# DIY
# PERFUMES & COLOGNES

No. 132.

# QUALITY MATTERS

Using your essential oils to create a personalized scent not only allows you to smell amazing - it ensures you are enjoying a fragrance that is safe for your body and those around you.

Not all essential oils are created equally. When you shop with Young Living you are getting quality products backed by a 'Seed to Seal' guarantee that you won't find anywhere else.

# THE BASICS

Let's start at the very beginning. Every quality perfume or cologne needs a good base. Use a carrier oil or solvent for 80% of the spray and an essential oil blend for the remaining 20%.

▶ For spray-on fragrances: use a clear, scentless solvent like vodka or witch hazel. This helps the essential oil distribute evenly throughout the bottle.

▶ For roll-on fragrances: use an unscented carrier oil like jojoba or almond oil.

# BLENDING BY NOTES

Essential oil fragrances are classified as "notes". Just like music, you want all the notes to harmonize, making a beautiful "sound."

▶ The Top Note is the scent your nose detects first, the "first impression" scent.

▶ The Middle Note, often referred to as the "heart note", is the one noticed after the top note is gone.

▶ The Base Note lasts far beyond the other notes and creates a lasting impression.

| TOP | MIDDLE TO TOP | MIDDLE | MIDDLE TO BASE | BASE |
|---|---|---|---|---|
| Bergamot | Juniper | Valor | Cedarwood | Frankincense |
| Lemon | Cinnamon Bark | Neroli | Cypress | Patchouli |
| Peppermint | Lemongrass | Clary Sage | Black Pepper | Royal Hawaiian Sandalwood |
| Lime | Pine | Stress Away | Rose | Veviter |
| Orange | Tangerine | Ylang Ylang | Clove | Myrrh |
| Grapefruit | Lavender | Geranium | Jasmine | Davana |

# BE SAFE

It's important to mention that oils are potent and careless use of them can cause harm. Here are a few general safety 'rules' to keep in your back pocket.

▶ Diluting oils is the number one way to protect yourself from accidental irritation. Following the 80:20 dilution is a very conservative way to start, especially if you are more sensitive in nature to begin with. If you feel like you need your oils diluted less or more, go ahead. It's totally up to you!

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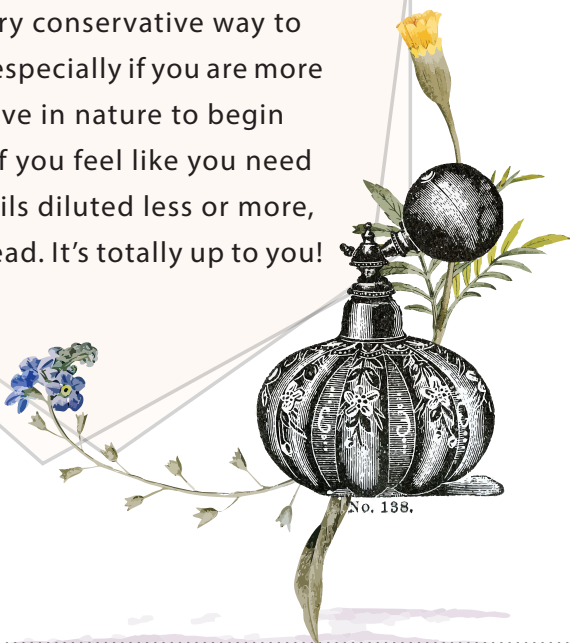
# PHOTOSENSITIVITY

Some essential oils cause photosensitivity due to the compounds found within. Thankfully, all of Young Living's essential oils that cause photosensitivity are labeled (list below is not exhaustive). Spray or roll on those perfumes made with these oils in a place where the sun doesn't shine or simply cover it with clothing if you plan to spend a lot of time in direct UV rays.

▶ Lemon

▶ Lime

▶ Grapefruit

▶ Orange

▶ Bergamot

▶ Tangerine

▶ Peace & Calming

▶ Stress Away

▶ Citrus Fresh

▶ Gentle Baby

▶ Joy

# KISS IN THE DARK ROLLER

Add essential oils to a 10 ml roller bottle and top with a carrier of your choice. Roll on wrists and neck as desired.

- ▶ 10 drops Cedarwood
- ▶ 9 drops Vetiver
- ▶ 6 drops Patchouli
- ▶ 3 drops Black Pepper

# CITRUS SUNRISE ROLLER

Add essential oils to a 10 ml roller bottle and top with a carrier of your choice. Roll on wrists and neck as desired.

