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How Fragrance Affects You: A Brief Scent History

A Brief History of Fragrance Products

Fragrance products have been around almost since the beginning of civilization itself. Certain scents are the key to unlocking many of the world's memories. Perhaps that accounts for their popularity. The fragrance industry did more than ten billion dollars in sales last year alone. We are not the only culture to be fragrance obsessed, though. The word "perfume" comes from the Latin "per fume" which translates to "through smoke." This makes perfect sense in light of the fact that the earliest fragrance products known to man were the burning of incense or aromatic herbs during religious gatherings or for religious purposes.

It is commonly agreed that the Egyptians were the first, as a culture, to wholly integrate fragrance into their cultural world. Under the reign of Queen Sheba, religious ceremonies, including things like burning incense to honor the dead, became the cultural standard in the country. All scents were essential to this culture. They were a high priced commodity. They were even more important than gold. However, the most important scent in the country was kyphi, a natural scent found throughout the country at the time. It is said that when archaeologists opened the tomb of Tutankhamen, it was this scent that overpowered them.

The Egyptians did not stop their use of fragrance with religious ceremonies and their cultural customs surrounding the dead, though. Egyptians also routinely used fragrance products on their bodies. They regularly anointed themselves with scents like cinnamon and honey. They also developed a great talent for scent extraction. Many temples show drawings of citizens distilling fragrance from the white Madonna lily. Scents of this type, though, were not for all Egyptian citizens. These fragrances were only used for powerful, wealthy citizens who could afford to use them on a regular basis.

Both genders, men and women, in Egyptian society, though, were welcome to wear these precious commodities. Fragrance was seen as a symbol of power and wealth, and the rich liked to flaunt their wealth through their scents and those of their family members. Interestingly enough, though, most of the Egyptian scents were not native to the country. Most of them were brought to the Egyptians by Palestine, Persia, India, and Arabia.

In Persia, as in Egypt, fragrance was also a sign of social class. Kings sitting in their palaces wore crowns decorated with scents like myrrh and labyzuz. The aromas could be smelled throughout the palace. Wealthy citizens had extensive gardens. Most grew scents like jasmine, lilac, violet, and red rose for a number of purposes, including distillation so they could wear the scents out of the house. Most wealthy citizens used perfumes after bathing. Many men put civet on their beards and musk on other places on their body to emit the aroma of wealth and power wherever they tread. Persians were one of the first cultures to master the art of preservation. They placed rose buds in sealed jars, often earthenware, and opened them on special occasions.

After Alexander the Great defeated Darius III of Persia, he too adopted the use of fragrance in Greece. He had scented water sprinkled on the floors of his homes. All of his clothes were heavily fragranced with resins and myrrh. The Greeks extensively used fragrances associated with their religion. They believed the gods invented perfume. They also believed that after a god or goddess had visited an earthly location, it was forever marked with a sweet smell as a gift from the deity. They anointed all of their dead bodies with scented oil.

In wedding ceremonies, not only were the bride and groom scented, the bride's maidens bore crowns of hyacinth. Even their games were marked with scents. After an athlete was deemed the winner, he was given a necklace of golden violets to wear. The Greeks also made an extensive study of perfumes. They left extensive writings about which plants, and which parts of those plants, offered them the scents they used with different ceremonies.

Many different cultures started the various use of perfumes throughout the course of history, and we still use fragrances for so many different purposes today. They are still used frequently in various religious ceremonies, and we use them to adorn our bodies. The use of perfumes will most likely last until the end of civilization as we know it.

"Scents" of Smell Can Be Psychological

The fragrance market did more than ten billion dollars in sales last year. They managed to make such a record profit for a number of reasons. First, we like to smell good. We are convinced that unless we buy scented products in every aspect of our lives, we will not fit in with the societal norms. More than that, though, fragrances work on levels that we cannot even consciously process. They have odd effects on the mind. Women have scents that make them feel attractive; make them feel like themselves, or one that they see as having a positive effect on others.

