



ORGANIC PERFUME

The Complete Beginners Guide & 50 Best Recipes For Making Heavenly, Non-Toxic Organic DIY Perfumes From Your Home!

LISA REDDINGS

Organic Perfume:

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Introduction

Inside this book you will find information on how make your own organic and natural perfume, blend oils and create amazing scents to suit your individual personality.

You will also discover the secrets about the hidden chemicals in commercial perfumes that the manufacturers don't want you to know, you will learn how to use products you can find in your local supermarket as a base for your creations and find recipes which will enable you to wonderful gifts for friends and family.

The only thing standing in the way of you creating beautiful scents that have added therapeutic benefits is the limit of your own imagination.

Thanks again for downloading this book, I hope you enjoy it!

Chapter 1 – What is Organic Perfume

Organic perfumes are made up from natural products and contain none of the additional chemicals and synthetic scents that commercial perfumes are made from.

They are manufactured using pure essential oils which not only offer an amazing variety of scents but which also contain therapeutic benefits, so in addition to smelling great, your perfumes could also be treating any ailments or long term health conditions you may have.

In contrast, many commercial perfumes can cause health problems and/or exacerbate some conditions you may already be suffering from, such as allergic reactions, headaches, hormone disruption, increased severity of asthma or eczema conditions, thyroid complications and a suppressed immune system.

These health risks are caused by the chemicals which are included in the perfume recipes and which, because of the secrecy clauses included in the manufacture of commercially branded perfumes, are often undisclosed on the product packaging.

Many of the chemicals included are petro chemicals and are derived from either petroleum or natural gases, and it is around half of these chemicals which are not required to be disclosed. More worrying is that over 300 of these chemicals can be used in perfume manufacture and around 43% of these are untested and have no FDA approval.

The scent of commercial perfumes does tend to last longer than an organic perfume but again, this is due to added fixative chemicals such as Diethyl Phthalates. The possible health costs of regular use of these chemicals in the perfume you wear is extremely high and can include an increased risk of developing cancer, possible birth defects and low sperm count.

An Environment Defence Group conducted a study on the presence of chemicals in 3 new born babies. The findings showed the presence of 137 chemicals. Not all of the chemicals found in the newborns are used in perfumes, however a number of them are.

Of the 137 chemicals found:

- 132 are linked with the onset of cancer
- 133 are linked to reproduction and development problems
- 110 are toxic to the brain and nervous system

For the average person who uses commercial perfumes once or twice a week, this should cause no real problems but for those who regularly use it at least once a day it is worth remembering that around 60% of the perfume you wear will be absorbed into the bloodstream. As much of the perfume is made up from chemicals, and contains very little natural scent, this is a lot of unnatural products you are absorbing and carrying around in your body.

The health risks attributed to some of these chemicals include: **Parabens** – A synthetic preservative which is reputed to disrupt hormones.

Phthalates – A preservative which is carcinogenic, (linked with cancer).

Additional contraindications of phthalates include kidney and liver damage, birth defects, decrease in sperm count and premature breast development in both male and female.

Synthetic Musk's – linked to a disruption in hormones. Traces of synthetic musk's have been found in umbilical cord blood from newborn babies, breast milk, body-fat and fat tissue.

While some pure essential oils are not completely risk free, those that do carry restrictions, such as those not suitable during pregnancy, are not hidden and the information can be freely found. This allows your perfumes to be tailored to suit the person who will be wearing it. There is such a wide range of essential oils that it is a simple matter of substituting unsuitable oil for a similar scent that is suitable and ensuring that any health risks are easily avoided.

Chapter 2 – How is Organic Perfume Made?

Before you begin to make your perfume you must decide what strength you want to make, what type of perfume you would like and what sort of scent you require. There are five different perfume strengths for feminine perfumes and three main strengths for masculine scents.

Parfum (Perfume) and Cologne

Perfume and cologne are the strongest scented of the perfume types. They contain between 15 – 40% of essential oils to 60 – 85% of dilution substance. As such, these are also the most expensive to purchase, but this cost is dramatically reduced when making it yourself at home.

Espirit de Parfum/Cologne

This is the least common strength of commercial perfumes but works well for home manufacture. It is made up of between 15 – 30% of essential oils which allows for the option of a lower cost perfume while still retaining a strong aroma.

Eau de Parfum

This strength tends to be the most popular blend as it carries much of the intensity of a full perfume but is light enough for day wear and strong enough night wear. It uses between 10 – 20% essential oils.

Eau de Toilette

Using just 5 – 15% essential oil, this is a much lighter variety than Eau de Parfum and works well as a daytime scent.

Eau de Cologne

This is a light masculine scent which is generally used for daytime or work in place of the heavier scent of full Cologne. It is made using only 3 – 8% essential oils, but as masculine scents tend to be fuller bodied than feminine scents it is often equivalent to a feminine Eau de Toilette.

Eau Fraiche

Eau Fraiche is more of a lightly fragranced body spray than a perfume and is typically made using water or a mix of oil/water or alcohol/water. They contain only 1 – 3% essential oils.

Perfume Types

Once you have decided on the strength of perfume you wish to make, you need to decide on the composition of your scent. Do you want an oil, spray or solid perfume?

Natural perfumes can be made using liquid oils such as almond or jojoba, solids such as coconut oil or Shea butter which can be mixed with a natural wax or you can use alcohol, water or both to make spray perfumes.

Oil Based Perfumes

Liquid oils, (also known as carrier oils), are an inexpensive and popular choice for natural home-made perfumes. They blend well with the essential oils, are easy to apply and are quickly absorbed into the skin.

Many carrier oils also provide their own therapeutic properties which work well with the individual or combined properties of the essential oils being used in your scent.

Spray Perfumes

This type of fragrance is made using an alcohol base. Perfume alcohol can be used but plain vodka works just as well and often costs considerably less.

