

The Natural Perfume Workbook

ACTIVITY: Making Middle Note Horizontal Blends

Middle notes include floral, herbal, and spice. They are the heart of the perfume and bridge the distance between the top and the base of the perfume.

Materials

- Middle Notes – nutmeg, clary sage, coffee, jasmine, lavender, ylang ylang
- 3 bottles and labels
- Dropper
- 10 drops of perfume alcohol or 10 drops of jojoba oil or 10 fractionated coconut oil

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Instructions

Set up your workspace as described in chapter two.

For each blend, follow the instructions within the worksheet. Add the drops as instructed and describe the resulting fragrance. You may use some of the adjectives listed below, keeping in mind that sometimes the best descriptors are compound words like "cool herbal" or "velvety floral":

- | | | |
|------------|--------------|------------|
| • Agrestic | • Fruity | • Rich |
| • Amber | • Grassy | • Round |
| • Animalic | • Green | • Seashore |
| • Anisic | • Harmonious | • Sharp |
| • Apple | • Heady | • Soft |
| • Balsamic | • Heavy | • Spicy |
| • Berry | • Herbal | • Sweet |
| • Caramel | • Lemon | • Tea |
| • Citrus | • Light | • Thin |
| • Cool | • Liqueur | • Velvety |
| • Dry | • Marine | • Warm |
| • Earthy | • Mellow | • Woody |
| • Edible | • Minty | • Other |
| • Floral | • Mossy | |
| • Fresh | • Orange | |

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Jasmine, Ylang Ylang, Nutmeg

Step 1: Label a bottle **Blend 4**. Put 10 drops of perfume alcohol or 10 drops of jojoba oil or 10 fractionated coconut oil into a bottle to dilute the blend. Add two drops each of jasmine and ylang ylang. Write down what you smell when they are blended together.

Middle Notes	Blend 4A: Drop Number	Blend Results
☐ Nutmeg		
☐ Clary sage		
☐ Coffee		
☒ Jasmine	2	
☐ Lavender		
☒ Ylang ylang	2	

Step 2: Add two more drops of ylang ylang into the same bottle and write down how the blend changes.

Middle Notes	Blend 4B: Total Drop Number	Blend Results
☐ Nutmeg		
☐ Clary sage		
☐ Coffee		
☒ Jasmine	2	
☐ Lavender		
☒ Ylang ylang	4	

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Step 3: Add one drop of nutmeg into the same bottle and write down how the blend changes.

Middle Notes	Blend 4C: Total Drop Number	Blend Results
☒ Nutmeg	1	
☐ Clary sage		
☐ Coffee		
☒ Jasmine	2	
☐ Lavender		
☒ Ylang ylang	4	

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Clary Sage, Lavender, Coffee

Step 1: Label a bottle **Blend 5**. Put 10 drops of perfume alcohol or 10 drops of jojoba oil or 10 fractionated coconut oil into a bottle to dilute the blend. Add two drops each of clary sage and lavender. Write down what you smell when they are blended together.

Middle Notes	Blend 5A: Drop Number	Blend Results
☐ Nutmeg		
☒ Clary sage	2	
☐ Coffee		
☐ Jasmine		
☒ Lavender	2	
☐ Ylang ylang		

Step 2: Add two more drops of clary sage into the same bottle and write down how the blend changes.

Middle Notes	Blend 5B: Total Drop Number	Blend Results
☐ Nutmeg		
☒ Clary sage	4	
☐ Coffee		
☐ Jasmine		
☒ Lavender	2	
☐ Ylang ylang		

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Step 3: Add one drop of coffee into the same bottle and write down how the blend changes.

Middle Notes	Blend 5C: Total Drop Number	Blend Results
☐ Nutmeg		
☒ Clary sage	4	
☒ Coffee	1	
☐ Jasmine		
☒ Lavender	2	
☐ Ylang ylang		

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Middle note blend of your choice

Step 1: Label a bottle **Blend 6**. Put 10 drops of perfume alcohol or 10 drops of jojoba oil or 10 fractionated coconut oil into a bottle to dilute the blend. Add two drops each of two middle notes of your choice. Indicate your blend choices and write down what you smell when they are blended together.

Middle Notes	Blend 6A: Drop Number	Blend Results
☐ Nutmeg		
☐ Clary sage		
☐ Coffee		
☐ Jasmine		
☐ Lavender		
☐ Ylang ylang		

Step 2: Add two more drops of one of one of the middle notes you selected in step 1 into the same bottle. Indicate your drop number and write down how the blend changes.

Middle Notes	Blend 6B: Total Drop Number	Blend Results
☐ Nutmeg		
☐ Clary sage		
☐ Coffee		
☐ Jasmine		
☐ Lavender		
☐ Ylang ylang		

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Step 3: Add one drop of a third middle note into the same bottle and write down how the blend changes.

Middle Notes	Blend 6C: Total Drop Number	Blend Results
☐ Nutmeg		
☐ Clary sage		
☐ Coffee		
☐ Jasmine		
☐ Lavender		
☐ Ylang ylang		