



## Aromatherapy Perfume Recipes

Have you ever wanted to make your own aromatherapy perfume recipes? Making your own perfume with essential oils can be so much fun as well as extremely satisfying. Create your own special signature scent that makes you feel fabulous all day long.

These natural perfumes can enhance a good mood, chase away a bad one, relax you, awaken you! You can feel glamorous, exotic, confident, utterly feminine - or all of these!

These aromatherapy perfume recipes are simple to make and easy to follow. There are many recipes to choose from below or you can make up your own [aromatherapy blends](#). Look for your favorite essential oils on the [aromatherapy essential oils](#) page and check their profiles to see what blends well with each other.

Be creative!

Do you have a favorite aromatherapy perfume recipe? [Please tell me about it.](#)

These [easy to follow instructions](#) will get you started on your way to becoming your own personal 'perfumer'.

### Perfume Recipes

- [Confidence perfume recipes](#)
- [Happiness perfume recipes](#)
- [Exotic perfume recipes](#)
- [Uplifting perfume recipes](#)
- [Relaxing perfume recipes](#)
- [Love perfume recipes](#)
- [Special occasion perfume recipes](#)

These recipes are constantly being updated. Check back regularly for all the latest information or subscribe to the RSS Feed for the [Aromatherapy Essential Oil Recipes Blog](#). (Not sure what that means? [Find out what RSS is?](#))

Alternatively [find me on Twitter](#) or join the [Aromatherapy Essential Oil Recipes Facebook group](#).

## Confidence Perfume Recipes

Let these confidence perfume recipes give you enthusiasm, gusto and confidence. Feel positive about yourself, protect yourself and have the courage to live the life of your dreams.

Instructions for [aromatherapy perfume recipes](#).

- [Poise](#)
  - [Decisiveness](#)
  - [Self belief](#)
  - [Wedding nerves](#)
- 

## **Poise**

- 2 drops Basil
- 3 drops Bergamot
- 1 drop Coriander
- 4 drops Petitgrain

## **Decisiveness**

- 2 drops Benzoin
- 3 drops Frankincense
- 1 drop Geranium
- 3 drops Orange

## **Self belief**

- 2 drops Ginger
- 3 drops Myrtle
- 4 drops Rosemary
- 3 drops Verbena

## **Wedding nerves**

- 4 drops Jasmine
- 2 drops Lemon
- 1 drops Patchouli

## Happiness Perfume Recipes

Feel that warm and blissful state when you wear these wonderful aromatic blends of happiness. Enjoy the beautiful day ahead or that evening of fun and romance. Choose your favorite from these happiness perfume recipes.

Instructions for [aromatherapy perfume recipes](#).

- [Bliss](#)
  - [Joyfulness](#)
  - [Warmth](#)
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## **Bliss**

- 2 drops Bergamot
- 1 drops Jasmine
- 1 drops Rose
- 2 drops Sandalwood

## **Joyfulness**

- 2 drops Basil
- 1 drops Geranium
- 3 drops Melissa
- 2 drops Sandalwood

## **Warmth**

- 2 drops Black Pepper
- 3 drops Patchouli
- 4 drops Rosewood
- 3 drops Ylang Ylang

## **Uplifting Perfume Recipes**

Essential oils can uplift you, enhance your concentration and inspire you to do great things. Create these wonderful uplifting perfume recipes to enrich yourself and elevate your mind.

Instructions for [aromatherapy perfume recipes](#).

- [Enrichment](#)
  - [Inspiration](#)
  - [Elevation](#)
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## **Enrichment**

- 2 drops Caraway
- 2 drops Cardamom
- 2 drops Frankincense
- 3 drops Rosewood

## **Inspiration**

- 1 drop Frankincense
- 4 drops Grapefruit
- 3 drops Rosemary
- 2 drops Spearmint

## **Elevation**

- 3 drops Bergamot
- 1 drop Jasmine
- 4 drops Lemongrass
- 1 drops Neroli

## Relaxing Perfume Recipes

Calm your mind after a busy day, chill out and unwind. These relaxing perfume recipes will help you to focus on your inner-self and give you that wonderful feeling of security that will promote total relaxation.

Instructions for [aromatherapy perfume recipes](#).



- [Tranquility](#)
  - [Chill out](#)
  - [Sleep tight](#)
  - [Silence](#)
- 

## **Tranquility**

- 4 drops Cedarwood
- 2 drops Clary Sage
- 1 drop Grapefruit
- 2 drops Mandarin

## **Chill out**

- 2 drops Grapefruit
- 2 drops Patchouli
- 1 drop Rose
- 3 drops Vetivert
- 2 drops Ylang Ylang

## **Sleep tight**

- 2 drops Bergamot
- 3 drops Chamomile
- 2 drops Marjoram
- 4 drops Lavender

## **Silence**

- 3 drops Lavender
- 3 drops Neroli
- 2 drops Spearmint

## Love Perfume Recipes

These beautiful, subtle, love perfume recipes will enhance your mood and feelings of wellbeing. Relaxation and warmth surround you and a feeling of pure luxury abounds when you use these love perfume recipes for that special night out or for a cosy night in.

Instructions for [aromatherapy perfume recipes](#).

