

TIMELESS - ELEGANT - BREATHTAKING

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# PERFUMES AND POTIONS

*Craft your own natural signature  
scents using essential oils*

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KIM THOMSON CCA



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# Welcome

I love wearing perfumes and have since my Grandma gave me my very own bottle of 4711 when I was about 8 years old. I think of my Grandma whenever I smell this perfume or any perfume that has Neroli in it. It's amazing how scent can bring back memories and even trigger emotions.

When I was trying to get pregnant with my first child, I started to learn about the nasty ingredients in many body care products and especially in perfumes. I learnt how they mess with hormones and how this could impact on my fertility. So I stopped using them.

It was around this time that I was given my first essential oil. It smelt super-strong as it was 100% pure and I wasn't sure how much to even use. After my baby was born, I started making my own all-natural products, including baby wipes, spray cleaners, dishwasher powder, laundry liquids and moisturisers. All these were made with the addition of pure essential oils.

I loved essential oils so much I decided to become an aromatherapist. It was during this course that I first started blending essential oils and crafting my own perfumes. I could once again indulge in spraying these timeless, elegant and breathtaking aromas onto my skin, but now without any of the nasties.

I've taught numerous blending and perfume workshops over the years, but only people who live near me can attend. My goal with this book is to make teaching a perfume class easy for anyone to do. Simply set a date, invite your friends around, buy the ingredients, source the equipment and read from this book. Voila! It's a script - just add in your own stories. Read as much or as little as you think your audience want to know. Have fun and happy perfume making!



# Ingredients

When I teach a class I have samples of all the perfumes made up for people to smell, but this is totally optional.

The ingredients will depend on which of the perfumes you and your guests wish to make. You may choose to let people pick from any of the perfumes in this book or you may limit the number they can choose from. This decision might be based on the essential oils you have for them to use or based on the cost of making each perfume.

You'll find a downloadable Excel spread sheet at <https://hotoilymumma.com.au/perfumes-and-potions> which will help you to calculate the cost for making each perfume, so you know how much to charge for the workshop.

I have tried to make running a Perfumes and Potions class as easy as possible for people, so I do stock ingredients and equipment in my online store at [www.hotoilymumma.com.au](http://www.hotoilymumma.com.au) however, if you wish to source your own ingredients and supplies then that's great too.

## **Vanilla**

Some of the perfumes have Pure Mexican Clear Vanilla in them, so you'll need to source some of this. I have this for sale in my online store.

## **Alcohol**

I like to use vodka, but any 80 proof alcohol without a smell will work. For obvious reasons, you'll need to source this yourself.

# Ingredients

## Essential Oils

I only use the world's best essential oils in my perfumes. These really can make or break your handcrafted masterpiece. I do have essential oils for sale in my online shop. However, I would encourage you to get your own wholesale account if you don't already, so that you save money as good quality essential oils (which will last a very long time) can be costly. The essential oils used to create the perfumes in this book include:

- Bergamot
- Black Spruce
- Blue Cypress
- Cardamom
- Cedarwood
- Cinnamon
- Clary Sage
- Coriander
- Cypress
- Fennel
- Frankincense
- Geranium
- Grapefruit
- Jasmine
- Lavender
- Lemon
- Lemon Myrtle
- Lime
- Myrrh
- Nutmeg
- Ocotea
- Orange
- Palmarosa
- Patchouli
- Petitigrain
- Rose
- Sandalwood
- Spearmint
- Tangerine
- Vetiver

# Equipment

## **Glass Bottles**

You will need glass bottles (atomisers or roll-ons) between 10ml-60ml depending on what type of perfume you are wanting to make. I do have these for sale in the shop on my website too.

## **Labels**

Give your guests something pretty to take home by printing labels for the perfumes. I have labels for sale in my online shop if you don't want to print your own.

## **Glass Beakers**

I use glass beakers to measure and pour the alcohol.

## **Funnels**

Unless you have a very steady hand, it can be difficult to get the essential oils and the alcohol into the perfume bottles. This is a lot easier if you have some small metal funnels.

## **Pipette or dropper**

I like to measure the exact number of drops of vanilla and distilled water that I am adding to the bottles, so I use a pipette or a dropper.

## **Recipes Cards**

It's nice to give your guests a recipe card to read from when they are making the perfumes or to take home so they can make it again. You can print these yourself using the recipes in this book or you can find them in my online shop.