Alternatively, if you like the aroma of a particular spirit, such as brandy, whisky or rum, this can also be used but you must take care to ensure that the alcohol scent does not override the essential oils. Also, the overall scent of the oils will change slightly when mixed with a scented alcohol so you will need to experiment if you would like to try this option.

Caution: The alcohol will evaporate once it is in contact with the air but this does not happen immediately so this method must be avoided if the perfume/cologne is designed for someone with a current or previous alcohol problem.

Solid Perfumes

Solids are the most convenient type of perfume if you wish to carry it with you for re-application throughout the day. They are compact and do not leak making them easy to slip into a bag or pocket.

They are made using firm oils or butters and wax. Additionally, they are usually inexpensive to package as they require only a small tin or jar.

Body Sprays

These are the most inexpensive type of perfume to make but they are also the lightest as they contain very small quantities of essential oils compared with the stronger perfumes.

Most often these are made only from a blend of essential oils and water, but can also be manufactured using a dilution mix of either carrier oil and water or alcohol and water.

Perfume Pyramid

Although it may appear as simple as mixing together a few oils with a diluting product, perfume making is actually a little more technical than that. All good scents contain three different layers of fragrance.

Top Notes

The top note(s) form the first impression of your perfume. This is the initial smell that either attracts or repels you, and as such, it is the most important layer.

Top notes generally evaporate within the first 20 minutes. This does not mean that their scents are removed from the overall perfume fragrance, just that these stop being the dominant scents.

Typically top notes make up 20 – 40% of your essential oils blend.

Popular essential oils used for top notes are:-

Anise, Basil, Bay (Bay Laurel), Bergamot, Citronella, Eucalyptus, Galbanum, Grapefruit, Lavender, Lemon, Lemongrass, Lime, Orange, peppermint, Petitgrain, Spearmint, Tagetes and Tangerine.

Middle Notes

Mid Notes make up the main component of your essential oil blend and account for between 40 – 80% of the oils used.

The middle notes become gradually more noticeable as the top notes begin to fade. It takes around 10 minutes for the first hints to come through the top notes and they are fully apparent after around 30 minutes. Mid notes generally stay dominant from up to 2 hours, (certain scents may last a little longer than this).

Popular mid notes essential oils include: Bay, Carrot, Chamomile, Cinnamon, Clary Sage, Clove, Cypress, Dill, Fennel, Fir, Geranium, Hyssop, Jasmine, Juniper, Lindon Blossom, Marjoram, Neroli, Nutmeg, Palmarosa, Parsley, Black Pepper, Scotch Pine, Rose, Rose Geranium, Rosemary, Rosewood, Spruce, Tea Tree, Thyme, Tobacco, Yarrow, Ylang Ylang.

Base Notes

Base notes begin to develop around 30 minutes after the perfume is applied and make up between 10 – 25% of the essential oil blend.

These are the longest lasting scents of the fragrance blend and are responsible for the lingering aroma of your scent long after the main smell have disappeared.

Popular base note essential oils include: Angelica, Balsam, Beeswax, Cedarwood, Frankincense, Ginger, Myrrh, Oakmoss, Olibanum, Patchouli, Sandalwood, Vanilla, Vetiver.

Blending Oils

When you first begin choosing your own blends of essential oils it is important to familiarise yourself with both individual oils scents and combined scents. Many oils smell very different when mixed with another and even though they appear unpleasant on their own, when blended with other scents they can create beautiful aromas. Similarly, pleasant smelling oils can take on quite unpleasant smelling characteristics if mixed with the wrong oil.

Keep a notebook to hand when experimenting with blending so you can record what works and what does not.

Start with a limit of 5 to 10 drops of oil in total and use a mixture of top, middle and base notes. Do not waste your oils by making sample blends using too many drops as this can lead to expensive mistakes. Once you find a blend you like you can begin to experiment further but it will save a lot of waste in the interim.

Once you have settled on a particular blend, test it out with different dilution mediums. All carrier oils contain their own scents and characteristics, some stronger than others, so if you are using oil as a dilution agent you must ensure you find one that compliments your essential oil blend.

Initially, use a basic essential oil ratio of 30:50:20 to get you started, this can then be adapted as you become more experienced. This equates to 30% top note oils, 50% middle note oils and 20% base note oils.

e.g.

1oz of perfume = 30ml = 600 drops

If you make a 10ml oil based Eau de Parfum you will need a scent blend between 10 – 20%. For this example I will be using a 20% blend. This equates to 1 part essential oil blend (2ml) and 4 parts carrier oil (8ml).

There are 20 drops of essential oil per 1ml so for a 20% blend of 10ml I will need 40 drops of oil.

30% = 12 drops of top notes

50% = 20 drops of middle notes

20% = 8 drops of base notes

These are then blended together and added to the 8ml of carrier oil.

Perfume Containers

There are a huge variety of containers available online for storing your perfumes. From expensive, fancy bottles to plain and simple bottles, containers and vials, the choice is limited only by your personal taste.

Vials are usually around 5ml and are great for samples. Some are clear bottles with a screw top while others have a small applicator attached to the inside of the lid.



Roller Ball Bottles are perfect for oil based perfumes as they allow you to control the amount you are applying. They often have screw top lids which make them leak proof and are inexpensive. While most are made from plain glass or plastic, it is possible to purchase decorated bottles which are great when making perfumes for gifts.



Spray Atomizer Bottles are used for all alcohol or water based perfumes and can be use for very thin oil/water mixes. They range from small and plain to highly decorative so you can create some amazing perfumes that can be packaged very attractively.



Jars and tins are perfect for solid perfumes. They are small and portable and are made from everything from tin, enamel, glass and plastic. The variety of lids is also huge and you can obtain slide lids, screw top, clip-on and hinged.



