
DIY PERFUMES & COLOGNES



No. 132.

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.



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



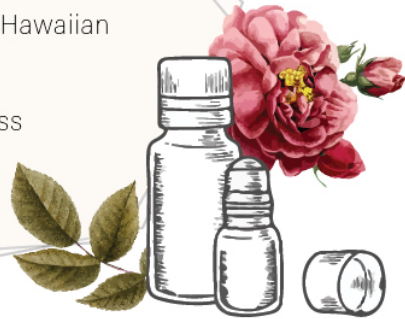
▶ Want to turn this recipe into a body spray?

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.

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



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.

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.



BLENDING BY NOTES



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	Vetiver
Orange	Tangerine	Ylang Ylang	Clove	Myrrh
Grapefruit	Lavender	Geranium	Jasmine	Davana



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



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.

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



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 Peace & Calming

Want to turn this recipe into a body spray?

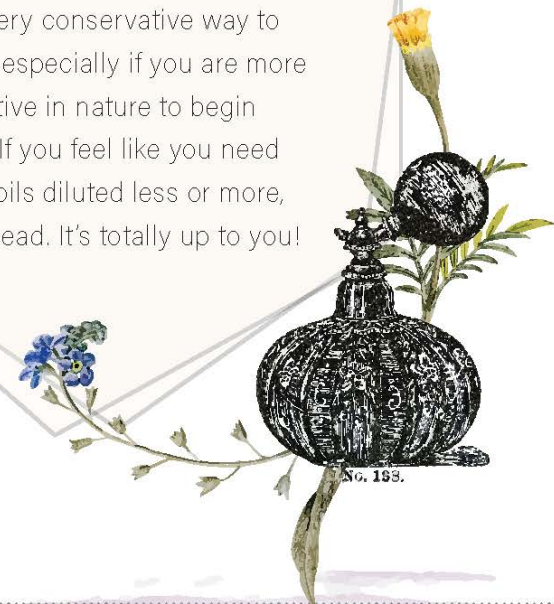
- ▶ Grab an 8 oz. glass spray bottle
- ▶ DOUBLE the essential oils
- ▶ 1 TBSP vegetable glycerin
- ▶ TBSP witch hazel
- ▶ Top with distilled water
- ▶ Shake before each use.



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!



No. 153.

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



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
- ▶ DOUBLE the essential oils
- ▶ 1 TBSP vegetable glycerin 1
- ▶ TBSP witch hazel
- ▶ Top with distilled water
- ▶ Shake before each use.