# Introduction - Start Here

Hi, I'm ..... and I'm going to be running the class today. Thank you to (*host*) for having us.

This class has been created for women like me - who want to smell breathtakingly beautiful, but without the phthalates and other nasty hormone-disrupting chemicals that are in most commercially-bought perfumes. It's based on the book, *Perfumes and Potions*, written by Kim Thomson. Kim is a Certified Clinical Aromatherapist who wanted to share her passion for crafting timeless, elegant and breathtaking perfumes with you.

For a bit of fun I want to start by getting you to think about your favourite perfume of all time. We're going to go around the group and introduce ourselves by telling everyone the name of the perfume and then our name. For example, I'm....(*4711 Kim*).

Thanks for that! It's always a laugh when someone says, "My Name Kim". True story! There really is a perfume called My Name.

In this class you'll learn a bit about the history of perfume making, discover how to design your own perfumes, should you want to do that in the future. And then sample nine gorgeous perfumes. You'll choose one and then create your own timeless, elegant and breathtaking perfume to take home.

# The History of perfumes and potions

Crafting perfumes and potions has been something people have been doing for nearly as long as men and women have walked on this beautiful planet. Before essential oils were distilled, people would rub themselves in crushed-up plant matter, bathe in scented water full of petals or even add leaves and flowers to fats and oils to anoint their bodies with.

Humans have created perfumes and potions so as to smell divine, raise their spirits, harmonise emotions and even in the hope of attracting love.

Did you know that the ancient Egyptians were the first known civilisation to bottle perfumes? They were the ones who invented glass and began storing their delicate scents in glass bottles and jars.

The Egyptian Queen, Cleopatra, used a variety of scents, opiates, perfumes and essential oils to create an atmosphere of passion for her relationship with Mark Antony. History tells us that Cleopatra had the sails of her ships and even her clothing soaked in rosewater so that the scent of the rose on the breeze alerted her lover of her impending arrival - well before she could actually be seen.

It's been said that Roman soldiers bathed in flowers and other plant botanicals as a way of scenting their bodies before going into battle. And the Greek father of medicine, Hippocrates, recommended a scented massage and aromatic bath as a remedy for good health. Who are we to argue?

Perfumes have long been thought of as aphrodisiacs because of their ability to increase sexual desire. The term 'aphrodisiac' is derived from Aphrodite, the Greek goddess of love and sexuality. The sense of smell was important in human relationships prior to the advent of soaps, showers and perfumes. After all, people were natural back then and the first known sexual stimulant was actually human body odour. They didn't have TV ads programming them to buy certain perfumes so they would be attractive to the opposite sex. Pheromones were what naturally attracted people to one another. They are also what repels us too.

Many 'love potions' are just blends of essential oils. Essential oils are great for romance because the aroma goes straight from your nose to your brain. Scents cause a chemical response in your brain as they affect the limbic system. This is the oldest part of the human brain and is tied to our emotions and memories.

Q. Can you remember a smell that reminds you of your childhood?

# What are essential oils?

Q. Who knows what essential oils are?

Essential oils are volatile liquids, which basically means they evaporate. They're steam distilled from aromatic plants to preserve "nature's living energy." There are two key terms here that I want to explain. Technically speaking, to be classified as a true essential oil, it must be steam distilled. However, within the essential oil world we have loosely included oils that are:

- **cold-pressed** (also known as expressed oils) such as lemon, orange, grapefruit and other citrus oils which are pressed from the rind of the fruit, rather than steam distilled.
- **absolutes** such as jasmine and neroli which use a chemical solvent to extract the oil rather than steam distilling it as the flowers don't give up their oil very easily and;
- essential oils which are tapped from the tree in the form of a **resins** or **gums**.

For the purposes of this class we'll use the term 'essential oil' to include all of these types of oils.

Essential oils are lovingly and expertly harvested from either farm-grown or wild-crafted plants, shrubs, flowers, trees, roots, bushes and seeds. They're far more potent than the botanicals and dried herbs they are sourced from, as they're more concentrated.

Did you know it takes 75 lemons to make a 15ml bottle of pure Lemon oil and just under half a kilo of peppermint leaves to make a 15ml bottle of pure Peppermint oil? And it takes two and a half square metres of flowers from lavender plants to produce a 15 ml bottle of pure Lavender essential oil.

