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Part-I: Perfume Making

1. Perfume Making - An Overview

In this chapter of the book we'll look at a few easy ways in which you can make your own perfume with less effort Research has shown you can actually make 100 bottles of perfume for less than $300, and then sell them for up to $50 each, if you like.

Certainly some of the most popular perfumes available now are those that didn't cost much to make.

Previously it was very difficult to locate the ingredients along with the packaging (bottles, spray nozzles etc) while people were trying to make their own perfume. But now much of this has changed because of the internet and being able to order items online. Today you can find that at a fair price you can get the supplies you need and have the order delivered directly to your home address.

However, before you start making your own perfume, there are some items you will need to recall, and some of these are shown below.

1. You need to think of a name for your perfume first (something catchy so people can remember). Now you've got the name, you need to design a label (it would be best for simple artwork).

2. Next you need to look at the types of ingredients you'll need, and make a list.

3. Look for the best types of bottles, lids and pumps to put your perfume in (spend a little more on this item); you want your perfume to look great.

4. Next you have to spend several days picking your fragrances. It 's crucial you do as much research as you can on any other ingredients you might use.

5. It is essential, when preparing the ingredients, that you are in a sterile environment before pouring the perfume into the bottles you have selected and purchased.

6. Finally, look for a way you can show the finished product to consumers ... it

might be in a package, or you might find a much more innovative way to do so.

Simple method and if you've always considered doing it then why not give it a go

2. The History of Perfume

The word perfume owes its meaning to Latin word ‘per fumum’. This means through smoke. The art of making perfumes had its origin in ancient Mesopotamia and Egypt. Tapputi is the world’s first recorded chemist and perfume maker from Mesopotamia. Later, perfumes spread to Rome and Arabian countries. Most of the perfumes from these places were based on incense.

Egyptians used perfumes in religious rituals like cleansing ceremonies. Perfumed oils had many medicinal properties and were in use in balms and ointments. Slowly, Egyptian women started using perfumed creams and oils as toiletries. This also led to the spread of perfumes to other countries like Greece, Arabian countries, and

Rome. However, with the fall of the Roman Empire, perfumes started losing their importance in this part of the world. However, Islamic countries kept their traditions alive and developed their perfume making.

From the twelfth century onwards, perfumes started regaining their importance across different pockets of the world. France was the foremost in use and development of perfumes. The court of Louis XV was popular as 'the perfumed court' due to application of perfumes to furniture, clothing, and everything else.

Eau de Cologne was an invention of the eighteenth century. It offered a refreshing blend of various scents like neroli, rosemary, bergamot, and lemon. Liquid perfumes now became popular and were available in glass bottles. Perfumes underwent major changes in the nineteenth century. This was due to improved perfume making techniques, use of different chemicals, and changes in tastes of perfume users.

Grasse in Provence was then the largest production center of perfumes. Slowly, Paris became the commercial center for production of perfumes. This also led to development of different perfume houses across Europe. William Sparks Thomson set up The Crown Perfumery in 1872 with a collection of floral fragrances.

Leather fragrances became popular in the 1930s. Noteworthy perfumers include Jacques Fath, Christian Dior, Pierre Balmain, Jean Patou, and Nina Ricci. Presently,

there are more than 30,000 designer perfumes in the market catering to all ranges of cost and luxury in addition to their fragrance.

3. What is Needed to Make Homemade Perfumes?

Perfumes are a perennial favorite and many people love to wear a perfume. It makes you smell nice and the scent lingers for a long time. Perfumes are an ideal combination of fragrant oils, fixatives, aroma blends, and solvents.

The main composition of perfume consists of base perfume oils, which could be animal or synthetic. Mixing of solvents helps dilute their concentration and make it easy to use and apply. Undiluted and pure form of base oils cause allergies and skin damage.

You can make perfumes at home. Your choice of perfumes decides the ingredients you need to make perfumes at home. Some of them are strong and last long while some have a soft smell and do not linger long.

