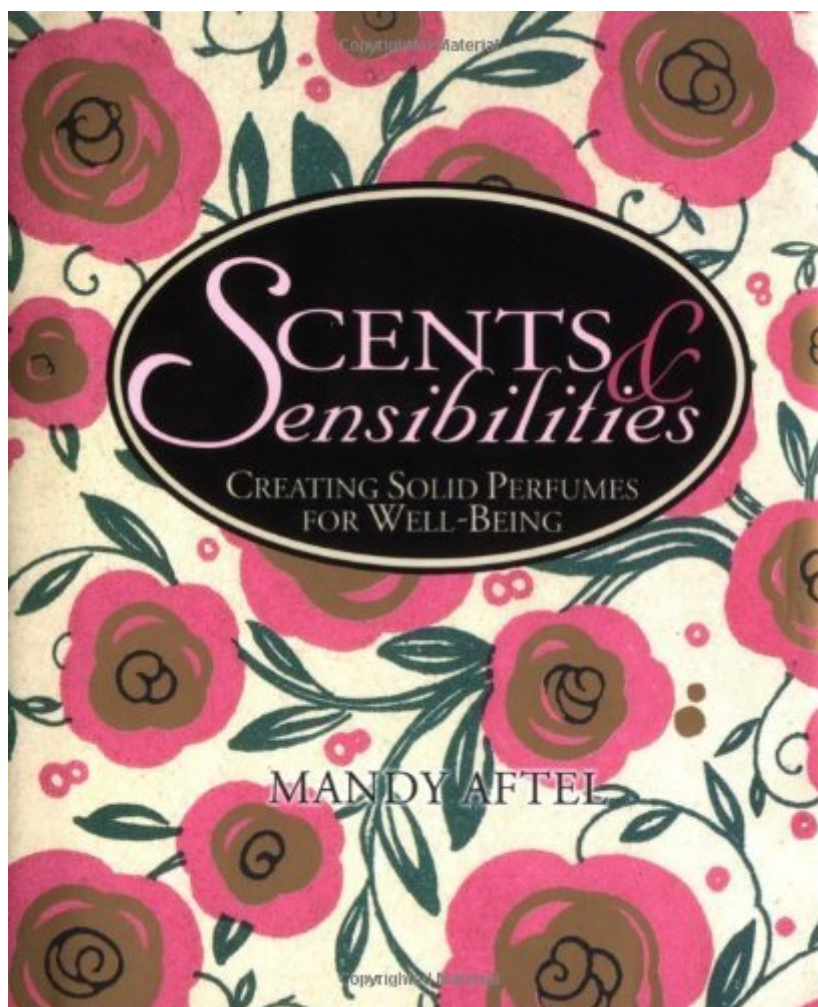


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# Scents & Sensibilities: Creating Solid Perfumes For Well-Being



## Synopsis

Delve into the world of natural aromas and discover their profound effect on emotional well-being, from relieving stress to enhancing sensuality. Renowned perfumer Mandy Aftel shares everything you need to know to create personalized handmade solid perfumes. Aftel has created custom scents for top celebrities like Kate Hudson and Madonna, and has been featured in magazines such as Vogue, O and Vanity Fair. She explains the science of "top," "middle," and "base" notes, and discusses the subtleties of fragrances that will unlock the secrets to finding the perfect perfume for every individual. Step-by-step instructions along with helpful photographs make this book simple and easy to use, and explain basic equipment necessary for getting started, such as beeswax, a hot plate, and a grater. Aftel also tells how to pick the right containers to store scents, from vintage boxes to jars. "Smelling her extraordinary collection of oils took me to beautiful placesâthe fragrance that Aftel blended exclusively for me is full of citrus and herbal fragrances that complement my culinary life."-Alice Waters, owner of Chez Panisse restaurant in Berkeley. Mandy Aftel is the founder of Aftelier, through which she creates one-of-a-kind perfumes for individuals and private labels. Ms. Aftel is also a counselor and the author of three previous books, including *Essence* and *Alchemy*. She lives in Berkeley, California. Her website can be found at [www.aftelier.com](http://www.aftelier.com).

## Book Information

File Size: 1961 KB

Print Length: 96 pages

Publisher: Gibbs Smith (June 7, 2005)

Publication Date: June 7, 2005

Sold by:Â Digital Services LLC

Language: English

ASIN: B001TH8LTK

Text-to-Speech: Enabled

X-Ray: Not Enabled

Word Wise: Not Enabled

Lending: Not Enabled

Enhanced Typesetting: Not Enabled

Best Sellers Rank: #616,932 Paid in Kindle Store (See Top 100 Paid in Kindle Store) #14

inÂ Kindle Store > Kindle eBooks > Health, Fitness & Dieting > Beauty, Grooming, & Style >

Cosmetics #37 inÂ Books > Engineering & Transportation > Engineering > Chemical > Cosmetics  
#54 inÂ Books > Health, Fitness & Dieting > Beauty, Grooming, & Style > Cosmetics

## Customer Reviews

"Using solid perfumes is a simple activity to incorporate into your life for reduction of stress...over time, just a whiff of your special fragrance can help you to become calmer and more grounded."

~Mandy AftelMandy Aftel's work has been featured in Vanity Fair, Vogue and Allure. She creates unique perfumes for private labels and for individual clients. In this lovely colorful book, she explores how you can make your own solid perfumes and maybe even refill a collectible compact you discovered in an antique store. This book has made me want to go visit more antique stores to look for the little compacts you refill with the liquid perfume mixture. You could also use glass or new metal containers.A Brief History of Perfume introduces you to the process of extracting the essential oils from plants. Entertaining facts about the Egyptians wearing solid perfumes on their heads makes this very enjoyable."As the ancients used perfumes in brooches, rings, pendants, and charms, so can we incorporate the same pleasurable effects of solid perfume in jewelry today."The chapter on essential oils also explores top notes, absolutes and concretes. Perfume ingredients that are described include: Bitter Orange, Bois de Rose, Ginger, Lime, Pink Grapefruit, Virginia Cedarwood, Clary Sage, Jasmine, Lavender, Nutmeg, Rose, Ylang Ylang, Bezoir, Cocoa, Frankincense, Labdanum, Oakmoss and Vanilla.Tools, beakers, bamboo skewers...so many things I didn't know to use when making perfumes. You will probably find you have many items in your kitchen.A Basic Solid Perfume Recipe is the starting point for your own discovery. Detailed instructions with pictures lead to the blissful moment of your own creation.

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