You may have noticed that I use the word 'pure'. That's because a lot of essential oils on the market are synthetic, which means they are created by people in a factory, rather than from plants in Nature.

Some other essential oils are diluted using either synthetic chemicals, like propylene glycol, or a vegetable oil. If you're crafting your own perfumes, then it's important that you use only pure essential oils from a reputable company. You don't want any nasty or hormone-disrupting chemicals in your hand-crafted perfumes. I'm happy to tell you where I source the best, pure essential oils from at the end of the class.

# Blending essential oils

Today we're going to use single essential oils in our perfume making. This means that there's oil from only one plant species in the bottle. For example, Lavender, Spearmint, Rose or Ylang Ylang.

Essential oils have unique characteristics that have the ability to affect us on many levels - emotionally, spiritually and physically. The effectiveness and even the aroma of essential oils may be enhanced when blended with other essential oils in a particular order. Each essential oil contains different molecules, both large and small. Each molecule within an essential oil has its own role in creating a harmonious perfume. A good perfume blend *will* contain a mix of different molecules, called **notes**, which we will talk about more in a moment.

Blending essential oils is quite a spiritual experience. It allows you to not only tap into your knowledge base, but also your creativity and intuition.

Q. Did you know that women make great perfumers? Can you guess why?

They not only benefit from having 'women's intuition', but also have ...better noses!

Blending is not like baking a cake, in that if you don't get the recipe exactly right it won't work. When crafting perfumes if you accidentally add too many drops of a particular essential oil it will change the aroma of the final product, but it still makes a perfume. Sure, it may smell different to the perfume you're trying to recreate. And whether you like the scent is another matter. I believe in divine intervention - there was probably a reason that extra drop fell in.

Crafting perfumes also has a lot to do with intention. It's a lot like cooking and always reminds me of the movie "Like Water for Chocolate..." The woman in the movie makes chocolate and when the people eat her handmade chocolates, they experience the same emotions she did when she made them. For example, if she was sad then they feel this when they eat that chocolate. Her feeling and intention was reflected in what she created.

I want you to think about your perfumes in the same way and pour love into every bottle you create, as the person you are creating them for - whether that's you or someone else - is very special.

# Why make your own perfumes?

Commercially bought perfumes... well, nearly all of them, contain synthetic fragrances, phthalates and other nasty chemicals, which can mess with our hormones. That's a bit scary when you think that most of us use perfume everyday. These chemicals are known as xenoestrogens, meaning they mimic or act like oestrogen in our bodies.

Oestrogen is a natural hormone, but sometimes, when we're exposed to too much it can cause cancer cells to grow. You may have heard terms like 'oestrogen receptive breast cancer'. This means that the oestrogen is feeding that particular cancer. An oestrogen imbalance may also cause weight gain, fibrous breast tissue, uterine fibroids, ovarian cysts, endometriosis, fluid retention, acne and hot flushes.

Guess what? The bad news is that xenoestrogens can cause this imbalance too. You'll find them in lots of products like shampoos, deodorants, moisturisers - almost everything that has 'fragrance' listed as an ingredient.

So, if you want to avoid these nasties, switch to using an all-natural perfume or better still, make you own from all-natural ingredients.

# How do we make perfumes?

This is the best bit. We start by deciding what type of scent we want to create. Do you want to make a deep exotic perfume or a light, airy scent? Do you want a particular scent to dominate or create a more rounded scent, so people are left wondering exactly what's in it? Perfumes should give people a sense of *deja vu* - so they're wondering 'Where have I smelt that before?'

Do you want your perfume to be:

- **earthy?** Choose essential oils like Patchouli or Vetiver.
- **floral?** Try Geranium, Jasmine, Neroli, Rose or Ylang-Ylang.
- **fruity?** Pick Bergamot, Grapefruit, Lemon, Lemongrass, Lime, Tangerine or Orange.
- **herbal?** Use Angelica, Basil, Chamomile, Clary Sage, Lavender, Peppermint or Rosemary.
- **spicy?** Choose Black Pepper, Cardamom, Cinnamon, Clove, Coriander, Ginger, Juniper or Nutmeg.
- **woody?** Use Cassia, Cedarwood, Cypress, Pine or Sandalwood.

There are some pages at the back where you can write down your own perfume ideas and calculate which essential oils to use.

