

Create your natural perfumes

— Guide & recipes —



**Divine
Essence®**
Aromatherapy Expert



*The natural perfume,
a timeless art.*



Our love affair with perfume has endured for centuries. It conjures up treasured memories, special people, deep feelings. It creates stillness and gives us pause.

A personal perfume is like a symphony, with notes as infinite as human imagination can conceive, a signature as unique as you are. An easily affordable luxury, crafting a natural perfume with our organic essential oils can be a meditative delight or a pursuit to share with friends.

Fragrance has played an unparalleled role in every known civilization and in all great cultures. In every era, scent has been celebrated as the embodiment of joy (*ylang-ylang*) or serenity (*lavender*) or love (*rose*). Read on and learn how to imbue your creations with everlasting and classic aromatics.

Embark on a journey forward to a past in tune with Nature, evocative and vibrant.



Step One: Choose your Essential Oils

Whether commercial or homemade, the making of perfume is governed by a single base process, composed of three parts: the top note, the heart note and the base note (see overleaf).

The top note is the first scent that emerges upon applying the perfume. It introduces the perfume, captures attention and stirs and stimulates the senses. Examples: Lavender, Lemon, Basil

The heart note expresses the personality of the perfume and describes the scent family it is derived from: woody, fruity, floral, etc. It links the top note and the base note. Examples: Jasmine, Rose, Ylang Ylang

The base note anchors the perfume and serves to make it as long-lasting as possible on the skin. Examples: Frankincense, Patchouli

Familiarise yourself with our essential oils and experiment with those that inspire you. Play with the notes, using all three or just one or two notes if that's what moves you. After a while, you'll be well on your way to creating your own unique fragrance.

Keep in mind that *subtle* is more pleasant to the sense of smell than otherwise.

If inspiration deserts you, we have simple recipes to tempt your imagination (see overleaf).



Step Two: Choose your Perfume Foundation

Vegetable Oil Base

If you have dry or delicate skin, use vegetable oil as a base—it's nourishing and hydrating. Use a neutral, almost odourless oil to make sure it doesn't interfere with the perfume notes. Example: Jojoba (excellent preservative)

Alcohol Base

Easy to use, alcohol* evaporates quickly upon application and diffuses scent more readily than oil. Vodka is the alcohol of choice since it is almost odourless, has a high alcohol content and is easily available.

** Warning: Never use ethyl alcohol or isopropyl alcohol (rubbing alcohol), as these are toxic!*

Solid Base

Its texture should resemble ointment or balm (like lip balm).

To make a solid base, combine melted beeswax with Shea and Cocoa butter.

*All ingredients and equipment are available
at your retail store or on our website
divineessence.com*



Step Three: Preparation

You will need a graduated cylinder, an eye dropper and a precision scale (for solid perfume).

For a 10ml (10g) liquid perfume:

1/ Pour 9ml (9g) of your chosen base (vegetable oil or alcohol) into a flask or opaque glass bottle.

2/ Place your chosen essential oils† in order and then pour in the base notes, the heart notes and finally the top notes.

3/ For an alcohol-based perfume only, gradually add 10 drops of water while stirring.

For a 10g solid perfume (use a precision scale):

1/ In a container, prepare your chosen mélange of essential oils† by pouring in the base notes first, the heart notes next and finally the top notes.

2/ On low heat, melt 1g of beeswax in a pan. Add 8g of our unscented shea and cocoa body butter or 7g of shea butter plus 1g of cocoa butter. Pour the mixture into a glass pot and stir.

3/ Let the mixture cool. While the mix is still liquid, add your essential oils mélange*. Stir with a pointy knife.

4/ Refrigerate for 60 minutes.

† A total of 10 to 30 drops of essential oils for a liquid perfume and 25 to 30 drops for a solid perfume will suffice.

Step Four: Let it Mature

Seal the bottle or container well and let the perfume mature in a cool, dark place for at least two weeks. For liquid perfumes stir the mixture regularly. The maturation process is important; it permits the perfume to evolve, with each note merging harmoniously with the other.

