

Fragrance choices based on the time of day

Try starting off your morning with a citrus scented candle or oils to give you an energy boost. Use lavender or vanilla in the afternoon to relax, or pine to keep you alert and fresh throughout the day. Wind down with a romantic rose fragrance in the bedroom at night or breathe in the fragrance of Ylang-Ylang to relieve the stress of the day.

Impact of fragrances on mood

Researchers have found that certain fragrances can have direct impact on emotions and behaviour. While some fragrances can increase romantic desire, others can make you feel safe and secure. Certain fragrances tend to make small spaces seem larger, while others can increase learning speed. Incorporating right fragrances into daily life can have a positive effect on well-being and help us to live a healthy and happy life. Alan R Hirsch, MD, FACP, a neurologist and psychiatrist, is a nationally recognised smell and taste expert. The following are the results of a study conducted by him for Smell and Taste Research and Treatment Foundation by placing specific fragrance in different locations in homes and offices.

FRAGRANCE	IMPACT ON MOOD	SUGGESTED USE
Holiday Sparkle	Keeps you awake and alert	Light these candles at parties to energise your guests
Apple Orchard	Makes spaces seem larger	Place in small rooms
Cotton	Makes you feel safe and secure	Place in guest room to make guests feel at home
Rainwater	Makes you learn faster	Place in office and study to get work done quicker
Cucumber and Melon	Relieves anxiety and increases sensuality in women	Place in bedroom
Harbor Mist	Increases the speed of learning	Place on your desk to solve problems faster
Lavender	Relaxes your mind and body	Place in the bathroom when taking a bath to ease stress and relax tense muscles
Vanilla	Helps you focus on more important things	Place in the living room to distract you from tedious tasks like cleaning
Green Mango	A unique scent for creating memories	Place in the living room at every party to remind guests of fun moments

ambience. A fragrant home connotes a fresh, clean and happy home and the choice of fragrance can go a long way in creating a lasting memory, both for the family members and the guests.

The different fragrances widely used in homes are floral, citrus, fruity, spicy, earthy, and herbal among others. The smell of flowers such as jasmine, rose and geranium are also sought-after and has been used from a long time. Floral fragrances reflect feminine, delicate and sensual characters and are perfect for bedrooms and bathrooms.

Citrus fragrances impart a clean, invigorating and fresh appeal. Choose from orange blossom, lemon, lemongrass, lime, grapefruit and bergamot. Citrus fragrances are gender neutral, and



are well suited for office, bathroom, and even cars. It will keep you fresh throughout the day. Green fragrances are gender neutral and include rosemary, chamomile and eucalyptus. These fragrances and herbs make a relaxing bath and is a good choice for soaps, bath salts and lotions. Spicy fragrances warm up a room giving a cosy feeling, cinnamon, ginger, myrrh and frankincense are spicy fragrances. These are strong, and are good for winters.

Earthy odours are resinous and can be used in bath products for both men and women. Fragrances that fall into this category include sandalwood, rosewood, musk, cedar wood and patchouli.