

Essential Oils Are Categorized in Notes

Top notes

Top notes evaporate quickly. In a blend they are the first scents that you smell, and they quickly dissipate. They tend to be light, fresh, sharp and penetrating. The first impression lasts no longer than 30 minutes. Therapeutically, many top notes are fast acting, stimulating and uplifting to the spirit, making them useful in the treatment of depression. They make up about 5-20 % of the blend.

Middle Notes

Sometimes called “heart notes.” They create the main body of a blend 50-80% rounding it out with soothing soft tones. The scent of a middle note unfolds up to 3 hours. In therapy middle notes are harmonizing and balancing to both mind and body. Many tend to affect digestion.

Base notes

Deep, warm, and sensuous base notes help make blends longer lasting. Their staying power make them predominate even several hours after application and they may linger long after the middle and top notes have evaporated. Base notes are so strong they usually make up only 5% of total blend. In therapy they have sedating effects and used to treat anxiety, stress, impatience, insomnia and promote relaxation and sleep.

- Use top notes (“the head”) to lighten, freshen, or sweeten a medicinal blend.
- Use Middle notes (“the heart”) to give body, harmonize, and pull together a blend.
- Use base notes (“the tail”) to make the blend more lasting and give it depth.

Top, Middle, and Base Notes

middle to base*

top to middle**

Base to middle***

Top Notes

Basil
Bergamot
Eucalyptus**
Grapefruit
Lemon

Lemongrass
Lime
Orange
Peppermint**
Tangerine
Tea Tree

Middle Notes

Black Pepper
Carrot Seed
Clary Sage
Cypress*
Fennel

Geranium
Lavender
Marjoram
Neroli
Oregano
Pine
Roman Chamomile
Rosemary
Thyme
Ylang Ylang*

Base Notes

Birch Sweet
Cedarwood
Cinnamon Bark***
Clove Bud***
Ginger Root***
Elemi
Frankincense
Helichrysum
Myrrh
Nutmeg
Juniper ***
Patchouli
Spikenard
Wintergreen

Enhanced Blending Techniques

Blending Tips

- **Standard dilution:** 10 drops essential oil to 1 oz (30 ml) of carrier (lotion, oil, shampoo, etc)
- **Bridging:** Use middle notes as a bridge to join top and base notes together.
- **Fixative:** Add base notes such as Cedarwood, Patchouli, Sandalwood or Ginger as a fixative.
- **Lighten a blend:** Use a top note such as Grapefruit, Lemon, Lemongrass, Orange.
- **Special touch:** Add one drop of precious oil such as Neroli, Vanilla or Rose.
- **Less is More:** If the blend feels right don't be tempted to add "just one more oil".
- **Clear Your Palate:** Inhale coffee beans, before smelling the next essential oil.
- **Add fire:** Daring spices add fire to your blends. Example: Cinnamon, Clove, Ginger
- **Give Spirit to your blends with holy oils:** Cedarwood, Frankincense, Myrrh, Rose, Sandalwood, Spikenard
- **Give heart to your blends with loving oils:** Palmarosa, Rose Absolute, Rose otto, Vanilla absolute
- **Give sensuality to your blends with aphrodisiac oils:** Lime, Nutmeg, Rose Absolute, Rose Otto, Vanilla, Ylang Ylang

Essential Oil Categories:

Relaxing Essential Oils

Cedarwood, Roman Chamomile, Cypress, Frankincense, Lavender, Lemongrass, Marjoram, Neroli, Orange, Ylang Ylang

Stimulating Essential Oils

Basil, Cinnamon, Clove, Eucalyptus, Fennel, Ginger, Grapefruit, Lemon, Lime, Peppermint, Pine, Rosemary, Tea Tree.

Balancing Essential Oils

Bergamot, Frankincense, Geranium, Lavender, Rose

Euphoric Essential Oils (feeling of happiness and well being)

Clary Sage, Grapefruit, Myrrh, Patchouli, Rose, Ylang Ylang

Combine essential oils from: relaxing and balancing types, stimulating and euphoric types, or relaxing and euphoric types.

Explore and experiment with the oils to learn to understand their power and effectiveness.

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