



SCENT MEMORY JOURNAL

Capture the moments that matter most—one scent at a time.

Welcome to Your Scent Memory Journal

Capture the Moments That Matter—One Scent at a Time

Our sense of smell is powerful. A simple fragrance can transport us back to a cherished memory, evoke a forgotten emotion, or even shift our mood in an instant. This journal is designed to help you intentionally create and capture those scent memories—turning everyday moments, special occasions, and personal milestones into a sensory scrapbook you can revisit anytime.

How to Use This Journal:

Each time you wear a fragrance, diffuse an essential oil blend, or experience a scent that stirs something in you, take a few minutes to document it here.

You'll find prompts to guide your reflection:

- ✓ Date & Fragrance – Record the name of the scent or the oils you used.
- ✓ Occasion – What was happening? Were you celebrating, relaxing, or simply enjoying the day?
- ✓ Feelings & Emotions – How did the scent make you feel? Did it energize you, calm you, or spark a memory?
- ✓ Special Memory – Jot down any thoughts or memories that surfaced.
- ✓ Optional Scent Strip – Add a small spray or dab of the fragrance right onto the page to revisit the scent later.

There's also space for reflection—would you use this scent again for a similar moment? What stood out about the experience?

Why Create a Scent Memory Journal?

- Build a personal library of fragrances tied to your favorite memories.
- Use scent intentionally to shift your mood, boost confidence, or create comfort.
- Revisit special moments any time you need a lift, a smile, or a bit of nostalgia.

Whether you're new to exploring fragrance or have a favorite essential oil for every mood, this journal is your space to capture the beauty of scent—and the memories that come with it.

Enjoy the journey!

Date: _____

Fragrance Name: _____

Occasion / What was happening today?

How did this scent make me feel?

- ☐ Energized
- ☐ Calm
- ☐ Nostalgic
- ☐ Romantic
- ☐ Grounded
- ☐ Other: _____

Describe your emotions or mood:

Any special memory or detail tied to this scent?

Optional Reflection:

Would I use this scent again for this type of moment? Why or why not?

Tip: Revisit your journal entries on days when you need a little boost, a trip down memory lane, or a reminder of how powerful scent can be.



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