We choose essential oils to blend together based on their aroma and form, which we'll talk about when we get to the part on Aesthetic Blending. When we are happy with the fragrance we add either a carrier oil to make it a roll-on perfume. Or we add alcohol and distilled water to make it a Eau de parfum or an eau de toilette.

In this book the recipes are for a 60ml Eau de parfum but if you would like to make a 10ml Perfume (Parfum) or an Eau de toilette simply halve the number of drops in the recipe and add the required amount of alcohol and distilled water or a carrier oil. So depending on how you like to apply them, how strong you like your perfumes to smell and your budget, you can choose the right one for you.

<b>Perfume Type</b>	<b>Approx Number of Essential Oil drops</b>	<b>Amount of Alcohol</b>	<b>Amount of Distilled Water</b>
Perfume (Parfum) 10mls	20-30	8-9mls	10 drops
Eau de parfum 60mls	40-60	50-56 mls	25 drops
Eau de toilette 60mls	20-30	30mls	30mls
Roll On 10mls	20-30	Carrier Oil 10mls	

# Carrier Oils for Perfumes and Potions

If you choose to make up a roll-on perfume you can add straight alcohol or you can add a carrier oil. Make sure your roller bottle has a steel roller ball.

Carrier oils act as balancing or stabilising agents for the essential oils. The easiest way to understand this is that they hold the essential oils and carry them into the body - hence the name. A carrier oil should be pure, cold-pressed and have minimal scent so it doesn't affect the aroma of your potion. Some carrier oils which are good to use in perfumes and potions include:

- Grapeseed oil
- Wheatgerm oil (although best avoided if someone has a gluten allergy)
- Almond oil (has a slight nutty scent)
- Jojoba (although technically this is a wax)
- Apricot Kernel oil
- Macadamia oil (has a slight nutty smell)

# Are there rules to follow with crafting perfumes?

A simple answer would be to say 'No'. But when starting out there are a few guidelines listed below which may be useful to follow.

- Keep a notebook handy. There is nothing worse than creating the perfect most divine perfume and not being able to remember which essential oils you put in it or how many drops of each.
- Let your essential oils sit for a few days before adding the alcohol. Then another 2 days before adding the distilled water and then another 2 days before using the perfume. Be patient! Perfumers have been known to leave their perfumes for 4-6 weeks before using them. Perfumes can change as the scents harmonise together.
- Think about how the perfume is going to be used and by whom. If the perfume is going to be applied directly on the skin, there are certain essential oils which irritate the skin. Consider this carefully when including these essential oils in the perfume. For example, Oregano, Thyme, Cinnamon Bark and Lemongrass are all 'hot oils' and can sometimes cause skin irritation.

- Citrus oils such as Lemon, Lime, Tangerine, Bergamot and Grapefruit are all photosensitive if used in large amounts on the skin and therefore the skin should be protected from the sun for 12-48 hours.
- If a woman is pregnant then it is advisable to only use essential oils if needed and there are some essential oils which she should avoid all together. So it's advisable for her to speak to her health professional or do some research on this.
- If people have high blood pressure, epilepsy or are on blood-thinning medication, then there are certain essential oils they should avoid. They should do their research or speak to their health professional before using essential oils.
- When you start creating a new blend, always make a small amount until you're happy with the scent you've created. For example, add the essential oils you intend to use in small ratios - one drop at a time. Then, when you're happy with the synergy (essential oils only - no carrier oil, alcohol or distilled water) put this away somewhere for a few days to see how the scent develops. If you're happy with it then you can create the perfume by adding the correct amount of drops in the larger amounts.

- The more intense the scent of an essential oil the smaller amount needed or it will overpower the blend. For example, Cinnamon Bark, Rose and Jasmine can be overpowering, so less is best.
- It can make a difference to your perfume if you change the order in which you add the essential oils to your perfume. Start by adding the base notes, then the middle notes and finally the top notes.
- Choose an 80 proof alcohol like vodka for making your perfumes. The proof is double the concentration level of the alcohol, so 80-proof alcohol is about 40% alcohol and 100-proof alcohol is about 50% alcohol. If the alcohol has a smell then this will affect the perfume so choose one which doesn't really have a smell. As the best perfumes are French, I like my vodka to be French too.