- [Ardour](#)
  - [Devotion](#)
  - [Tenderness](#)
  - [Zeal](#)
  - [Inamorato](#)
  - [Inamorata](#)
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## **Ardour**

- 3 drops Jasmine
- 3 drops Neroli
- 4 drops Orange

## **Devotion**

- 1 drop Clary Sage
- 3 drops Patchouli
- 2 drops Rose
- 4 drops Rosewood

## **Tenderness**

- 2 drops Linden Blossom
- 3 drops Lime
- 2 drops Neroli
- 3 drops Sandalwood

## **Zeal**

- 4 drops Melissa
- 2 drops Rose
- 2 drops Ylang Ylang

## **His and Hers Valentines Day Perfumes**

***Inamorato:** a man who loves or is loved; male sweetheart or lover.*

*[Origin: 1585-95; < It innamorato, masc. ptp. of innamorare to inflame with love.]*

***Inamorata:** a woman who loves or is loved; female sweetheart or lover. [Origin: 1645-55; < It innamorata (fem.)]*

## **Inamorato**

- 2 drops Coriander
- 3 drops Lime
- 4 drops Sandalwood

## **Inamorata**

- 3 drops Bergamot
- 2 drops Jasmine
- 3 drops Sandalwood

## Special Occasion Perfume Recipes

This new section of aromatherapy perfume recipes is for special occasions, the first one celebrating Mother's Day.

To make this perfume, follow the instructions for [aromatherapy perfume recipes](#).

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## **Mother's Day**

- 3 drops Neroli
- 3 drops Patchouli
- 4 drops Rose

## Exotic Perfume Recipes

These exotic perfume recipes can make you feel like you're in another world. Escape to that far away place you dream of, even if just for a fleeting moment. The memories will last and keep coming back each time you wear these various essential oil blends.

Instructions for [aromatherapy perfume recipes](#).

- [Arabian nights](#)
  - [Egyptian empress](#)
  - [Moroccan mystique](#)
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### **Arabian nights**

- 3 drops Coriander
- 1 drop Frankincense
- 3 drops Juniper
- 4 drops Orange

### **Egyptian empress**

- 2 drops Cinnamon
- 3 drops Lime
- 4 drops Rose
- 5 drops Ylang Ylang

### **Moroccan mystique**

- 3 drops Bergamot
- 2 drops Palmarosa
- 3 drops Rose
- 4 drops Sandalwood



## **Instructions for making aromatherapy perfume recipes**

Follow these simple instructions for making your very own aromatherapy perfume recipes.

Firstly we start with the base. You can use alcohol or a carrier oil but a mixture of both is ideal. An odorless spirit such as Vodka is the best choice along with Jojoba. Jojoba has a long shelf life and once it's on the skin it tends to dry out leaving your wonderful scent behind.

As Jojoba is the most expensive carrier oil I recommend that while you are experimenting you use one of the cheaper, odorless carrier oils such as almond oil or apricot kernel oil. Once you are happy with your experimenting you can then blend using jojoba oil.

### **Equipment you will need:**

- Measuring spoons
- Small funnel
- Small colored bottle

### **Instructions:**

1. Measure 1 teaspoon of your carrier oil (jojoba, almond or apricot kernel) and 1 teaspoon of alcohol (Vodka), using the small funnel, into your bottle.
2. Add the essential oils from your chosen recipe one drop at a time. You may need to use a dropper if your essential oil jars do not already have dropper measures built in.
3. Shake the mixture well after adding each drop.
4. Put the lid on tightly and store in a cool, dark place for a minimum of 12 days shaking at least 3 times each day.
5. Enjoy!

### **Special things to note:**

- Some oils can cause skin irritation, please check the [specific oil profiles](#) for each of the recipes you chose. Never apply essential oils directly to the skin.
- If you are pregnant there are certain oils I recommend you avoid, such as Aniseed, Angelica, Basil, Cedarwood, Cinnamon, Clary Sage, Cypress, Juniper, Hyssop, Marjoram, Parsley, Rosemary and Sage. Again please check the [specific oil profiles](#) for more information.
- Citrus oils such as Bergamot, Grapefruit, Lime, Lemon, Neroli, Orange and Petitgrain can be photosensitive and should not be worn in the sun.
- Perfumes will smell different on different people and skin types, don't be disappointed if you don't like them all. Experimenting with these recipes is all part of the fun. You can always give them away to a friend as a gift!



## Aromatherapy Blends

To best learn how to make effective aromatherapy blends it will help to understand the history behind the perfume industry. In the early 19th century, the Englishman George William Septimus Piesse discovered a way to classify scents. Similar to music he used "top notes", "middle notes" and "base notes". He called this an "odophone".

Top notes are the scents you smell first in a perfume and include the fresh and light smelling essential oils such as [Basil](#), [Lemon](#) and [Eucalyptus](#).

Middle notes are revealed once the top notes evaporate and form the character of a blend. These middle notes are generally floral, herbal and light woody, and spicy scents such as [Geranium](#), [Juniper](#) and [Black Pepper](#).

The heavier and richer base notes are usually woods, resins, and spices such as [Cedarwood](#), [Benzoin](#) and [Cinnamon](#). These base notes are warming and tend to hang around the longest and they round off a good blend.

Ideally all aromatherapy blends should contain all three notes, to keep the blend in harmony and 'in tune'! That is the secret behind essential oil blends.

For a handy reference, check out these three guides to essential oil notes:

- [Guide to essential oil notes A-E](#)
- [Guide to essential oil notes F-N](#)
- [Guide to essential oil notes O-Y](#)

You don't have to follow the suggested aromatherapy perfume recipes strictly - these are merely to get you started. Use your own creativity and personality to create your very own personal scents. Use your favorite essential oils or the essential oils you currently have at hand. If a recipe calls for an essential oil you don't have replace it with another, just remember the 'odophone'.

Aromatherapy blends can be used in a variety of ways including for [aromatherapy perfume recipes](#), [aromatherapy diffusers](#), [natural skin care](#), [aromatherapy body scrub recipes](#), [aromatherapy home recipes](#) or [bath and body](#) recipes.