Pendant or Charm Bottles make wonderfully stylish gifts and are refillable.

Typically they are between 1ml and 5ml and are available in a large variety of designs. Quite often these pendants come with a tiny funnel designed for filling the pendants with perfume. While these are more expensive than regular containers, for an individual perfume gift they are definitely worth the extra cost.



Chapter 3 – Perfume Dilutions

Whether you choose to use a base oil, (carrier oil), wax or an alcohol as a dilution agent, it is important to understand the positive properties each substance contains.

This chapter describes the most popular base oils and their health benefits along with any contraindications as well as information on perfume alcohol and vodka as a base ingredient so you can make an informed choice when choosing your perfume ingredients.

Water & Alcohol

Distilled Water

Distilled water comes from the steam which is collected while boiling water. Purified or filtered water can be used as an alternative to distilled water.

Hydrosol

Hydrosol is distilled water collected from the boiling of floral waters such as lavender infused water. This can be purchased ready-made or you can make your own at home.

Rectified Spirit Rectified spirit or alcohol is an agriculturally based ethyl alcohol, (usually grain), which is repeatedly distilled to create a pure alcohol.

The purity level of most rectified spirits is 95.6%, however this can be difficult to purchase due to the restrictions of such a high alcohol level.

A popular choice is a rectified spirit of 75.5% ABV, (151 proof) called 'Everclear' as this is more widely available.

Vodka

A clear, tasteless and odourless alcohol produced using grains or potatoes, this is the closest commercial alcohol to rectified spirit and readily available and as such it is a great alternative. The process of distillation used in manufacturing vodka makes it a great fixative to stabilise scent and preserve essential oils.

If using vodka aim for the highest alcohol level you can find. Remember, the higher the ABV the purer the alcohol.

Perfumers Alcohol While this is readily available it is worth noting that it does contain 3 different ingredients so is not as pure as rectified spirit or vodka.

Perfumers alcohol is made up of denatured alcohol, isopropyl myristate and dipropylene glycol

Solids

Beeswax

Produced by worker bees, this is a natural wax that is widely used in a variety of different industries. Beeswax has a light honey scent and its health properties include:

- Anti-inflammatory
- Anti-bacterial
- Forms a natural barrier on the skin which aids in healing and skin protection
- Humectant, (attracts water which keeps skin hydrated)
- Anti-allergenic
- Soothes itching, including eczema
- Vitamin A

There are different types of beeswax with the main ones available being.

1. Yellow beeswax - natural product obtained from the honeycomb
2. White beeswax - yellow beeswax which has been bleached
3. Beeswax absolute - yellow beeswax which has been treated with alcohol

Floral Wax

Solvent extracted wax with a slight fragrance. These waxes are often used by vegans as an alternative to beeswax however they are quite expensive and not as widely available as the beeswax option. The most popular floral waxes are jasmine, rose and mimosa.

Shea Butter

Shea butter comes from the Shea Nut and is widely used within the cosmetic industry. It has a slight nutty scent and its benefits include:

- Anti-inflammatory
- Moisturizing
- Collagen Production
- Vitamins A, D & E
- Anti-oxidant

- Anti-aging

Not as stable as a wax so will not give the same solidity to your perfume but a great option to mix with wax to create a slightly softer perfume. This can also be used on its own to create a perfumed body cream.

Raw (Virgin, Unrefined) Coconut Oil Raw coconut oil is extracted from the kernel of a mature coconut. It has a thick consistency and, unless warm, does not resemble an oil. It has a lovely, mild coconut scent which can complement many essential oils.



When purchasing coconut oil it is important to ensure you do not buy refined, bleached oil, always choose raw oil that is pure.

Benefits of coconut oil include:

- Moisturizing
- Anti-Viral
- Vitamin E
- Anti-Aging
- Anti-Oxidant
- Anti-Fungal

Base Oils

Carrier oils are made from vegetables, seeds, nuts and fruit. Many of the oils used as a base oil are better known in cooking however, be certain that you buy either unrefined, virgin or extra virgin when shopping for base oils in the grocery store.

There is a large range of different base oils so below I have listed the most popular oils and their benefits.

Sweet Almond Oil A thick, sweet nutty oil that is highly moisturising and removes impurities from the skin. This oil does not penetrate the skin well and tends to sit on the surface making it ideal for the treatment of dry skin conditions.

Argon Oil

Light to medium density oil that has a nutty scent. This oil is quickly absorbs and very hydrating. It contains anti-aging and protective properties and can help with scars and stretch marks.

Evening Primrose Oil A light and nutty scented oil with healing and astringent properties. Evening Primrose also has anti-inflammatory benefits.

Grapeseed Oil

A pale green oil with a light to medium density that has a mildly sweet scent. Beneficial properties include anti-aging, anti-oxidant, anti-fungal and anti-bacterial.

Hazelnut Oil

This is a lightly scented oil with moisturising properties. Its other benefits include Skin strengthening and circulation, regenerative, astringent and soothing.

Jjoba Oil

Jjoba is very thick, waxy oil with very little scent. Nourishing and quickly absorbed into the skin. It contains anti-oxidant properties.

Olive Oil

This is a heavy oil with a fruity scent, better known in the food industry. Olive oil penetrates the skin well and has anti-oxidant properties.

Rose Hip Oil

Rose hip is non greasy, amber coloured oil with an earthy scent. Rose hip oil is regenerative and contains anti-inflammatory properties.

Sesame Oil

Yellow/brown oil with a strong nutty scent. Sesame oil has anti-aging properties and is moisturising and soothing on the skin. It is also known to absorb and remove toxins.

Wheatgerm Oil

Strong scented oil with a high level of moisturising properties. It has anti-oxidant properties and stimulated skin regeneration.