# Aromatic Blending

This is the type of blending that is used in the perfume industry. Its aim is to create a pleasing fragrance. The perfumer chooses essential oils which smell nice together, based on how well they harmonise and complement each other. Way back in the 19th Century a Frenchman named Septimus Piesse compared the evaporation rates of different essential oils to musical scales. It's become the universal system for categorising fragrances with top, middle and base notes. A balanced blend will have a top, middle and base notes with fixative or bridging elements between them.

The lighter, smaller molecules in essential oils are more aromatic, but their fragrance doesn't last long. But, when we combine these with larger, heavier molecules which are less aromatic, but evaporate more slowly, the fragrance lasts longer. Interestingly, the molecules which make up the top, middle and base notes evaporate at different rates, so we can smell the different notes over time. You might notice this when you apply a perfume in the morning. You can smell the citrusy, floral scents early in the day, but by the end of the day you're left with the woody, earthy fragrance of the base notes.

Not everyone agrees on which notes fall into which category and you'll come across books which put the same essential oils into different categories. This reflects the individuality inherent in essential oils and in perfumers. Some essential oils may act as a top note when blended with other essential oils, but in other blends they act as the middle note. Some may even extend across top, middle and base notes. Examples of this are Ylang Ylang, Jasmine, Rose and Neroli.

# Top Note Essential Oils - Soprano

These are the essential oils made up of smaller, lighter molecules which evaporate into the air quickly, usually within 24 hours. They are the first notes you smell in a perfume and don't last long. Top notes have a sharp, fresh, crisp, fruity and light quality. The more volatile top notes are often more intense and therefore a smaller amount is required in a blend. They are obtained from flowers, leaves and fruits. Examples of top note essential oils include (*pick some to read out*);

Basil	Bergamot	Cardamom	Cinnamon
Clove	Citronella	Copaiba	Coriander
Eucalyptus Radiata & Globulus	Grapefruit	Hinoki	Hyssop (T,M)
Jade Lemon	Jasmine (T,M,B)	Laurus nobilis	Lemon
Lemon Myrtle	Lime	Orange	Peppermint (T,M)
Rose	Roman Chamomile	Spearmint	Tangerine
Tea Tree			

Top notes are stimulating and uplifting to the mind and body. Energetically they are used for opening and releasing. They usually make up about 30% of the perfume.

# Middle Note Essential Oils - Alto and Tenor

These are the essential oils made up of medium size molecules which evaporate at a moderate pace, usually within 2-3 days. These essential oils are obtained from flowers, herbs and leaves. Examples of Middle note essential oils include (*pick some to read out*):

Balsam Fir	Black Pepper	Cardamom	Carrot Seed
Clary Sage	Clove	Cypress	Dill
Elemi	Fennel	Geranium	German Chamomile
Goldenrod	Helichrysum	Hong Kuai	Juniper
Lavender	Ledum	Lemongrass	Marjoram
Melissa	Myrtle	Nutmeg	Oregano
Palmerosa	Palo Santo	Petitgrain	Pine
Ravintsara	Rose	Rosemary	Sage
Thyme	Ylang Ylang		

These middle notes are the heart of the perfume, usually making up the majority (50%) of it. Middle notes enhance, equalise and balance the perfume. They are typically warm, soft and mellow.

# Base Note Essential Oils - Bass

These are the largest, heaviest molecules and the slowest to evaporate into the air. They can last up to one week. Some base notes may not be detected when the bottle is first opened and can take up to a few minutes to smell, for example, Sandalwood. When smelt from the bottle it can be quite faint, but when applied to the skin reacts strongly and can be smelt for hours. The scent of Base notes tends to develop over time, leaving a lasting impression of their fragrance. Some base notes are intense and can overpower a blend. Base notes have a deepness and fullness to them. Base notes fix the fragrance of the other oils in the perfume, causing their evaporation to slow down, making it last longer. They have a rich, heavy and pleasant scent. They are mostly obtained from woods and resins. Examples of base note essential oils include (*pick some to read out*):

Angelica	Black Spruce	Cassia	Cedarwood
Cinnamon (T,M,B)	Cistus	Clove	Frankincense
Ginger (M, B)	Jasmine	Myrrh	Neroli,
Patchouli	Rose	Sandalwood	Valerian
Vanilla	Vetiver	Ylang Ylang	

Base notes sedate and relax the mind and body. In energetic terms, base notes are grounding, relaxing and stabilising. These usually make up 20% of the blend.

# Bridging Notes

Bridge notes tie a scent together and bridge the gap between the main notes.

