

Activity 5 ☞ *SWEET RESINOUS: Odor Intensities*

The goal of this exercise is to become familiar with odor intensity, so you will understand how essences can bury other essences in a formula. To assess the intensity, you will blend drops of 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 "2."

Essence	top	middle	base	Odor Intensity									
				Least									
Benzoin				1	2	3	4	5	6	7	8	9	10
Opopanax				1	2	3	4	5	6	7	8	9	10
Peru Balsam				1	2	3	4	5	6	7	8	9	10
Tolu Balsam				1	2	3	4	5	6	7	8	9	10

Activity 6 ☞ *SWEET RESINOUS: Odor Comparisons*

Contrast each of these essences with each of the others in that family to see how they are different from each other. This will help you select one essence over another when creating a blend. Describe the smell of each essence using the 3-5 words from the final odor profile you made for each essence earlier in this chapter. For each pair of profiles, circle or highlight the words that appear in only one profile and not both.

Odor Profiles

Benzoin	Opopanax
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Benzoin	Peru Balsam
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Benzoin	Tolu Balsam
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Opopanax	Peru Balsam
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Opopanax	Tolu Balsam
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Peru Balsam	Tolu Balsam
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