Chapter 4 – Essential Oils

If you are willing to invest your time and energy into making your own perfumes and scents then it is worth investing a little time to source good quality essential oils. Low grade oils contain fewer of the beneficial properties of high grade oils and much less strength when it comes to their scent.

This is because the plants used to obtain the oils are not of the best quality. Always choose Grade A oils and ensure you are purchasing from a reputable seller.

The majority of essential oils are made by extracting the oils from the plants using steam or water methods and these are perfectly suitable for use in your perfume making. All recipes are based on this type of essential oil.

There are two other extraction methods which are regularly used and these produce a higher concentration of oil.

Absolutes: These are extracted using a solvent based method. This ensures that the oil extracted contains a high concentration of molecules making it much stronger than other oils.

If using absolutes in your perfume making, adapt your recipe to halve or even third the number of drops of the absolute oil.

CO₂'s: These are extracted using pressurised carbon dioxide making the finished product a much thicker density than most oils. These essential oils are ideal for perfume making as their extraction method allows them to retain a higher level of the plants natural scent.

As with Absolutes, adapt your recipes quantities in the same way to allow for the density and concentration of the oil.

Bottles of essential oils typically contain between 10ml and 25ml. Due to the high quantity of plants required to extract small amounts of oil, these tiny bottles can often appear to be expensive.

When purchasing your oils you should take into account that although the quantity you are paying for is small, 1ml of oil contains 20 drops, meaning each 10ml bottle holds 200 drops of oil.

Absolutes and CO₂'s, if undiluted, will contain the same amount of drops but because of the concentration, each single drop is worth 2 or 3 drops of regular

essential oil. Essential oils also have a long shelf life, typically 6 – 12 months. When choosing oils to blend for your own recipes, or to alter a recipe, it is important to understand the different categories of scents available.

Scent Categories

Floral Scents

Cinnamon Bark (Ceylon Cinnamon) – While not a true floral, cinnamon bark adds a warm and enhancing element to a floral scent. It blends well with frankincense and all woody scents.

Geranium – Strong leafy rose scent with hints of fruit and mint.

Jasmine Absolute – A honey-sweet floral oil that is very distinctive. It has an aroma that is both calming and sensual.

Lavender – Sweet, balsamic sent with floral overtones. It blends well with clary sage, patchouli, rosemary, pine and many others. Lavender is renowned for its healing properties.

Neroli – Neroli comes from the bitter orange tree and has a strong, spicy scent that is very refreshing. It works well will most floral and citrus oil and has calming and sensual elements.

Rose Absolute – A very deep, sweet and long lasting floral scent with uplifting qualities.

Rose Otto – A gentler fragrance than rose absolute it is still warm and intense and works well in perfumes.

Sweet Basil – a sweet, floral scent with a lightly spiced aroma. It has therapeutic benefits which include an uplifting and energising of mood. It blends well with Lime, Bergamot and Clary Sage.

Ylang Ylang – Intense floral fragrance very similar to jasmine. Ylang Ylang is a sensual aroma that works well in Perfume and provides an upliftment to the mood. Ylang Ylang should be used sparingly as it has strong aphrodisiac qualities.

Herb

Exotic Basil – As with sweet basil this oil has a sweet, floral scent but with camphor overtones. Therapeutic benefits and blending is the same as Sweet Basil
Chamomile - Wild – This has a fresh herbal scent with sweet, long lasting, balsamic undertones. It blends well with wood and musk scents.

Chamomile - Roman - A milder scent than German Chamomile that adds warm overtones when blended with clary sage, jasmine, neroli or bergamot.

Chamomile - German – A sweet, fruity, almost apple like scent with hints of tobacco. Add rich undertones to perfume blends and is long lasting.

Clary Sage – Spicy, bittersweet scent with hints of hay. It has a long lasting aroma that works well as a fixative when combined with other blends.

Hyssop – A strong woodland herb scent with sweet and spicy overtones. It blends well with other herb oil and citrus oils. Refreshing *Sweet Marjoram* – Warm and spicy scent with hints of nutmeg. Works well in masculine blends or spicy perfumes.

Palmarosa – A rose floral scent mixed with fresh grass which is very refreshing.

Peppermint – Powerfully sweet menthol scent – best when blended with other oils.

Rosewood – A sweet, woodland scent with hints of nutmeg and floral. Add a nice layer to many scent blends.

Citrus

Bergamot – A fresh, sweet and fruity aroma with uplifting qualities that blends well with other citrus oils.

Grapefruit – Bittersweet citrus scent that is refreshing and uplifting.

Lemon – Intense lemon scent. Lemon oil can cause some irritation so use in small quantities to enhance other scents only.

Lemon Eucalyptus – A fresh and invigorating scent that has an aroma of grass and rose but with a hint of citrus.

Lime – Very fruity and fresh oil with a strong citrus aroma. As with lemon oil, use in moderation.

Mandarin – Citrus scent with floral undertones that is uplifting and sensual.

Sweet Orange – A very lively scent that is sweet and fruity. This oil works well in both masculine and feminine scents and is refreshing and uplifting.

Tangerine – Very similar in scent to Mandarin oil but more suited to masculine blends.

Camphor

Eucalyptus – A distinct scent with a hint of menthol. Invigorating and purifying benefits.

Wild Marjoram – A strong and spicy scent that is sweet and contains a hint of eucalyptus.

Peppermint – See Herb Group *Rosemary* – See Herb Group *Tea Tree* – This is a warm, spicy scent that has some medicinal undertones. Blends well with lavender, rosemary and nutmeg and creates an uplifting aroma.

Resin

Frankincense – Spicy, peppery, lemony and balsamic aroma that suits most masculine, floral and spicy blends.

Myrrh – Warm and spicy with a distinct balsamic scent. This is a good oil to blend with woodland scents.

