

birdsang 
BOTANICALS

PURE-FUME & THE ART OF BLENDING

Alchemy of Essential Oils

ESSENTIAL OILS EDUCATION

DISCOVER HOW TO BEAUTIFULLY BLEND YOUR OWN
UNIQUE, NATURAL & SAFE AROMAS

The Truth About Perfume

Does perfume give you a headache, itchy eyes, sensitive nose or even respiratory issues? I'm not surprised if the answer is yes.

Synthetic fragrances are derived from petrochemicals and are found in most products we buy.

The International Fragrance Association in France has a list of 3059 chemicals that can be used to make synthetic fragrances. Synthetic perfumes can be irritating to the eyes, skin and lungs and can contain a number of allergen components that can cause allergic contact dermatitis, with an estimation of 1-2% of the population having fragrance-related allergies. WHAT?!

Synthetic perfumes are also detrimental to the environment, and are not removed during wastewater treatment, which is a major cause for concern considering their high aquatic toxicity.

Why are these things even legal? They don't even have to disclose what's in their fragrance, it's protected under the "Trade Secret Act" They're making us sick & ruining Mother Earth.

Enter Essential Oils...

doTERRA Essential Oils are naturally derived aromatic compounds extracted and distilled from plants for health benefits. They contain hundreds of different compounds providing complex and versatile abilities to combat threats without building up a resistance.

With no ugly side effects or addictions. They offer many benefits, both physical and emotional.

doTERRA Essential Oils are 100% pure plant extracts, unadulterated. They're Certified Therapeutic Grade and sourced ethically and where they are most indigenous. They have the ability to work at the cellular level in our bodies to support optimal health and wellness.



So not only will you smell great you'll also be looking after yourself physically and emotionally.

Are't we lucky to have these little bottles of magic at our fingertips!?

The Art of Blending

Blending essential oils is a beautiful art. It's the alchemy of divine plant extracts coming together to synergise and offer therapeutic benefits to the individual. With a little bit of knowledge and understanding of what oils blend well together plus a experimentation and creativity you'll be a divine oils alchemist in not time.

Today we're going to look at the two methods traditionally used to blend essential oils and make natural perfumes.

Oils from the same botanical family mix well.

Oils with similar constituents also mix well.

Therapeutic Blending

The Personifier, The Enhancer, The Equaliser, The Modifier. In this method we look at what order to add the oils and the characteristics of each of the classifications. This is good guide for blending therapeutic diffuser & topical blends. The order and quantities here can maximise the therapeutic benefits.

1st - The Personifier (1-5% of blend)

These oils are very sharp, strong, long lasting fragrances. They also have dominant properties with strong therapeutic action.

Oils may include birch, cinnamon, clary sage, clove, coriander, ginger, helichrysum, orange, peppermint, rose, wintergreen and ylang ylang.



2nd - The Enhancer (50-80% of blend)

These oils should be the predominant oils as it serves to enhance the properties of the other oils in the blend. It's fragrance is not as sharp as The Personifier and usually shorter in duration.

Oils may include basil, bergamot, birch, eucalyptus, frankincense, lemon, lemongrass, marjoram, tea tree, orange, oregano, rose, rosemary, thyme, and wintergreen.

3rd - The Equaliser (10-15% of blend)

These oils create balance and synergy among the oils contained in the blend. Their fragrance is also not as sharp of the personifier's and shorter duration.

Oils may include basil, bergamot, cypress, fennel, white fir, frankincense, geranium, ginger, lavender, lemongrass, marjoram, tea tree, myrrh, oregano, rose sandalwood and thyme.

4th - The Modifier (5-8% of blend)

These oils add harmony to the blend. Oils are mild and short in fragrance.

Oils may include bergamot, coriander, eucalyptus, fennel, grapefruit, lavender, lemon, myrrh, rose sandalwood and ylang ylang.

