

## TOP, MIDDLE AND BASE NOTES

ESSENTIAL OILS ARE CATEGORIZED BY WHAT ARE KNOWN AS TOP, MIDDLE AND BASE “NOTES”. THIS IS THE WAY PERFUMERS CATEGORIZE SCENTS, USING DIFFERENT COMBINATIONS OF NOTES TO CREATE THE BALANCED CHARACTER OF A NEW PERFUME. A GOOD BLEND COMBINES AN OIL FROM EACH CATEGORY, AND EACH OIL IS CLASSIFIED ACCORDING TO ITS DOMINANT CHARACTERISTIC. YOU WILL EVENTUALLY DEVELOP YOUR OWN NOSE FOR WHICH OILS RELATE TO EACH NOTE. IN GENERAL THE FRESH, HERBACEOUS OILS SUCH AS LEMON, EUCALYPTUS OR TEA TREE ARE GOOD TOP NOTES. THE FLORAL OILS AND SOME HERB OILS, SUCH AS LAVENDER, GERANIUM, CHAMOMILE AND PEPPERMINT, MAKE UP THE MAJORITY OF THE MIDDLE NOTES. THE WOODY, RESINOUS OILS SUCH AS FRANKINCENSE AND SANDLEWOOD FORM THE BASE NOTES. THERE ARE, HOWEVER, SOME EXCEPTIONS: ROSE AND JASIME ARE UNUSUALLY HEAVY FRAGRANCES AND ALTHOUGH THEY ARE FLORAL OILS THEY ARE USUALLY CONSIDERED TO BE BASE NOTES.

BECAUSE THEY EVAPORATE QUICKLY, MOST BLENDS SHOULD CONTAIN A HIGHER PERCENTAGE OF TOP-NOTE OIL TO EACH MIDDLE NOTE AND BASE NOTE OIL.

TOP NOTES – FRESH, LIGHT AND IMMEDIATELY DETECTABLE BECAUSE OF THEIR HIGH EVAPORATION RATE.

MIDDLE NOTES – THE HEART OF THE MIXTURE, PERCEPTIBLE IMMEDIATELY AFTER THE TOP NOTES WHEN SMELLING THE BLEND FOR THE FIRST TIME.

BASE NOTES – RICH, HEAVY ODDORS THAT LINGER AND EMERGE FULLY ONLY AFTER MORE PROLONGED EXPOSURE TO THE BLEND.

### STORAGE OF ESSENTIAL OILS

ESSENTIAL OILS LAST FOR A RELATIVELY LONG TIME IF A FEW SIMPLE PRECAUTIONS ARE TAKEN. THEY SHOULD ALWAYS BE BOUGHT IN DARK COLORED GLASS BOTTLES WITH A STOPPER THAT AUTOMATICALLY DISPENSES THEM A DROP AT A TIME. KEEP THE LID FIRMLY CLOSED TO PREVENT EVAPORATION, AND STORE THEM IN A COOL PLACE OUT OF DIRECT SUNLIGHT AND AWAY FROM DIRECT HEAT. THE CITRUS OILS TEND TO GO OFF MORE QUICKLY THAN OTHER OILS, SO IT IS A GOOD IDEA TO BUY THEM IN SMALL QUANTITIES, AS YOU NEED THEM. IT IS EASY TO TELL IF AN OIL HAS DETERIORATED; IT WILL BECOME CLOUDY AND GIVE

OFF A DISTINCTLY UNPLEASANT ODOR. ALWAYS KEEP ALL ESSENTIAL OILS OUT OF THE REACH OF CHILDREN.

#### BLENDING ESSENTIAL OILS

BEFORE YOU BEGIN, WASH AND DRY YOUR HANDS AND MAKE SURE THAT ALL YOUR UTENSILS ARE CLEAN AND DRY. HAVE YOUR ESSENTIAL OILS READY, BUT LEAVE THE LIDS ON THE BOTTLES UNTIL THEY ARE REQUIRED. CAREFULLY MEASURE OUT 2 TSP. OF YOUR CHOSEN VEGETABLE OIL.

GENTLY POUR THE MEASURED VEGETABLE OIL INTO YOUR BLENDING BOWL.

ADD THE FIRST ESSENTIAL OIL A DROP AT A TIME. ADD THE REMAINING OILS A DROP AT A TIME, UP TO A MAXIMUM OF 6 DROPS, AND MIX GENTLY WITH A CLEAN, DRY COCKTAIL STICK OR TOOTHPICK, TO BLEND. RUB A LITTLE OF THE BLEND IN YOUR HANDS TO TEST THE FRAGRANCE.

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