There are three main categories of ingredients necessary for making perfumes. They are:

- Pure grain oil
- Essential oils, available from different plant and animal sources, form the essence of your perfume, and

- Water

ESSENTIAL OIL USED IN PERFUMES

All of us use perfumes. You get a host of them in the market. But finding the right one that appeals to our senses can be a task if you have a discerning nose. You might like a certain element of one perfume, while another element from another perfume. So how do you choose the one that you would like the most? An easy way to pass this hurdle is to make your own! We got Dr Blossom Kochhar, an aromatherapy expert to give an insight into different essential oils and how they help, and also how to make a perfume – and a host of other things for you. To make a perfume, you need essential oils, carrier oil and apparatus like a glass bowl, glass bottle and a dropper. We will look at each of these in detail.

An essential oil is natural oil typically obtained by distillation and having the characteristic odour of the plant or other source from which it is extracted. It is the highly concentrated version of the natural oils. They have a host of physical and psychological health and well-being applications. Aromatherapy is one of the most common ways of using essential oils and involves healing through the aromas of the oils. There are many essential oils that you can use. We have a list of the ones that you can use for your DIY perfumes. All of them have a host of benefits for skin care, hair care and others; here, we look at just a few benefits of these essential oils.

Basil: This essential oil stimulates the nervous system. It helps eliminate odour. It restores mental alertness and fights fatigue. It also reduces symptoms like brain fog, sluggishness, sore muscles and poor mood.

Cedarwood: Use this one for alleviating stress and anxiety. It also improves focus and wisdom. It is said to get people together and improve personal outlook and self-esteem.

Chamomile: This one is a powerful calming agent, and an antidepressant and overall mood lifter.

Cinnamon: It helps to relieve depression. It is a natural aphrodisiac. It is also a natural home deodorizer and freshener and helps detoxify the air. It also helps in treating and preventing headache.

Eucalyptus: This essential oil helps to fight migraines and fevers. It has cooling capability that aids in relieving muscle aches and pains. It works as an expectorant and helps cleanse your body of toxins. It removes odour and cleanses the air. You can use this to keep cough and cold away, too, says.

Geranium: This one helps to improve physical, mental and emotional health. It uplifts mood, lessens fatigue and promotes emotional wellness. It also alleviates anxiety and balances the hormones. Research proves that it helps relieve you of any sluggishness.

Jasmine: This oil improves mood, helps overcome stress and helps balance hormones. It is a natural remedy for anxiety, emotional stress, low libido and insomnia. It helps rejuvenate you and your mind, and increases alertness.

Lavender: It is a sedative and has calming and anti-depressant properties. It relieves headaches, and other pains. It also helps in reducing anxiety and emotional stress. It also helps to improve sleep.

Lemon: This essential oil improves mood and rejuvenates energy. It also helps to get rid of nausea. It also helps in detoxification of the air.

Lemongrass: This one reduces muscle pain and other aches. It also works as an insect-repellent. It is relaxing, stimulating, soothing, and balancing oil.

Neroli: It soothes agitated nerves and helps to relieve feelings of grief and despair. It is relaxing, and helps to better the sleep.

Orange: It helps ease anxiety and decrease hypertension. It enhances immunity, helps reduce pain and boosts the mood.

Patchouli: This essential oil helps fight depression, boost immune system and also works as a natural deodorant. It also stimulates the hormones and enhances the mood.

Peppermint: It helps improve mental focus. It boosts the energy and relieves headaches.

Rose: This one balances the hormones, relieves anxiety and improves depression. This one especially helps women.

Rosemary: This oil helps to improve memory. It also relieves muscle aches and pains. It is especially beneficial for haircare, Dr Kochhar tells.

Sandalwood: This essential oil has a very calming effect on the mind. It helps reduce tension, confusion, stress, fear, nervousness and anxiety. It not only helps reduce stress, but also is an aphrodisiac.

Tea tree: Its antibacterial properties make it a natural freshener. It is a natural immunity booster, and also fights infection.

Ylang ylang: This one helps reduce stress and is an aphrodisiac. It also enhances the mood. It energizes and helps avoid fatigue, and body aches.

Carrier oils help dilute the essential oils before application on skin. They're the base for the essential oil that is being mixed into it. A greater amount of the carrier oil is used with the essential oils to properly dilute them. The carrier oils themselves have many benefits that you add to with the essential oils. Here are some carrier oils – and their main benefits – that you can use to dilute the essential oil while making perfumes.