Spicy

Allspice – Spicy, slightly sweet scent that works well for masculine colognes. It blends well with orange, ginger and patchouli oils as well as other oils within the spice group. Therapeutic benefits include lifting of mood and overall feeling of mental wellbeing.

Bay – Intense fresh and spicy scent with a hint of cloves.

Cardamom – A slightly camphor-like scent that is spicy with floral undertones. This oil is best suited to blends that contain floral or masculine scents.

Cinnamon – See Woody Group *Coriander* – Aromatic, slightly sweet and spicy scent that blends well with bergamot, cinnamon bark, jasmine and frankincense.

Ginger – A warm and spicy scent with woody overtones. This oil blends nicely with citrus oils and other spicy oils.

Nutmeg – A slightly oily scent of nutmegs with a spicy overtone. Best suited to spicy perfumes and men's cologne, it has an uplifting and energising effect on the senses.

Earthy

Patchouli – A long lasting scent which is quite exotic with earthy, woody and spicy tones. It has a rich, sweet balsamic scent and is quite intense. The scent of patchouli deepens over time and is both soothing and sensual.

Vetiver – Rich woody scent with hints of sweet earth. This is a long lasting scent which works well as a fixative in aromatic blends.

Woody

Amyris - West Indian Sandalwood – This is a woody, balsamic scent with a slightly sweet overtone.

Carrot – Sweet, earthy and woody, carrot oil provides an oriental feel to most blends.

Cedarwood – A woody scent with balsamic overtones. This oil promotes calm during emotional stress and anxiety.

Cypress – Spine with strong hints of pine, this oil blends well with clary sage, lavender and citrus oils.

Juniper – Fresh and warm, juniper contains balsamic and pine wood aromas that blend well with citrus oils and spicy oils. This oil works well in masculine blends.

Pine – A fresh scent with a resinous undertone best suited to masculine cologne. Use with caution as this oil can irritate sensitive skin.

Sandalwood – Sweet, woody and warm with a balsamic scent that increases with age. Sandalwood blends well with the majority of oils and is sensual and relaxing.

Chapter 5 – Essential Oil Safety Information

As essential oils are highly concentrated, their properties can be dangerous if used in amounts that are too high for our biological system so all oils must be well diluted before use in perfumes.

In addition, certain oils can cause reactions while others are unsuitable for use in pregnancy and other physical conditions. Below is some health and safety information to consider when preparing perfumes and to help in your blending process.

The following oils should be avoided as they are toxic.

- Wormwood
- Wintergreen
- Tansy
- Savin
- Pennyroyal
- Parsley

If you suffer from any long term, serious health problems you should seek advice from a reputable holistic or aromatherapy practitioner before using essential oils. Below I have listed oils which should most commonly be avoided for certain health problems.

Seek advice before using:

- Nutmeg
- Fennel
- Dill

If you have a problem with high blood pressure, avoid:

- Thyme
- Sage
- Rosemary
- Hyssop

Epilepsy sufferers need to avoid:

- Tarragon
- Tansy
- Sage
- Rosemary
- Hyssop
- Birch
- Basil

People with diabetes should avoid:

- Angelica

If you take an anti-coagulant drug avoid:

- Ginger
- Clove
- Birch

Pregnant women and children are susceptible to negative effects from certain oils. Do not use essential oils in scents for children under 11. Some are safe but it is best to err on the side of caution. If making perfumes for children between the ages of 11 and 15, use half the recommended ingredient drops.

If you are breastfeeding or pregnant avoid perfumes which contain the following essential oils.

- Thyme
- Thuja
- Tarragon
- Sage
- Rosemary
- Peppermint
- Oregano
- Nutmeg
- Myrrh
- Mustard
- Mugwort
- Marjoram

- Juniper
- Jasmine
- Hyssup
- Horseradish
- Ginger
- Fir
- Fennel
- Clove
- Clary Sage
- Chamomile
- Camphor
- Black Pepper
- Birch
- Basil
- Aniseed
- Angelica

Certain oils can cause sensitisation, the effects of which produce similar symptoms to an allergic reaction. Before using any of the following oils in a perfume blend, dilute 1 drop in some carrier oil and rub a little on the inner forearm. If you have had no itching, redness or other negative reaction in that spot within 24 hours you should be safe to use it in your blends.

- Thyme
- Tagette
- Origanum
- Clove
- Cinnamon
- Cassia
- Bay

When using in perfume, the oils that have a photo-toxic effect, (sensitive to UV light), should cause few problems as you are using them on such a small area of the body, however, if those area's are going to be in direct sunlight or will be exposed to a sun-bed or other source of UV light, avoid wearing perfumes that contain the following oils.

- Taget
- Rue
- Orange
- Lime
- Lemon
- Grapefruit
- Cumin
- Bergamot
- Angelica

Chapter 6 – Perfume Recipes and Blends

This chapter provides basic recipes to make a variety of different types of perfume along with 50 blend recipes to get you started.

I have listed the perfume recipes separately from the blends to allow you the option of choosing which type of perfume you would like to make for each blend.

While these quantities may seem low, they actually make a good amount of perfume as 1 tablespoon is equal to 18ml.

Alcohol/Water Based Perfume

- 1 ½ tbsp vodka or alcohol base
- ½ tbsp distilled water
- 30 drops of essential oils

Directions:

1. Blend alcohol and water and mix in the essential oil blend.
2. Shake well.

This produces a high strength perfume to be used sparingly.

Alcohol/Water Based Cologne

- 1 ½ tbsp vodka or alcohol base
- ½ tbsp distilled water
- 22 drops of essential oils

Directions:

1. As with Alcohol/Water Based Perfume

Base Oil Perfume

- 1 tbsp carrier oil of your choice
- 25 drops of essential oils

Directions:

1. Blend all ingredients together and store in an airtight container, (preferably a dark container, alternatively, store out of direct sunlight).

