

The Chemistry of Aromatherapeutic Oils

The main goal when shopping for a perfume or fragrance is to make sure it smells good to you, right? Because of chemistry, some fragrances might smell different on you than they will on your best friend or your mom. And of course, scent is very subjective. Some people might be more drawn to woody, earthy scents, while others might opt for the lighter florals.

It also depends on mood and the vibe you want to put out there. Personally, I like to spritz on a spicier fragrance for nights out. But in the daytime, I gravitate toward floral, citrus, and fresh perfumes. However, it's not just about mood and giving off a certain aura. I realized recently that you can use fragrance as a form of self-care too.

Reference

[Ahmed Mohamed El Hassan: Milestones in tropical disease, pathology, cancer research & medical education \(Pioneers Paperbacks Series Book 3\)](#)

[Feeling Smarter and Smarter: Discovering the Inner-Ear Origins and Treatment for Dyslexia/LD, ADD/ADHD, and Phobias/Anxiety](#)