These make good bridges between the Base and Middle Notes:

<b>Benzoin</b>	<b>Cedarwood</b>	<b>Cinnamon</b>
<b>Frankincense</b>	<b>Myrrh</b>	<b>Patchouli</b>
<b>Sandalwood</b>	<b>Vanilla</b>	<b>Vetiver</b>

These make good bridges between the Middle and Top Notes:

<b>Bay Laurel</b>	<b>Cassia</b>	<b>Clary Sage</b>	<b>Lavender</b>
<b>Marjoram</b>	<b>Neroli</b>	<b>Nutmeg</b>	<b>Palmerosa</b>

# Crafting the perfect perfume or potion

In order to create the perfect perfume or potion, we need to add just the right amount of drops from each of the notes we have just talked about. Professional perfumers actually weigh their creations as it is a more accurate way of making sure they can recreate it, rather than by counting drops. For our classes we've already created some timeless, elegant and breathtakingly beautiful perfumes for you to smell and recreate. The recipes for these are on the next few pages and can be printed out as postcards. If you're wanting to create your own perfume blend then you could follow the instructions on the recipe sheets in the back of this book.

The way to create a perfect perfume is to blend the essential oils together first and then to leave them to develop for up to 4 days. Then add these to the alcohol and wait another 2 days before adding the distilled water. Classes like these don't always allow us to do this, but they'll still smell amazing. When making them at home you might have the luxury of time. If you add the distilled water too soon or too much distilled water your perfume may go cloudy.

# Storage of your perfume or potion

As I mentioned before, essential oils are volatile and will evaporate. So too will your perfumes, which is why replacing the lid after each use is recommended. Like essential oils, perfumes are also affected by light and heat, so do your best to keep them away from these. No leaving them in the hot car! Storing your perfumes and potions in amber coloured glass bottles is best, but I realise it's not as attractive as pretty clear glass ones. However, they will last longer if you do this. Glass is important as essential oils eat away at plastic and we don't want any of the plastic getting into our pretty perfumes.

With perfumes that have been created using essential oils, you may need to shake them before use to disperse the essential oils into the alcohol.

# Recipes

The recipes for the perfumes in this book were all inspired by real young women. Each perfume should tell a unique story and these perfumes are no different. They were all created by Kim, the aromatherapist who wrote the Perfumes and potions book. One weekend she wanted to teach her daughters and her daughters' friends how to make their own all-natural perfumes. Kim is passionate about educating future generations about the harmful chemicals which are in everyday products like perfumes. And so they sat down together and she created these blends with them in mind.

The perfumes are easy to make and now we hope you have just as much fun making yours as Kim and the girls had in crafting them for you.

I encourage you to try the perfumes and write down a yes, no or maybe to help you decide which one of these beautiful scents you would like to craft for yourself.

# Belle

Sweet and dark, yet woody and earthy. Belle is definitely a beautiful scent.

	Number of drops
Vanilla	18
Patchouli	2
Rose	4
Vetiver	2
Jasmine	2
Palmarosa	4
Lavender	4
Black Spruce	4
Cardamom	8
Orange	10

# Jessica

A light, fruity bouquet. Jessica is the perfect gift to one's self or someone you love.

	Number of drops
Vanilla	20
Patchouli	4
Lavender	8
Orange	10
Bergamot	6

# Johanna

An exotic, Oriental fragrance. Johanna is the gracious traveller of the East.

	Number of drops
Frankincense	10
Elemi	2
Geranium	6
Bergamot	12
Tangerine	12

# Jordan

A scent that definitely descends delicately and deliciously upon your skin.

	Number of drops
Vanilla	10
Sandalwood	6
Frankincense	6
Lavender	6
Palmarosa	8
Nutmeg	4
Blue Cypress	2
Lime	2
Lemon Myrtle	2

# Kaitlyn

Like a summer fruity popsicle. Kaitlyn is pure and sweet.

	Number of drops
Vanilla	24
Jasmine	8
Lavender	4
Fennel	2
Lemon	10
Tangerine	10

# Keira

A tantalising sweet, floral fragrance with a hint of citrus. Not at all dark like her name suggests.

	Number of drops
Vanilla	20
Cypress	12
Tangerine	12
Petitgrain	6
Lemon	4
Orange	4

# Nina

Warm, sultry and a little bit minty. Nina is strong like a warrior princess.