Alcohol/Oil Based Eau de Perfume

- 2 tbsp carrier oil
- 6 tablespoons vodka
- 2½ tbsp distilled water
- 30 drops essential oil

Directions:

1. Mix together carrier oil and essential oils.
2. Add the vodka and distilled water.
3. Shake well.

Oil Based Perfume

- 1 tbsp carrier oil
- 18 drops essential oils

Directions:

1. Mix together well and decant into a roller ball container.

Oil/Water Based Body Spray

- 28ml carrier oil
- 28ml distilled water
- 10 drops essential oil

Directions:

1. Combine ingredients and shake well
2. Store in a water spray bottle

Solid Perfumes

Recipe 1

- 3½g beeswax
- 14ml jojoba oil
- 7 drops essential oil

Directions:

1. In a double burner, (or a bowl over a pan of simmering water), melt beeswax and jojoba oil.
2. Once melted, stir together and remove from heat.
3. Allow to cool slightly and stir in essential oils.
4. Pour mixture into containers.

Recipe 2

- 1 tbsp shredded beeswax
- 1 tbsp unrefined coconut oil
- 3 tbsp carrier oil
- 60 drops essential oil

Directions:

1. In a double burner, melt beeswax, carrier oil and coconut oil.
2. Repeat steps 2 – 4 from above recipe.

Perfume Blends

Below are blends which produce great smelling perfumes and scents. Choose your own combination of drops to suit the perfume type you are making and your own personal taste.

Blends for Her

1. Summer forest Sweet Orange Essential Oil

Cedarwood Essential Oil
Peppermint Essential Oil
Rosemary Essential Oil

2. Romance

Sweet Orange Essential Oil
Lavender Essential Oil
Patchouli Essential Oil
Cedarwood Essential Oil
Ylang Ylang Essential Oil
Bergamot Essential Oil

3. Sensual

Jasmine Essential Oil
Lemon Essential Oil
Orange Essential Oil
Sandalwood Essential Oil

4. Woodland

Spruce Essential Oil
Fir Essential Oil
Cedarwood Essential Oil
Vetiver Essential Oil
Bergamot Essential Oil

5. Midnight Forest Cedarwood Essential Oil

Clove Essential Oil
Lavender Essential Oil

6. Summer

Lavender Essential Oil
Lemon Essential Oil
Bergamot Essential Oil
Sweet Orange Essential Oil

7. Florist

Lavender Essential Oil
Chamomile Essential Oil
Valerian Essential Oil

8. A Touch of Innocence

Mandarin Essential Oil
Ylang Ylang Essential Oil
Lavender Essential Oil

9. Sweet Romance Jasmine Essential Oil

Sweet Orange Essential Oil
Patchouli Essential Oil

10. Sunshine

Sweet Orange Essential Oil
Jasmine Absolute
Frankincense Essential Oil
Spearmint Essential Oil

11. Valentine

Patchouli Essential Oil
Ylang Ylang Essential Oil
Rose Otto Essential Oil

12. Bouquet

Lavender Essential Oil
Geranium Essential Oil

Rosewood Essential Oil
Roman Chamomile Essential Oil

13. New Year

Cedarwood Essential Oil
Juniper Essential Oil
Bergamot Essential Oil
Lavender Essential Oil

14. Intimacy

Sandalwood Essential Oil
Rose Absolute
Black Pepper Essential Oil
Ginger Essential Oil
Ylang Ylang Essential Oil

15. Love

Black Pepper Essential Oil
Lemon Essential Oil
Ylang Ylang Essential Oil

16. Heaven

Rose Absolute
Jasmine Absolute
Neroli Essential Oil

17. Wake Up

Sweet Orange Essential Oil
Lemon Essential Oil
Tangerine Essential Oil
Frankincense Essential Oil
Neroli Essential Oil
Myrrh Essential Oil

Fragrances for Him

18. A Taste of the Past Bergamot Essential Oil

Petitgrain Essential Oil
Sweet Orange Essential Oil
Lemon Essential Oil
Lavender Essential Oil
Neroli Essential Oil

19. Mysterious

Frankincense Essential Oil Myrrh Essential Oil
Sandalwood Essential Oil
Vanilla Essential Oil

20. Sensual for Men Lavender Essential Oil

Coriander Essential Oil
Sandalwood Essential Oil
Cedarwood Essential Oil
Frankincense Essential Oil

21. Early Morning Mandarin Essential Oil

Patchouli Essential Oil
Bay Laurel Essential Oil
Ginger Essential Oil
Vetiver Essential Oil
Neroli Essential Oil

22. Woodland

Fir Essential Oil
Pine Essential Oil
Juniper Berry Essential Oil
Cedarwood Essential Oil

23. Marine

West Indian Bay Essential Oil
Sweet Orange Essential Oil
Lime Essential Oil
Clove Essential Oil

24. Mountain Range

Peppermint Essential Oil
Juniper Berry Essential Oil
Fir Essential Oil
Cypress Essential Oil

25. Amorous

Sandalwood Essential Oil
Lime Essential Oil
Nutmeg Essential Oil
Vetiver Essential Oil
Grapefruit Essential Oil
Vanilla Absolute

26. Touch of Midnight Lavender Essential Oil

Cedarwood Essential Oil
Sweet Marjoram Essential Oil
Neroli Essential Oil

27. Dark Night

Black Pepper Essential Oil
Clove Essential Oil
Sandalwood Essential Oil
Nutmeg Essential Oil
Lemon Essential Oil

28. Early Moon

Eucalyptus Essential Oil
Grapefruit Essential Oil
Sweet Orange Essential Oil
Lime Essential Oil