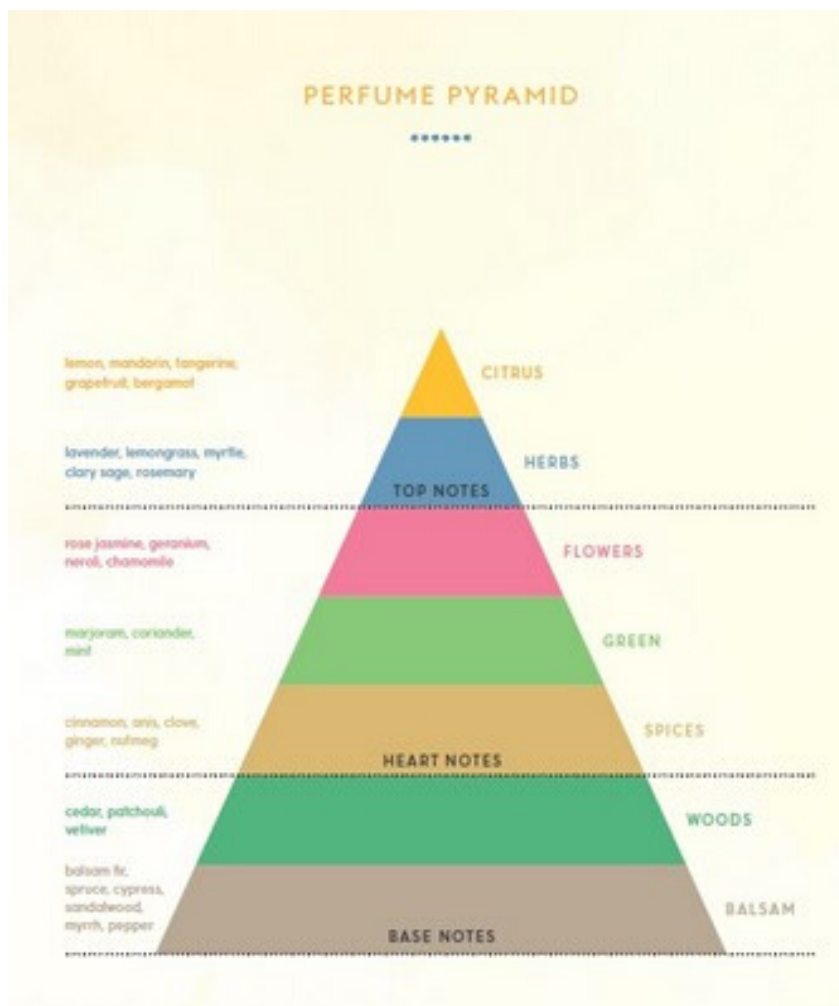
When making your therapeutic pure-fume blends you may want to add about 15 - 20 drops of essential oil to a 10ml roller bottle topped with a carrier oil like fractionated coconut oil.

TIP: trust your nose and listen to your intuition. You'd be surprised how intelligent our bodies are... they know what they need.



Natural Perfume Mixing Guide

Mixing perfume, like music, is made from notes. When these notes are in harmony they come together to create a divine aroma. The beautiful thing is you can create more than one signature scent for yourself, depending on your mood or the occasion.



This Perfume Pyramid from the book by Alexx Stuart 'Low Tow Life' is a great visual guide for mixing your pure-fume



Top Notes:

The fastest evaporating oils and the most immediately noticed scents. They tend to be light, crisp and penetrating.



In a 10ml roller bottle add 5 drops of the top note

Heart Notes:

These oils should make up the main body of the perfume. They will soften and round out the fragrance to harmonise the pure-fume.



In a 10ml roller bottle add 10 drops of the heart note

Base Notes:

The scents from these oils are usually not recognised until several minutes after application. Base note fragrances tend to become more pleasant over time, and when used in proper proportion can give depth to a blend.



In a 10ml roller bottle add 15 drops of the base note

Want your pure-fume to last longer?

Add an essential oil perfume fixative!

But what is it?

Basically, perfume fixatives are materials incorporated into a perfume formulation to slow down the degradation of more volatile oils used in your perfumes. This results in fewer changes to the scent as you wear it. Used in trace amounts, natural essential oil fixatives not only help retain the scent of the perfume by slowing down evaporation rates, they also add their own unique scent note.

You're likely familiar with perfumes that boast a strong scent straight out of the bottle. However, you've found that you're soon disappointed when that scent fades away faster than expected. A natural perfume fixative can slow down the evaporation rate of more volatile essential oils and fragrances. So they linger longer for your enjoyment.



So if you're wanting to have longer lasting perfume without the synthetics you'll need to add an essential oil fixative. There are a few that will do the job, the ones that we have access to via our doTERRA account are:

CLARY SAGE:

Clary sage has an extensive history in perfumery and works well as a fixative for perfumes of a more delicate bouquet. Its somewhat heavy scent is reminiscent of balsamic, tobacco, sweet hay and tea leaves. Used as a fixative for natural perfumes, clary sage adds a warm note to perfume oil blends. Additionally, you'll find that clary sage blends well with bay, bergamot, black pepper, cardamom, cedarwood, chamomile, coriander, cypress, frankincense, geranium, grapefruit, jasmine, juniper, lavender, lemon balm, lime, mandarin, patchouli, petitgrain, pine, rose and sandalwood essential oils



FRANKINCENSE:

Frankincense, like cedarwood essential oil, has a long history of use in incense and other perfumery applications. This oil boasts a fresh, woody, spicy, balsamic fragrance with a citrus top note. When used with citrus blends, frankincense modifies the sweetness of the scent in a unique way. Commonly used in conjunction with heavier fragrances, this natural essential oil and fixative blends well with basil, black pepper, bergamot, galbanum, geranium, grapefruit, lavender, orange, melissa, neroli, patchouli, vetiver, sandalwood and other spice oils.



MYRRH:

A common fixative in the fragrance industry, myrrh essential oil has a dry, creamy and resinous aroma. Think smoky woody or warm sweet balsamic with a slightly spicy medicinal odor. You'll find that myrrh is an excellent fixative for heavy floral essential oil perfume blends. It's especially nice when blended with violet, white rose, and lavender. However this essential oil also works well with frankincense, sandalwood, oakmoss, cypress, juniper, mandarin, geranium, patchouli, thyme, mints and spice oils.