Tips

- Label your bottle, and not just with the date: give a strikingly original name to your masterpiece.

- Make notes as you go so that you can easily re-create your recipe: record ingredients, the date, measurements and the complete process.

- Shake well before use.

- Unlike commercial perfumes, the scent of natural perfumes doesn't last as long once applied to the skin. Try applying a small amount of perfume to the ends of your hair to prolong the scent (hair retains scent longer than skin does).

- If stored in a cool, dark place, in opaque bottles, your perfumes will last 12 to 36 months, even longer.

WARNING: FOR EXTERNAL USE ONLY. DO NOT USE ESSENTIAL OILS UNDILUTED. KEEP OUT OF THE REACH OF CHILDREN. Do not use if pregnant or breastfeeding. Some essential oils cause photosensitivity; if applied, do not expose skin to sunlight. Avoid all contact with eyes or mucous membranes. Before using an essential oil, always conduct a patch test on the inside of the wrist. In the case of reaction, stop using immediately. In case of misuse, contact a health care professional.

Essential Oils used in perfumery



Top note

- Angelica root***: fragrant, warm, herbaceous.
- Bergamot* BF - FCF (bergapten free)**: pleasant, fresh, fruity.
- Cardamom***: strong, balsam-like.
- Coriander seed***: fragrant, spicy.
- Exotic Basil***: fresh, spicy, anis-like undertones.
- Fennel Sweet***: anise (licorice).
- Grapefruit Pink or White**: sweet, fruity, zesty.
- Lavender Fine* or True***: sweet, floral, herbaceous.
- Lemon***: fresh, delicate, fruity.
- Lemongrass East Indian***: lemony, fresh, dry.
- Lemon Balm* (Melissa)**: fresh, lemony, slightly herbaceous.
- Lime***: sweet, fresh, lemony.
- Mandarin***: sweet, floral, fruity.
- Orange Sweet***: sweet, fruity, zesty.
- Peppermint***: herbaceous, fresh, mentholated.
- Petitgrain Bitter Orange***: fresh, floral, green.
- Rosemary Verbenone Type***: herbaceous, floral, somewhat camphor-like.
- Tarragon**: fragrant, anis-like.
- Thyme Linalool Type***: strong, piquant.

Base note

- Amyris Wood**: woody, warm, reminiscent of sandalwood.
- Benzoin Tincture***: balsam-like, sweet, vanilla-like.
- Cedarwood Atlas***: woody, warm.
- Elemi**: spicy, balsam-like, slightly lemony.
- Frankincense Somalia**: resinous, balsam-like, warm with a hint of lemon.
- Improves over time.
- Myrrh** : warm, woody, balsam-like, fragrant. Improves over time.
- Patchouli*** : woody, herbaceous, fragrant, oriental, earthy. Improves over time.
- Sandalwood** : woody, sweet, warm with depth. Improves over time.
- Vanilla Oleoresin*** (use in alcohol-based perfume only; insoluble in vegetable oil): soft, fragrant, deep, sweet.
- Vetiver***: herbaceous, earthy, smoky. Improves over time.

Perfume recipes

Floral

*Feminine
Joyful
Sweet*

1/
Vanilla Oleoresin* 4 drops
Pachouli* 1 drop
Ylang Ylang* 5 drops
Geranium Bourbon*
or Geranium Rose 3 drops
Sage Clary* 2 drops

2/
**Geranium Bourbon* or Geranium
Rose, or Rose (Otto)* 5%** 4 drops
Neroli* 10% 5 drops
Bergamot* (BF - FCF) 4 drops
Mandarin* 4 drops

3/
Sandalwood 8 drops
Ylang Ylang* 2 drops
Lavender Fine* ou True* 6 drops
Coriander seed* 3 drops