- ▶ 10 drops Lemon
- ▶ 7 drops Citrus Fresh
- ▶ 6 drops Peace & Calming

# KISS IN THE DARK SPRITZ

Add essential oils to a 2 oz. glass spray bottle and top with witch hazel or vodka. Distilled water can be used if you desire. Shake before each use.

- ▶ 20 drops Cedarwood
- ▶ 18 drops Vetiver
- ▶ 12 drops Patchouli
- ▶ 6 drops Black Pepper

▶ Want to turn this recipe into a body spray?

Grab an 8 oz. glass spray bottle, add DOUBLE the essential oils plus 1 TBSP vegetable glycerin and 1 TBSP witch hazel. Top with distilled water. Shake before each use.

# CITRUS SUNRISE SPRITZ

Add essential oils to a 2 oz. glass spray bottle and top with witch hazel or vodka. Distilled water can be used if you desire. Shake before each use.

- ▶ 20 drops Lemon
- ▶ 14 drops Citrus Fresh
- ▶ 12 drops Peace & Calming

▶ Want to turn this recipe into a body spray?

Grab an 8 oz. glass spray bottle, add DOUBLE the essential oils plus 1 TBSP vegetable glycerin and 1 TBSP witch hazel. Top with distilled water. Shake before each use.

# BOHEMIAN WILDFLOWER ROLLER

Add essential oils to a 10 ml roller bottle and top with a carrier of your choice. Roll on wrists and neck as desired.
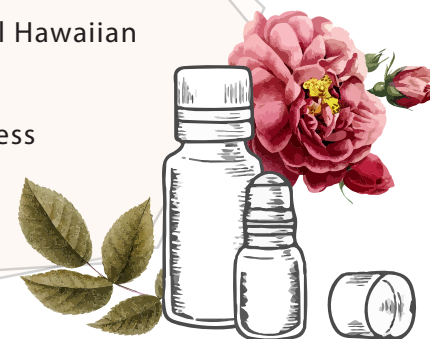
▶ 8 drops Patchouli

▶ 8 drops Bergamot

▶ 8 drops Myrrh

▶ 6 drops Joy

# WILDWOOD ROLLER

Add essential oils to a 10 ml roller bottle and top with a carrier of your choice. Roll on wrists and neck as desired.

▶ 8 drops Idaho Blue Spruce

▶ 4 drops Royal Hawaiian Sandalwood

▶ 5 drops Cypress

# BOHEMIAN WILDFLOWER SPRITZ

Add essential oils to a 2 oz. glass spray bottle and top with witch hazel or vodka. Distilled water can be used if you desire. Shake before each use.

▶ 16 drops Patchouli

▶ 16 drops Bergamot

▶ 16 drops Myrrh

▶ 12 drops Joy

▶ Want to turn this recipe into a body spray?

Grab an 8 oz. glass spray bottle, add DOUBLE the essential oils plus 1 TBSP vegetable glycerin and 1 TBSP witch hazel. Top with distilled water. Shake before each use.

# WILDWOOD SPRITZ

Add essential oils to a 2 oz. glass spray bottle and top with witch hazel or vodka. Distilled water can be used if you desire. Shake before each use.

▶ 16 drops Idaho Blue Spruce

▶ 8 drops Royal Hawaiian Sandalwood

▶ 10 drops Cypress

▶ Want to turn this recipe into a body spray?

Grab an 8 oz. glass spray bottle, add DOUBLE the essential oils plus 1 TBSP vegetable glycerin and 1 TBSP witch hazel. Top with distilled water. Shake before each use.

# FRESHMAN ROLLER

Add essential oils to a 10 ml roller bottle and top with a carrier of your choice. Roll on wrists and neck as desired.

▶ 6 drops Vetiver

▶ 8 drops Lemon

▶ 3 drops Fennel

# FRESHMAN SPRITZ

Add essential oils to a 2 oz. glass spray bottle and top with witch hazel or vodka. Distilled water can be used if you desire.
Shake before each use.

▶ 12 drops Vetiver

▶ 16 drops Lemon

▶ 6 drops Fennel

▶ Want to turn this recipe into a body spray?

Grab an 8 oz. glass spray bottle, add DOUBLE the essential oils plus 1 TBSP vegetable glycerin and 1 TBSP witch hazel. Top with distilled water. Shake before each use.

# NOTES