PATCHOULI:

Best known as an incense and base note in perfumery, patchouli essential oil possesses a strong, rich earthy odor that is considered to improve with age. It can be used in oriental bouquets as well as natural blends that contain bergamot, black pepper, cassie, cedarwood, cinnamon, clary sage, clove, elemi, frankincense, galbanum, geranium, ginger, jasmine, labdanum, lavender, lemongrass, myrrh, neroli, oakmoss, orris, rose, rosewood, sandalwood or vetiver.



SANDALWOOD:

Sandalwood also has a long history of usage in natural perfumery. However, as traditional Indian Sandalwood has been considered a vulnerable species since 1998 due to disease, fire and exploitation through illegal activity. Australian Sandalwood represents an ecologically responsible alternative to traditional Indian Sandalwood. Sandalwood essential oil is a base note with a soft, woody balsamic and extremely tenacious aroma. It blends well with violet note perfumes in addition to bergamot, black pepper, cassie, clove, geranium, jasmine, labdanum, lavender, myrrh, oakmoss, patchouli, rose, rosewood, tuberose, and vetiver.



VETIVER:

Vetiver has had a multitude of uses over the years. In addition to natural perfumery, this essential oil has also been used to scent fabric. While vetiver root is often woven into baskets, mats and window coverings. Its scent is best described as woody, earthy and heavy with sweet undertones. You'll find that vetiver blends well with frankincense, patchouli, oakmoss, sandalwood, violet, ylang-ylang, galbanum, geranium, jasmine, lavender, clary sage, cassie and rose.

Pure-fume Blends



ORIENTAL DREAM

4 Grapefruit
3 Vetiver
2 Ginger



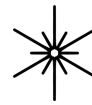
RHIANNON

2 Lemongrass
2 Ylang Ylang
6 Frankinsense



WHITE TARA

4 Sandalwood
4 Geranium
2 Bergamot
1 Frankincense



APHRODITE

7 Patchouli
3 Grapefruit
1 Ylang Ylang
1 Vetiver



MOROCCAN MOON

3 Lime
2 Fennel
2 Patchouli
1 Clary Sage



PIXIE DUST

3 Bergamot
2 Black Pepper
2 Frankincense
1 Rosemary



AVEDA

3 Bergamot
2 Juniper Berry
1 Siberian Fir
2 Cedarwood



HAPPY HIPPIE

6 Vetiver
2 Patchouli
2 Geranium



LUXE LOVE

4 Sandalwood
2 Bergamot
2 Frankincense



Top

Basil
(Top to Middle)
Bergamot
(Top to Middle)
Cajuput
Cinnamon
Clary Sage
(Top to Middle)
Coriander
(Top to Middle)
Eucalyptus
Grapefruit
Hyssop
(Top to Middle)
Lemon
Lemongrass
(Top to Middle)
Lime
Mandarin /
Tangerine
Neroli
(Top to Middle)
Verbena
Niaouli
Orange
Peppermint
Petitgrain
Ravensara
Sage
Spearmint
Tagetes
Tangerine
Tea Tree
(Top to Middle)
Thyme
(Top to Middle)

Middle

Bay
Black Pepper
Cardamom
Chamomile
Cypress
Fennel
(Middle to Top)
Geranium
Ho Leaf
Ho Wood
Hyssop
(Middle to Top)
Juniper
Lavender
(Middle to Top)
Marjoram
Melissa
(Middle to Top)
Myrtle
Nutmeg
Palma Rosa
Pine
Rosemary
Spikenard
Yarrow

Base

Balsam Peru
Cassia
(Base to Middle)
Cedarwood
Cinnamon
(Base to Middle)
Clove
Frankincense
Ginger
(Base to Middle)
Jasmine
Myrrh
Neroli
(Base to Middle)
Oakmoss
Patchouli
Rose
Rosewood
(Base to Middle)
Sandalwood
Valerian
Vanilla
Vetiver
Ylang Ylang
(Base to Middle)



Notes:



Resources:

- Modern Essentials
- Natural Perfumes by Mindy Green
- Aromatherapy's Workbook by Marcel Lavabre
- Emotions & Essential Oils - 7th Edition
- Low Tox Life by Alexx Stuart
- Aromatica by Peter Holmes LAc, M
- The doTERRA Essential Oil Chemistry Handbook (available here <https://view.joomag.com/ebooks-doterra-essential-oil-chemistry-handbook/0164882001518721621?short>)
- The Fragrant Pharmacy

Supplies:

- Pack My Product <https://www.packmyproduct.com.au>
- AromaTools Aus <https://au.aromatools.com/>
- <http://www.diffusional.com.au/>
- Ebay, gold lid roller bottles, crystals etc..
- Scoop Wholefoods at The Junction (Newcastle or google your area) for organic dried flowers or you could use tea like chamomile.

Don't have oils yet!

I'd be happy to help you get you started.

Head to my website and get in touch or email me edwina@birdsonglabel.com.au

<https://www.birdsongbotanicals.com.au/>



Edwina xx