Almond oil: This oil has vitamins A, B and E. It helps balance the moisture in the skin, improves skin complexion, and gives the skin a natural glow. It absorbs easily into the skin. The smell isn't overwhelming, so this works well for perfumes.

Grapeseed oil: It is high in minerals, vitamin E, proteins and linoleic acid. It doesn't make the skin greasy.

Jojoba oil: This oil gets easily absorbed into the skin and has no particular scent of its own. It is one of the closest to the natural oils in the skin.

To make a balanced perfume, you need to find the right balance in the notes that you add. There are three fragrance notes: base, top and middle. You need to have at least one of each in the perfume you make to ensure it smells right. As a rule, the top, middle and base notes should be harmonious. Select essential oils from all three categories, but make sure to use less of the top and middle notes than that of the base note. It is said that you should have 45-55% of the blend in base notes, 30-40% in middle notes ad 15-25% in top notes. While this percentage is not set in stone, you should start with this basic, and then edit the ratio here and there to get that perfect fragrance for you.

Top notes: These oils tend to evaporate fast, and are light, fresh and uplifting in nature. From the list given above, basil, cinnamon, eucalyptus, lemon, lemongrass, neroli, orange, peppermint and tea tree are included in top notes.

Base notes: These essential oils are heavy in consistency, and have strong fragrance. They don't evaporate fast, and are intense and heady in smell. The base

note oils include cedarwood, jasmine, patchouli, rose, sandalwood and ylang ylang. Cinnamon is also considered a base note.

Middle notes: These notes help balance the fragrance. They might not be too evident in smell but when you concentrate, you can smell those as an undertone. From the given list of essential oils above, geranium, lavender and rosemary are middle notes. From the top notes list, basil, lemongrass, neroli and tea tree could also be considered in the middle notes, as also ylang ylang from the base notes.

Steps for Making your Perfume

- Mix in two cups of distilled water, four tablespoons of ethyl alcohol, ten drops of bergamot essential oil and ten drops of lavender essential oil into the bowl.

- Mix them well and allow them to stay overnight or for twelve hours in the bowl. The bowl should be away from heat, sunlight, and preferably in a cool, dark place.
- Transfer contents into a dark colored bottle and close lid tightly.
- Allow it to settle for 24 to 48 hours.
- Choose a suitable name for your perfume and design a label.
- You can then use your perfume.
- Take care that while preparing and pouring perfume into glass containers that you are in a sterile environment.

Base notes form the core of your perfume. These smells last the longest and are therefore mixed in the first. Middle notes consist of geranium, lemongrass, neroli, and ylang-ylang.

Mix these oils after base oils.

This scent stays longer, although not as much as base oils. Top notes are added last, as their scent lasts the least time.

5. The Materials Needed and Where to Get Them

If you intend making perfumes at home, you should choose a specific perfume formula. Which formula depends on the type of perfume you want to make and use.

Every perfume has its own set of necessary essential oils and fragrance oils. Choose oils of good quality to ensure your perfume is of high quality. It will be on your skin or those of some of your close friends and family.

Essential and fragrance oils determine the scent, character, mood, and quality of your perfume. However, essential oils are costlier than fragrance oils. Hence, in the initial days, it is best to make perfumes with fragrance oils alone. You can start using essential oils in your perfume making after you become an expert perfume-maker.

You should use correct combinations of fragrance and essential oils in your perfume. Otherwise, it could cause serious health problems. Therefore, use glass measuring devices so that you can see the exact amount of oils you use perfectly.

Alcohol is the main solvent in use while making perfumes. It helps reduce the strength of all oils used in perfume making. You also require specific fixatives. These lower evaporation rates of fragrance and essential oils in your perfume and makes fragrance stay longer.

You may be lucky enough to live where you can purchase all necessary supplies for your perfume at a local store or one in the nearest city. They may charge more than Internet-based suppliers but you can probably order only the amount you need and get it immediately.

The Internet offers you further choices for placing online orders and purchase essential perfume kits, possibly at lower cost.

I've put a Chapter covering suppliers for Candle making, Soap Making and Perfumery supplies at the end of the book.

Many of the suppliers offer products for more than one category, so I've put colored letters beside each entry.