




The Natural Perfume Workbook – Level 1

3

Table of Contents
















<i>Overview of Level 1 and Advanced Workbooks</i>	1
<i>Introduction</i>	6
<i>What Is Natural Perfumery?</i>	6
<i>The Perfumer's Art</i>	7
<i>Natural Perfumery, Aromatherapy, and Synthetic Perfumery</i>	7
<i>Frequently Asked Questions</i>	8
<i>Activity 1</i>  <i>Comparing Natural and Synthetic Essences</i>	10
<i>Chapter One</i>  <i>Perfumery 101</i>	11
<i>Methods of Extracting Essential Oils</i>	11
<i>The Perfumer's Materials</i>	12
<i>Natural Essences</i>	12
<i>Alcohol</i>	13
<i>Joboba Oil</i>	14
<i>Beeswax</i>	14
<i>Storing Natural Essences</i>	16
<i>Liquefying solid and semi-solid materials</i>	16
<i>A Note about Safety</i>	17
<i>Setting Up Your Work Environment</i>	17
<i>Chapter Three</i>  <i>Perfume Notes</i>	19
<i>Top (or Head) Notes</i>	19
<i>Bergamot</i>	20
<i>Bitter Orange</i>	21
<i>Black Pepper</i>	21
<i>Bois de Rose</i>	21
<i>Cedarwood</i>	21
<i>Juniper berry</i>	21
<i>Middle (or Heart) Notes</i>	21
<i>Clary Sage</i>	22
<i>Clove Absolute</i>	22
<i>Jasmine Concrete</i>	22
<i>Lavender Absolute</i>	23
<i>Nutmeg Absolute</i>	23
<i>Ylang ylang extra</i>	23
<i>Base Notes</i>	24
<i>Benzoin</i>	25
<i>Frankincense</i>	25
<i>Labdanum</i>	25
<i>Oakmoss</i>	26
<i>Peru Balsam</i>	26

The Natural Perfume Workbook – Level 1

<i>Vetiver</i>	26
<i>Chapter Four</i> ☞ <i>The Aftelier Natural Perfume Wheel™ and Vocabulary</i>	27
<i>Activity 2</i> ☞ <i>Introduction to Fragrance</i>	29
<i>Chapter Five</i> ☞ <i>Duration -- Top, Body and Dryout Notes</i>	84
<i>Activity 3</i> ☞ <i>Essence Duration and Evolution</i>	85
<i>Chapter Six</i> ☞ <i>Blending Overview</i>	105
<i>Chapter Seven</i> ☞ <i>Making Accords</i>	108
<i>Activity 4</i> ☞ <i>Top Note Horizontal Accords</i>	109
Blend 1 ☞ Bergamot, Bitter Orange, Juniper berry.....	110
Blend 2 ☞ Bois de Rose, Cedarwood, Black Pepper	111
Blend 3 ☞ Top Note Accord of Your Choice	112
<i>Activity 5</i> ☞ <i>Middle Note Horizontal Accords</i>	113
Blend 4 ☞ Jasmine, Ylang Ylang, Clove	114
Blend 5 ☞ Clary Sage, Lavender Absolute, Nutmeg Absolute.....	115
Blend 6 ☞ Middle note accord of your choice	116
<i>Activity 6</i> ☞ <i>Base Note Horizontal Accords</i>	117
Blend 7 ☞ Frankincense, Labdanum, Oakmoss	118
Blend 8 ☞ Benzoin, Peru Balsam, Vetiver.....	119
Blend 9 ☞ Base note accord of your choice.....	120
<i>Chapter Eight</i> ☞ <i>Vertical Accords</i>	121
<i>Activity 7</i> ☞ <i>Create Vertical Accords</i>	122
Blend 10 ☞ Peru Balsam, Jasmine, Black Pepper	123
Blend 11 ☞ Bergamot, Nutmeg Absolute, Benzoin	124
Blend 12 ☞ Juniper berry, Lavender Absolute, Vetiver	125
<i>Chapter Nine</i> ☞ <i>Accessory Notes</i>	126
<i>Activity 8</i> ☞ <i>Accessory Notes</i>	127
<i>Chapter Ten</i> ☞ <i>Problems in Perfume Structure</i>	129
<i>Activity 9</i> ☞ <i>Finding Faults</i>	131
Blend 13 ☞ Cedarwood, Clary Sage, Oakmoss.....	132
Blend 14 ☞ Bitter Orange, Clove Absolute, Benzoin	133
Blend 15 ☞ Bergamot, Jasmine Concrete, Peru Balsam.....	134
<i>Activity 10</i> ☞ <i>Create Your Own Vertical Blends</i>	135

The Natural Perfume Workbook – Level 1

5

Blend 16  Your Choice.....	136
Blend 17  Your Choice.....	138
Blend 18  Your Choice.....	140
Blend 19  Your Choice.....	142
Blend 20  Your Choice.....	144
<i>Chapter Eleven</i>  <i>Making Solid Perfume.....</i>	<i>146</i>
<i>Activity 11</i>  <i>Make Solid Perfumes.....</i>	<i>147</i>
Blend 21  Labdanum, frankincense, jasmine concrete, nutmeg absolute, bergamot, black pepper	148
Blend 22  Bitter orange, juniper berry, clary sage, lavender absolute, benzoin, Peru balsam	152
Blend 23  Bois de rose, cedarwood, jasmine, ylang ylang, oakmoss, vetiver.....	155
<i>Chapter Twelve</i>  <i>Commercial Fragrance Families</i>	<i>158</i>
<i>Activity 12</i>  <i>Be a Fragrance Sleuth.....</i>	<i>159</i>
<i>Appendix A</i>  <i>Blank Perfume Blending Worksheets</i>	<i>161</i>
<i>Appendix B</i>  <i>Additional Essence Note Classifications</i>	<i>249</i>
<i>Appendix C</i>  <i>Vocabulary</i>	<i>250</i>