

Activity 4 ☞ Odor Intensity: FRESH SPICY

The goal of this exercise is to become familiar with odor intensity, which, in addition to knowing each odor's general scent profile, is required to understand how essences can lock and bury other essences in a formula. To assess the intensity, you will blend each essence with bergamot essential oil so that you can experience each essence's strength in comparison to the bergamot, an agreeable essence with light odor intensity.

Instructions

- Indicate whether each essence is a top, middle, or base note.
- In a separate tiny bottle for each essence to be tested, combine 1 drop of the essence with 3 drops of bergamot essential oil.
- Smell the mixture in the bottle and rate the odor intensity on a scale of 1-10, with 10 being the strongest odor. Note: bergamot is a "3."

Essence	top	middle	base	Odor Intensity									
				Least									
Ginger				1	2	3	4	5	6	7	8	9	10
Coriander				1	2	3	4	5	6	7	8	9	10
Cilantro				1	2	3	4	5	6	7	8	9	10

Activity 5 ☞ Odor Distinctiveness: FRESH SPICY

Contrast each of the fresh spicy essences with each of the others in that family. How are they different from each other? Why would you choose one essence over another? Describe the smell using the list of descriptive words as well as your own words.

Ginger	Coriander
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Ginger	Cilantro
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Coriander	Cilantro
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