Perfumes with Health Benefits

29. Insomnia

Clary Sage x 6 drops
Bergamot x 4 drops
Roman Chamomile x 10 drops

30. PMS

Clary Sage x 5 drops
Jasmine x 2 drops
Geranium x 4 drops
Lavender x 8 drops
Vanilla x 3 drops
Ylang Ylang x 6 drops
Violet x 2 drops
Fennel x 2 drops

31. Irritability Mandarin x 3 drops

Sandalwood x 6 drops

32. Memory & Focus Lemon x 5 drops

Hyssop x 5 drops

33. Stress

Grapefruit x 6 drops
Ylang Ylang x 2 drops
Jasmine x 2 drops

34. Anger

Bergamot x 6 drops
Ylang Ylang x 2 drops
Jasmine x 2 drops

Everyday Blends

35. Everyday Blend 1

Jasmine Essential Oil
Lime Essential Oil
Sweet Orange Essential Oil
Cinnamon Essential Oil

36. Everyday Blend 2

Patchouli Essential Oil
Vanilla Essential Oil
Neroli Essential Oil
Linden Blossom Essential Oil

37. Everyday Blend 3

Jasmine Essential Oil
Tangerine Essential Oil
Sandalwood Essential Oil
Grapefruit Essential Oil

38. Everyday Blend 4

Lime Essential Oil
Bergamot Essential Oil
Ylang Ylang Essential Oil
Rose Absolute

39. Everyday Blend 5

Bergamot Essential Oil
Lemon Essential Oil
Ylang Ylang Essential Oil
Grapefruit Essential Oil

40. Everyday Blend 6

Spruce Essential Oil

Cedar Essential Oil
Lavender Essential Oil

41. Everyday Blend 7

Rosewood Essential Oil
Ylang Ylang Essential Oil
Lavender Essential Oil

42. Everyday Blend 8

Spearmint Essential Oil
Lemon Essential Oil
Tangerine Essential Oil

43. Everyday Blend 9

Bergamot Essential Oil
Lavender Essential Oil
Cypress Essential Oil

44. Everyday Blend 10

Spearmint Essential Oil
Lavender Essential Oil
Sweet Orange Essential Oil

45. Everyday Blend 11

Sandalwood Essential Oil
Rose Otto Essential Oil
Lemon Essential Oil
Pine Essential Oil

46. Everyday Blend 12

Jasmine Absolute
Sweet Orange Essential Oil
Patchouli Essential Oil

Neroli Essential Oil

47. Everyday Blend 13

Ylang Ylang Essential Oil

Clary Sage Essential Oil

Bergamot Essential Oil

48. Everyday Blend 14

Sweet Orange Essential Oil

Vanilla Essential Oil

Ylang Ylang Essential Oil

49. Everyday Blend 15

Juniper Essential Oil

Sweet Orange Essential Oil

Cinnamon Essential Oil

50. Everyday Blend 16

Sandalwood Essential Oil

Neroli Essential Oil

Conclusion

Thank you again for downloading this book!

I hope this book was able to help you to understand the simplicity with which you can design and manufacture your own perfumes and colognes and has given you the confidence to give it a try.

The next step is to obtain a few essential oils, carrier oils and/or alcohol and try your hand at blending a beautiful scent you can be proud of.

Impress friends and family with your distinctive and unique fragrances and make personalised Christmas and birthday gifts for the special people in your life.

Finally, if you enjoyed this book, then I'd like to ask you for a favor, would you be kind enough to leave a review for this book on Amazon? It'd be greatly appreciated!

Thank you and good luck!

Bonus Chapter

Thank you for reading this book. I hope you are able to benefit from this.

If you found this book useful, you`ll be interested to know more about my other books. I invite you to check the free preview chapter of our book:

[Soap Making: Made Easy! - How To Make Natural Soap From Scratch - With 33+ Organic Non-Toxic DIY Homemade Soap Recipes!](#)

(click the book title to check the book out)

Chapter 1 – Basic Soaps

The best way to learn anything is to start with the basics. Thankfully, in soap making, that means you still come out with a great result you can use every day, so it's the perfect way to start out. The soap recipes in this book will all be based on or use the recipes in this chapter, so consider this your foundation. Alongside each basic soap recipe you'll also find ideas for how to make it unique!

Melt and Pour Soap

Melt and Pour is one of the most common techniques for making soap, and arguably the easiest.

To make this soap, you'll need:

- Melt and pour soap base
- Microwaveable bowl
- Knife
- Rubbing alcohol
- Spray bottle
- Soap mold

Adding fragrance oil or a colorant is completely optional, but an easy way to customize your soap.

1. Take your solid melt and pour soap base and cut it into chunks with the knife, placing the amount you need into the microwaveable bowl. Different recipes will call for different ounces, but the mold you use will typically tell you how many ounces it will hold.
2. Microwave the bowl for one minute. Once you pull it out, stir the melt and pour until any un-melted pieces are fully melted. If the soap base remains solid, microwave it in additional ten second increments until everything has melted.
3. Unless you want to add fragrance or color (we'll get to that in a second!), the next step is to pour the melted soap base into your soap mold until it's full.
4. Using rubbing alcohol in a spray bottle, spritz the top of your melted soap in the mold. Melted soap has a tendency to bubble a little, and the rubbing

alcohol will get rid of the bubbles, giving you a clean surface for the soap to set.

5. Let your soap mold sit until it has completely cooled and solidified before you try and remove it from the mold. Usually that will take about four to six hours, depending on your mold.

That's it for melt and pour! Unless – did you want to add some fragrance and color? That's understandable. After all, the fun part of soap making is getting creative with colors and scents. There's room for error with these additions though, so you need to be careful.

When adding fragrance oil, no matter what kind, wait to add it until the soap base is completely melted. Use a quarter of an ounce of fragrance oil per pound of soap base. You can use less than that for a subtle scent, or more if you want a stronger smelling bar of soap.