4/
Ylang Ylang* 8 drops
Neroli* 10% ou
Jasmine Absolute 5% 3 drops
**Geranium Bourbon* or Geranium
Rose** 5 drops

5/
Vanilla Oleoresine* 2 drops
Neroli* 10% 3 drops
Jasmine Absolute 5% 3 drops
Rose (Otto)* 5% 2 drops
Bergamot* (BF - FCF) 6 drops
Coriander seed* 4 drops

6/
Sage Clary* 2 drops
Chamomile Roman* 1 drop
Lavender Fine* or True* 6 drops
Lemongrass East Indian* 3 drops

Woody

*Refined
Warm
Distinctive*

7/
Cedarwood Atlas* 8 drops
Vetiver* 4 drops
Sage Clary* 4 drops
Rose (Otto)* 5% 2 drops
Petitgrain Bitter Orange* 3 drops

8/
Sandalwood 6 drops
Vetiver* 3 drops
Patchouli* 2 drops
Bergamot* (BF - FCF) 6 drops

9/
Cedarwood Atlas* 2 drops
Sage Clary* 1 drop
Fir Balsam* 2 drops
Pine White* 2 drops
Spruce Black* 2 drops
Ylang Ylang* 2 drops

10/
Sandalwood 8 drops
Cypress Evergreen* 2 drops
Sage Clary* 2 drops
**Geranium Bourbon* or Geranium
Rose** 4 drops

11/
Benzoin Tincture* 1 drop
Cedarwood Atlas* 2 drops
Sage Clary* 1 drop
Fir Balsam* 3 drops
Spruce Black* 3 drops

12/
Benzoin Tincture* 1 drop
Vetiver* 1 drop
Orange Sweet* 6 drops
Cardamom* 2 drops

Green

*Fresh
Light
Adventurous*

13/
Juniper Berry* 8 drops
Sage Clary* 4 drops
Bergamot* (BF - FCF) 8 drops

14/
Patchouli* 1drop
Lemon Balm* 1drop
Lavender Fine* or True* 2 drops
Rosemary Verbenone Type* 4 drops
Thyme Linalool Type* 2 drops

15/
Clove Bud* 1 drop
Ginger* 1 drop
Juniper Berry* 1 drop
Petitgrain Bitter Orange* 3 drops
Rosemary Verbenone Type* 3 drops
Basil Exotic* 1 drop

16/
Vetiver* 4 drops
Sage Clary* 8 drops
Neroli* 10% 4 drops

17/
Sandalwood 5 drops
Frankincense Somalia 2 drops
Ginger* 1drop
Coriander seed* 4 drops
Mandarin* 2 drops

18/
Sandalwood 5 drops
Cedarwood Atlas* 5 drops
Vanilla Oleoresin* 1drop
Coriander seed* 3 drops
Lavender Fine* or True* 3 drops

Oriental

*Exotic
Spicy
Captivating*

19/
Ylang Ylang* 7 drops
Pepper Black* 3 drops
Mandarin* 5 drops

20/
Frankincense Somalia 5 drops
Elemi 1 drop
**Geranium Bourbon* or Geranium
Rose** 3 drops
Bergamot* (BF - FCF) 6 drops
Mandarin* 6 drops

21/
Ylang Ylang* 5 drops
**Geranium Bourbon* or Geranium
Rose, or Rose (Otto)* 5%** 3 drops
Orange Sweet* 4 drops
Coriander seed* 6 drops

22/
Frankincense Somalia 4 drops
Jasmine Absolute 5% 4 drops
Pepper Black* 3 drops
Bergamot* (BF - FCF) 6 drops

23/
Pepper Black* 2 drops
Ylang Ylang* 2 drops
**Geranium Bourbon* or Geranium
Rose** 2 drops
Coriander seed* 6 drops
Mandarin* 6 drops

24/
Sandalwood 9 drops
Rose (Otto)* 5% 6 drops
Ginger* 1 drop
Orange Sweet* 4 drops



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