard.

## **The Simplicity of Making Solid Perfume**

If you're a novice at making perfume, you're probably looking simple and easy recipes and directions to make your favorite fragrances. While filling up your little perfume containers with your favorite homemade perfume is fun, easy and exciting, you'll find that making solid perfume is even easier.

Most of the supplies for making solid perfume can be found at crafts and health food stores. Therefore, read this list and get to the store so we can get busy making your favorite scent solid perfume.

- **A small glass bowl for mixing**
- **1 saucepan**
- **1 stirring stick or straw**
- **A glass, stone or ceramic container for your perfume**
- **Essential oil of your choice**
- **Beeswax**
- **Almond or jojoba oil or vitamin E**

Put 1 tablespoon of almond or jojoba oil and 1-tablespoon wax in the small glass jar. Put about an inch of water in the saucepan and put the jar in the water. Bring the water in the saucepan to a boil to allow the wax to melt. When it's completely melted and liquid, remove it from the stove.

Add about 8 to 12 drops of essential oils into the mixture. Stir it with a straw or stirring stick, allowing as little as possible to stick to them so as not to waste any of your precious perfume. Make sure it's thoroughly mixed.

Pour your liquefied wax into your glass or stone container and let it cool for at least 30 minutes. The mixture you've made will make about one half ounce of solid perfume. Once you get the hang of it, you'll want to make a larger amount.

When you're ready to use the perfume, all you have to do is rub your finger on the surface of the perfume and rub it on your neck, wrist or any place you desire. You'll find that solid perfume is easy and fun to make, you'll want to experiment with many different fragrances. It's great for traveling and can be put in a small container of your choice and carried in your purse or glove compartment.

Different fragrances can be made for medicinal or special purposes. For instance, a mixture of lavender or chamomile oils makes a very relaxing scent. Applying solid perfume of cypress or cedar is great for a foot rub. You'll find that you not only will want to have several of these unique perfume scents in your home but they make great gifts as well.

# HOME STUDY



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## Alternative Healing Academy

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With the increasing popularity of aromatherapy, reflexology, color & crystal therapy and a return to a more holistic lifestyle, people have begun searching for ways to earn more money; expand their skills; improve the health of themselves, friends & family; and increase their knowledge of alternative medicine.

The **Alternative Healing Academy** has developed several new courses in the holistic health care field for those who would like the opportunity to learn a healing modality at their own pace and in their own homes.

A Doctor of Reflexology with The Alternative Healing Academy is teaching classes with curriculum very similar to the Reflexology Practitioner Course and the Basic Aromatherapy at her local community college.

Our holistic health courses were developed by professionals in the Holistic Health Care field trained in the following modalities: Aromatherapy, Advanced/Master Aromatherapy, Reiki, Tuning Fork Therapy, Color and Crystal Therapy, Homeopathy, Herbalism, and Advanced Reflexology.

Furthermore, since we at the Alternative Healing Academy also realize that not everyone wants to make alternative medicine a career choice, we also offer **basic courses** as well as several [Mini Courses](#) which will teach you the skills you need to help improve the health and quality of life for yourself, your family and your friends.

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All graduates of an Alternative Healing Academy home study course will receive a 20% discount off [AHHA Practitioner Membership](#) if they meet qualifying criteria and join within six months of their graduation date.

## About Our Courses

Would you like to learn accurate, detailed aromatherapy, reflexology and/or color & crystal therapy information at your own pace in the comfort of your home? Would you like to become certified in Reflexology, Aromatherapy or Color and Crystal Therapy? An Alternative Healing Academy Distance Learning Course could be what you're looking for...

If you own or work for one of the following:

Natural Foods Store, Aromatherapy Store,  
New Age Retail Store, Gift Shop, Herb Store,

Aromatherapy Manufacturer,  
Massage Center, Holistic Center, Day Spa, or any type of Salon

If you are a practitioner:

Massage Therapist, Esthetician, Chiropractor, Nurse, Herbalist,  
Acupuncturist, Bach Flower Therapist, Body Worker, Reiki,  
Doula, Midwife, Energy Worker

If you are interested in personal development or improving the health of yourself and your family - these courses are also for you!

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Common Questions Asked About Holistic Health Distance Learning Courses:

What is Certification?



Most schools will offer an exam that tests the student's knowledge of the material taught in the respective course. Upon successful completion of this exam, a Certificate or Diploma will be issued by the school attesting that the student has successfully met the requirements as specified by that school. The only governmental recognition of Aromatherapy in North America is the occupational title designation granted to the BCAA under the Societies Act of British Columbia.

What is a Certified Aromatherapist or Reflexologist?

Most prospective students want to know whether taking our courses will lead to their becoming 'Certified' in that healing modality, thereby leading to the title of Certified Aromatherapist, Certified Reflexologist or Certified Color/Crystal Therapist. The answer to this really depends on what you mean by 'Certified.' We believe it can be misleading to purport that completing a course in a healing modality such as reflexology, aromatherapy or color/crystal therapy will lead to a designation of 'Certified' Therapist. These are not official

title designations nor are they ones which are recognized by any country's governmental body. All that these titles mean is that this is what an Individual Instructor, School or Institution decided to put on the Diploma it awards those who successfully complete their course.

What is an accredited course in Aromatherapy or Reflexology?

The answer to this will depend on who you are asking. At the present time, British Columbia is the only government to recognize Aromatherapy as a distinct profession and has granted Occupational Title Protection to the members of the BCAA (British Columbia Alliance of Aromatherapy) with the exclusive right for its members to call themselves Registered Aromatherapists (R.A.).

