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LEARN WITH

Lianne

LEARN WITH LIANNE - Volume 25, 23rd March 2022

Welcome to our new newsletter - ***Learn with Lianne***. Each week we will look at different oils, different topics related to oils and different ways we can incorporate them into our lives. We hope this newsletter will inspire you, uplift you and give you more education around your oils.

BLENDING ESSENTIAL OILS

One of the many questions I get asked about essential oils is what oil mixes best with what other oil. Well, I'm going to let you in on a secret. There are no rules when it comes to mixing oils. You can blend whatever oil you like with another. But blending is an art, and something we will explore in this edition of the newsletter.

Before you start mixing your oils together, you need to know WHY you are doing it. If you are making perfumes, you want to create a smell that is pleasant for the wearer. If you are making a blend to help heal an ailment, the smell doesn't matter - it's the therapeutic properties of the oils that are important!



Perfumes can have 100s of different oils and isolates in them to create a unique aroma profile



Making your own oil based perfume is fun, and you can create your own unique smell just using the right mix of oils for you.

Different techniques

When you delve into blending and mixing oils, there are a lot of different techniques and information on what oil goes with what oil. A lot of the information is based on perfumery blending. It is nice to have an understanding of this information, but you don't need to stick to these rules. So, what are top, middle and base notes?

Perfumery Notes

Top notes are the lightest of all the notes. They're the first ones you smell and they're the first ones to evaporate because they have the smallest molecules. You can often distinguish top note essential oils because of their thin consistency.

Middle notes harmonise the blend, they are sometimes referred to as the heart notes. These are the oils that complete your blend by balancing the light top notes with the deep base notes. The aroma of middle notes lasts longer than those of top notes, but not as long as base notes.

Base notes are deep, heavy earthy in their aroma. These are the oils that ground your blend and help its aroma last the longest due to the large molecule size. Base notes are often derived from trees, roots, and barks, and their oils tend to be thick and viscous.

There are literally 100s of lists on the internet that tell you about the top, middle and base notes, but one thing I've noticed is that there is not one single agreement on the lists. They all vary slightly because smell is such a personal thing. So, take it all for what its worth, and know that you can break the so-called rules.

Blending according to Similarities

If you have a preference for a certain aroma, you might like to mix oils with similar aromas.

- Citrus – Orange, Lemon, Lime, Limbu
- Earthy – Oakmoss, Vetiver, Patchouli
- Floral – Lavender, Neroli, Jasmine, Rose
- Herby – Marjoram, Clary Sage, Basil
- Medicinal – Eucalyptus, Rosemary, Tea Tree, Fragonia
- Minty – Peppermint, Spearmint
- Spicy – Nutmeg, Clove, Cinnamon
- Woody – Pine, Cedar, Wintergreen

Salvatore Battaglia, a well-known Australian aromatherapist and author wrote a book called [Aromatree](#), which can help you understand this kind of information better if you want to learn more.

Therapeutic Blending

If you are blending for a specific ailment or disorder, then you kind of need to ignore the aroma. Think about what you want to achieve from the blend and how the oils can work together to create a lovely healing product. Use our Amazing Scents book to guide you on the therapeutics of each oil.

So if you want a pain blend, you might want to add oils that are known as analgesic oils. Where there is pain, there is likely to be inflammation, so you'd look at oils that are known as anti-inflammatory oils. You might want to add something that is calming or soothing, so you'd look for that kind of oil. It takes time to learn all the properties of our oils, but that's why we have the book and of course, our amazing [Facebook group](#) to help you along.

Now, I did say that the aroma of a therapeutic blend wasn't so important. That isn't 100% true, because if you make a blend that you don't like the smell of, then you are less likely to use it. So it's not important as such but a nicer aroma will make you more likely to use it. I'm trying to be gentle with you but in reality the smell doesn't last long as the oil absorbs into the skin. I reckon we should just do it - just suck it up if you are sick and need those properties!

Blending Tips

- Always keep the purpose of your blend in mind - what are you trying to achieve?
- Always keep in mind "who" the blend is for. You might use different oils for a young child than you would a pregnant woman or an elderly gentleman.
- Some generalisations around what goes well together:
 - Floral blends with floral, woody, spicy, and citrus
 - Woodsy blends with woody, floral, earthy, herby, minty, medicinal, spicy, and citrus
 - Earthy blends with earthy, woody, and minty
 - Herbaceous blends with herby, woody, and minty
 - Minty blends with minty, woody, earthy, herby, and citrus
 - Medicinal blends with medicinal and woody

- Spicy blends with spicy, floral, woody, and citrus
 - o Citrus blends with citrus, floral, woody, minty, and spicy
- When starting out, try the “30-50-20 Rule.” In short, this is adding your oils according to an assigned ratio. 30% top notes, 50% middle notes, 20% base notes.
- Let your perfume blends settle for a few hours or days to see how they really smell. The synergy can take time to fully develop.
- ALWAYS write down exactly how many drops of oils you used in your creations, and what oils. It is easy to think “I’ll remember”, but trust me, you will forget. So have a notebook handy when you blend.

Divine Feminine

DIFFUSER BLEND



BERGAMOT



YLANG YLANG



PATCHOULI



LAVENDER

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There is so much to learn about blending, but it can be as simple or as complicated as you like to make it. Grab your oils, grab a notebook, and start experimenting.

With our [standard range of oils](#), you can make literally 100s of different combinations of blends to use. Add in the [Limited Edition](#) oils, and you've got 1,000s. The possibilities are endless! What is your favourite combination of oils?

Remember to follow us on social media and keep up to date with all that is happening at Amazing Scents Aromatherapy.

Got something to share or want to learn about?

Email us at socialmedia@amazingscents.com.au and we will share your stories in future editions of our newsletter.



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