	Number of drops
Cinnamon	4
Jasmine	4
Vanilla	4
Geranium	10
Lemongrass	10
Spearmint	8
Coriander	6

# Olivia

Tropical and floral with a hint of earthiness. Olivia is the countess amongst the perfumes.

	Number of drops
Vanilla	6
Cedarwood	6
Rose	2
Clary Sage	4
Geranium	12
Bergamot	16
Grapefruit	10

# Tiegan

Tropical and floral. Tiegan is the little princess.

	Number of drops
Rose	2
Myrrh	6
Ocotea	4
Geranium	12
Blue Cypress	8
Coriander	8

# Recipe for

NAME/NO. OF PERFUME

TOTAL NUMBER OF DROPS

HOW MANY MLS OF  
PERFUME

## ESSENTIAL OILS TO CHOOSE FROM

### Citrus

- Bergamot
- Grapefruit
- Jade Lemon
- Lemon
- Lemon Myrtle
- Lime
- Orange
- Tangerine
- Lemongrass
- Melissa

### Earthy

- Carrot Seed
- Elemi
- Frankincense
- Helichrysum (M, B)
- Hyssop (T,M)
- Patchouli
- Valerian
- Vetiver

### Spicy

- Black Pepper
- Cardamom (T, M)
- Cassia
- Cinnamon (T, M, B)
- Clove (T, M, B)
- Ginger (M, B)
- Laurus nobilis
- Nutmeg

### Woody

- Angelica
- Balsam Fir
- Black Spruce
- Cedarwood
- Copaiba
- Cypress
- Hinoki
- Hong Kuai
- Juniper
- Myrrh
- Palo Santo
- Patchouli
- Pine
- Sandalwood
- Vetiver

### Floral

- Clary Sage
- Cistus
- Geranium
- Jasmine (T, M, B)
- Lavender
- Neroli
- Palmerosa
- Petitgrain
- Rose (T, M, B)
- Vanilla
- Ylang Ylang (M, B)

### Herbaceous

- Basil
- Citronella
- Coriander
- Dill
- Eucalyptus Radiata
- Eucalyptus Globulus
- Fennel
- German Chamomile
- Goldenrod
- Ledum
- Marjoram
- Myrtle
- Oregano
- Peppermint (T,M)
- Ravintsara
- Roman Chamomile
- Rosemary
- Sage
- Spearmint
- Tea Tree
- Thyme

Top = Green  
Middle = Orange  
Base = Red

## ESSENTIAL OILS + NO. OF DROPS

TOP \_\_\_\_\_ %

MIDDLE \_\_\_\_\_ %

BASE \_\_\_\_\_ %

# Recipe for

NAME/NO. OF PERFUME

TOTAL NUMBER OF DROPS

HOW MANY MLS OF  
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TOP \_\_\_\_\_ %

MIDDLE \_\_\_\_\_ %

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NAME/NO. OF PERFUME

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ESSENTIAL OILS + NO. OF DROPS

TOP \_\_\_\_\_ %

MIDDLE \_\_\_\_\_ %

BASE \_\_\_\_\_ %

# Thank You

I hope that you enjoy these perfumes  
as much as I do!

That brings us to the end of the class and the end of this  
book. I always finish my classes by letting people know  
how to get started ordering essential oils, if  
they haven't already.

If you have any questions about the recipes or want to  
find out more about essential oils, I would love to hear  
from you!

You can contact me through Facebook, Instagram or  
YouTube.

Just look for hotoilymumma

Or send me an email to - [kim@hotoilymumma.com.au](mailto:kim@hotoilymumma.com.au)

If you would like to get started ordering essential oils  
please speak to the person who sent you my book. If you  
found it through me or by yourself and would love to join  
my amazing Oily Tribe then go to  
<https://hotoilymumma.com.au/getting-started/>

We would love to have you join us on this oily journey!

Kim Thomson is a Certified Clinical Aromatherapist. She's also the mum to two beautiful girls who together with thier friends are the inspiration for some of the perfumes in this book.

Kim developed her own wellness business while working in a high-powered government job, so she knows all about the joys and challenges of balancing career and family. But her passion is helping women to enjoy better health.

This book is for all the women out there who stopped using perfume because of the damage it was doing to thier health. May women across the world be once again free to spray and enjoy timeless, elegant and breathtaking perfumes.

You deserve it.  
Atomisers at the ready.