At this time, neither Reflexology nor Color/Crystal Therapy have such occupational designations in any country although one prominent Reflexology school in Colorado, The Modern Institute of Reflexology, has gained occupational designation for their institution in that state. MIR has been designated by the Colorado State Division of Private Occupational Schools - Dept. of Higher Education as an approved school. Our Reflexologist who developed the reflexology modules for our courses was trained at MIR as a Certified Reflexologist, a Master Reflexologist and a Dr. of Reflexology.

In the United States, the NAHA (National Association for Holistic Aromatherapy) has put into place their Approved Standards for Aromatherapy Training. The Alternative Healing Academy's Advanced Aromatherapy course meets and exceeds these standards and we are in the application process of becoming an approved program through the NAHA.

In Canada, there are a number of different Associations including the BCAPA (British Columbia Association of Practicing Aromatherapists) and the CFA (Canadian Federation of Aromatherapists). Time will tell if one authoritative body or association becomes the standard by which to judge and govern the educational offerings of these alternative healing modalities.

It has to be noted that NO form of aromatherapy "certification" is currently recognized in the USA by anyone other than those in the trade, nor is aromatherapy (or essential oils in the aromatherapy trade) regulated by any governmental body.

Some information about the courses we offer:

1) You can receive the course in one of two ways: A cd with the modules and tests in PDF format can be shipped to you; or, The modules can be emailed to you three at a time. Each time you complete the tests for the current three modules, a new set of three modules will be emailed to you.

2) All modules are clearly explained, are in pdf format and fully

illustrated.

3) The Advanced Aromatherapy Practitioner and the Advanced Reflexology Practitioner courses are designed to meet the National Association for Holistic Aromatherapy (NAHA) guidelines.

4) A tutor will be available via email to answer any questions you may have.

You will be contacted after purchase to find out how you would like your course delivered. All tests for the course can be either emailed or snail-mailed to The Alternative Healing Academy.

Upon successful completion of any full diploma or certification course (with a score of 80% or higher), you will receive a beautiful Diploma, suitable for framing.



## Course Testimonials

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*"I'm done! Going through the final and the case studies and having such amazing experiences and opportunities to help people, I truly feel blessed and honored to have had the intense education that came with this course. I discovered in me a new ability to serve others, not only through education but through the power of healing that comes with the use of essential oils. I am continuing to train personally with Alexandria Brighton and have begun work toward opening an aromatherapy practice. Thank you so much for your patience and knowledge. Most of all thank you for this new way of living and enjoying Life."*

-A. Lindquist - Advanced Aromatherapy Practitioner

*"I am finding the course great. It is written very well so even people like me can understand the human body a whole lot better. I just hope that I can remember it all. I don't think I have a chance of remembering the names of everything in the muscular system or the movement system. But, I do have more of an understanding of how everything works now. I find it just amazing. Thanks Heaps."*

-M. Oliver - Basic Anatomy & Physiology

*"This information is great that you are teaching. I would really like to talk my oldest daughter into taking your course. It really goes into detail which is very informative."*

-Debbie F. - Basic Reflexology

*"Seven years ago I started to see a reflexologist for migraines and sinus problems. I was amazed that I finally found relief without medication. I decided this year to search out a course in reflexology so I could help family and friends and show them the benefits of reflexology. I researched various courses on the internet and decided to go with the basic course through the Alternative Healing Academy. I was impressed with course material and the ease of receiving the course material."*

*"I was given an choice of having a CD sent to me or to receiving and sending back the assignments through email. I choose email. I received 3 lessons at a time that I could read and study on my own time frame and return the lessons when I was done. Everything was sent in a very timely manner and communication was open and quick. If I needed help, I knew it was only a click away and the response time was very quick. The techniques used also came in a video mode in the email that I could replay as much as I needed to."*

*"I felt I learned a lot and am able to help myself and others. Being able to log 20 hours of treatment time and writing the case histories for the final exam was extremely rewarding and helpful. I would recommend this course to others interested in reflexology because the course material was very informative and complete and written in easy to understand language."*

-Jean Russell - Basic Reflexology Course

*"I'm so excited about (the Advanced Aromatherapy course) and I'm particularly excited about the possibility of making custom blends for people! I hadn't anticipated having that opportunity when I took the course so I'm excited to have everything done! I'm very excited to have finished. I really enjoyed this course and really appreciate all the work you've put into it! This has been a fabulous jumping off point for me and I'm so glad I took it."*

*"p.s. I know the boys are much slower at the Reflexology, but my son is loving the classes."*

-Megan P. - Advanced Aromatherapy Course

# Our Associations

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Organizational Member of the American Holistic Health Association - <http://www.ahha.org/>

Professional & Business Member of the National Association of Holistic Aromatherapy - <http://www.naha.org/>

Professional Member of the International Reflexology Association - <http://www.holisticbenefits.com/ima/international-reflexology-association.html>

Professional Member of the International Aromatherapy Association - <http://www.internationalaromatherapyassociation.com/>

*Payment plans are available, please [Click Here for More Info](#)*

## Sales & Refund Policy

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We will, within 30 days, refund the purchase price of any course you purchased **\*MINUS\* the cost of the modules you have already received**. This policy does **\*NOT\*** apply to our informational Mini Courses. Please see the [Mini Courses page](#) for more information on those. Please [email support](#) if you wish to be refunded or have questions about our refund policy.