For color, the best natural option is mica powder. There are other natural minerals that you can use for color, but mica is going to be easiest to find and give you the most variety to work with. Simply add one eighth of a teaspoon of powder to your melted soap and stir until it's completely incorporated. If you want a darker color, you can add up to one quarter teaspoon in total. Once fully stirred, spray the top of your melted base with rubbing alcohol to remove any bubbles, then pour into your mold!

Cold Process Soap

In case the simplicity of melt and pour soap made you complacent, let me warn you – cold process soap is not quick and easy! There's a lot of safety concerns to take into account, and it's more time consuming. That said, it also allows you to do a ton of creative things that aren't achievable with the basic melt and pour soap, so it's worth knowing how to do.

This is a basic cold process soap recipe that can be customized however you want. Practice with just the basics before you try to get fancy, because cold process soap is a lot harder to master.

To make this soap, you'll need:

- Olive Oil
- Coconut Oil
- Palm Oil
- Lye

- Distilled Water
- Microwaveable bowl
- Mixing bowl
- Safety goggles
- Rubber gloves
- Soap mold

Information about fragrance and color will follow the instructions. Remember to dress in clothing that covers your extremities. Lye is a dangerous substance – don't get any on yourself!

The amounts used to make cold process soap will differ based on the recipe. The amounts you'll see in this basic recipe will make about four and a half pounds. Usually, you would need to use a lye calculator to determine how much lye you need, but the amount is provided for you here.

1. Put on the rubber gloves and safety goggles. Make sure you're working in a ventilated area, because you'll be creating some fumes you want to avoid breathing in.
2. Start with 15.8 ounces of distilled water, and make sure your measurements are exact. Add in 6.9 ounces of your lye, and stir well. Never do this the other way around, because it can cause a dangerous reaction. Once stirred, set it aside so it can cool. The ideal temperature is 110° Fahrenheit.
3. Put sixteen ounces each of olive oil, coconut oil, and palm oil into your microwaveable bowl. Melt the oils together by microwaving them on thirty second bursts. Once the oils are melted together, allow them to cool to 110° Fahrenheit.
4. Add the mixture of lye and distilled water to the melted oils. Be very careful. Stir them together until the mixture has the texture of pudding. You can use a stick blender, or simply stir vigorously until you get the right texture.
5. Once your soap has reached the pudding consistency, you can pour it into your molds! Let the molds sit three to five days before you pop your soap out. The soaps will need four to six weeks to cure before they can be used.

If you want to add any fragrance to your soap, do it while the soap is in its pudding consistency, before pouring it into the molds. How much you use depends on how strong you want your fragrance. Follow the same rule we used

for melt and pour soap – a quarter of an ounce of fragrance per pound of soap.

Color should also be added to the pudding textured soap, before the molds. Follow the guide we used for melt and pour soap, use up to one quarter teaspoon of your chosen colorant to start. If you want a darker color, you can add more to the soap mixture as needed before pouring it into the molds.

Goat Milk Soap

There are two ways to make soap using goat milk, and you just learned how to do both of them! Melt and pour and cold process are the basic methods you'll use to do the majority of tasks in the soap making world, including making goat milk soap!

Goat milk soap is different from other soaps in that it has a very creamy and silky feeling to it, making it excellent for when you want to feel a little luxurious.

To make goat milk melt and pour soap, you'll need:

- Goat milk melt and pour soap base
- Microwaveable bowl
- Rubbing alcohol
- Spray bottle
- Soap mold
- Knife

If you hadn't already figured it out, making goat milk soap the melt and pour way is pretty much identical to making regular melt and pour soap. The only difference is in your melting technique.

1. Cut up your goat milk soap base into small pieces and put them into your microwaveable bowl.
2. Microwave the goat milk soap base for ten seconds at a time. This will prevent the soap from burning. Microwave it this way until it is fully or mostly melted, stirring in any remaining chunks of soap until the soap base is fully melted.
3. Pour the soap into your chosen mold, and spritz the top with rubbing alcohol in a spray bottle to remove any bubbles. Let it fully harden before you remove it from the mold. It should take four to six hours, as with regular melt and pour soap.

As you may have guessed, the same rules we used for regular melt and pour soap apply to goat milk melt and pour soap when it comes to fragrance and color. Add both once the soap is melted, and increase the amounts as necessary to reach your desired strength.

When it comes to making goat milk soap the cold process way, it's a lot trickier. I'm sure you aren't surprised, since cold process is always the more complicated way to do things. The results are often really amazing though, so it's worth learning.

Making soap from any kind of milk can be challenging, because when the milk is mixed with the lye, it will scorch the milk. That isn't a problem for the soap, but it prevents you from achieving any kind of bright colors, and it does smell really awful. Never fear though – in these instructions, you'll find one of the easiest ways to avoid this problem.

To make goat milk cold process soap, you'll need:...

You may also like: 1. Candle Making: Candle Making For Beginners - Detailed Step-By-Step Guide to Making Non-Toxic, Magnificent, Scented DIY Candles From Scratch! - <http://www.amazon.com/dp/B019NX22AK>

2. Essential Oils: The Complete Essential Oils Guide for Beginners, More Than 100 Recipes for Creating Non-toxic, Natural & Fragrant Essential Oils - <http://www.amazon.com/dp/B01BI2HUM4>

3. Bath Bombs: 47 Magnificent Organic Non-Toxic Bath Bomb Recipes For Stress Relief, Detoxification, Dry Skin And Longevity - <http://www.amazon.com/dp/B01AV59M5C>

4. Homemade Deodorant: Made Easy - 37 Simple Organic Non-Toxic DIY Deodorant Recipes To Keep You Dry, Fresh And Smelling Divine All Day Long - <http://www.amazon.com/dp/B01AVXKH1C>

