

Hand Outs for Healing Art of Essential Oils Workshop
Top Notes, Middle Notes and Base notes.

Most of these rankings are from classifications originated from George William Septimus Piesse (1820) in his book, *The Art of Perfumery*. He also created the odaphone, a scent scale used to rank the odor of perfumes.

Top Notes: Essential Oils that are classified as top notes normally evaporate very fast. They are fast-acting and usually give the “first impression” of the blend you are making.

Middle Notes: These oils give body to the blend and are balancers. The middle notes may not be immediately evident and may take a few minutes to be recognized. They are usually warm and soft smelling.

Base Notes: They are normally "heavy" oils with their fragrance quite evident and forward, but they also can evolve slowly and are potent for a longer time and slow the evaporation of the other oils. They are heady and intense-smelling and can be costly.

| Top Notes: | Middle Notes: | Base Notes: |
|-------------------|----------------------|--------------------|
| Basil | Bay | Balsam Peru |
| Bergamot | Black Pepper | Cassia |
| Clary Sage | Cardamom | Cedarwood |
| Eucalyptus | Chamomile | Cinnamon |
| Grapefruit | Cypress | Clove |
| Lemon | Fennel | Frankincense |
| Lemongrass | Geranium | Ginger |
| Lime | Juniper | Jasmine |
| Mandarin | Lavender | Myrrh |
| Neroli | Marjoram | Patchouli |
| Orange | Melissa | Rose |
| Peppermint | Myrtle | Sandalwood |
| Petitgrain | Nutmeg | Valerian |
| Ravensara | Palma Rosa | Vanilla |
| Sage | Pine | Vetiver |
| Spearmint | Rosemary | Ylang Ylang |
| Tagetes | Spikenard | |
| Tangerine | Yarrow | |
| Tea Tree | | |
| Thyme | | |
| Verbena | | |

Remember to add only a drop of the strongly fragranced Essential Oils at a time to prevent it from overpowering your entire blend. Blending not only relies on the notes, but also on the purpose, measurement and relationship of one oil to another.