Fragrances are a powerful stimulant to the mind as the memories locked away in our subconscious levels. Fragrances can help wake us up or soothe us to sleep. Scientific studies show there is a close relationship between the scent and the emotional side of our brains.

People with particular characteristics can be matched with certain fragrance categories. Our sense of smell depends, more than any one of our other five senses, on a connection with those other sensory preceptors. As a result, our choice in fragrances is determined by both our psychological and emotional needs. Fragrance can give us the chance to emphasize our moods and feelings. It can even help us to project new moods and feelings in our minds.

Our moods constantly evolve, but at the core, we tend to have a dominance that comes through in things like our choice of fragrance. For example, active women who are generally optimistic about life and its prospects like fresh or spring-like scents. Things like hyacinth, lily of the valley, and freesia are common with this group of people. Young women, or those who remain young in spirit long after their bodies have aged, and those who tend to enjoy solitude and peace enjoy scents with a heavy sweetness like oriental perfumes.

Women who like order and security in their lives tend to enjoy perfumes that contain both earthy and sweet notes like floral oriental perfumes. Women who are extroverted by nature, that is to say those who enjoy spontaneity, activity, and change enjoy fresher floral fragrances with hints of fruits like pineapple, raspberry, black currant, and peach. Mature women who are grounded in the ways of the world typically use perfumes that have a powdery flower scent to them. Women who are both emotionally stable and extroverted like fragrances that would combine something like oak moss with bergamot.

One set of research suggests that there are seven basic fragrance categories, each of which matches certain moods. The first category is aldehydic-floral scents. These tend to project a classical, elegant, or cultured mood. Women who fit into this category tend to be wealthy and powerful. They do not consider themselves slaves to fashion, and they are free to explore society as they see it. They enjoy both elegance and exclusivity from others who they do not perceive to fit in their social circles. They are usually appreciative of culture in any form.

The second category is floriantal scents. These offer romantic, dream-based scents that are often idealistic in nature. Women who fit within this category are usually very emotionally sensitive. They do not see life from a rational point of view, and they rarely have a sober outlook on the world as a whole. They allow their feelings to control them. Their moods dictate the course of their lives. They use their emotions to guide them from one place to the next.

Oriental scents are the third category. These offer introspection, sensitivity, and reflection as their base moods. Women who tend to enjoy these fragrances have a deep understanding of themselves. They connect with their spiritual side on a much deeper level. They have intense relationships everywhere they go. They despise anything they see as superficial from relationships to mundane daily duties. They are their own best company, and they are typically at peace with themselves.

The fourth category is powdery-aldehydic scents. These scents offer an independent, unconventional, and unfettered mood. Women who like scents in this category are both highly individualized and seriously artistic. They use only themselves as a guide to their own lives. They demand to be free and unattached on all levels of life. The fifth category is fruity-floral scents. These project a carefree, playful, and cheerful mood. Women who enjoy these fragrances are open to change. They are curious and love life for all of its new experiences.

The sixth category is fresh green floral scents. These project a dynamic, active, and extroverted mood. Women who enjoy these scents like risks. They show initiative on all levels of life. The final scent category is chypre scents. These fragrances project professional, pragmatic, and self-assured moods. Women who prefer these scents are practical and uncomplicated. They accept responsibility in all facets of their lives.

Fragrances can reveal many things about who we are. They can give us a connection, on a very different level, to a number of different things.

The Mood Invoking Power of Perfumes and Fragrances

Perfumes have been around since civilization itself began. In the early years, they were typically associated with religious ceremonies. However, as time moved on, as time reach ancient Egypt, people began adorning their bodies with various fragrances. The connection to fragrance is a psychological one. Fragrances work on levels that we cannot even consciously process. They have fascinating effects on the mind. Women have scents that make them feel attractive; make them feel like themselves, or one that they see as having a positive effect on others.

Fragrances are a powerful stimulant to the mind as the memories locked away in our subconscious levels. Fragrances can help wake us up or soothe us to sleep. Scientific studies show there is a close relationship between the scent and the emotional side of our brains. Perfumes are, essentially, emotion in a bottle. They can convey hundreds of different combinations of moods and feelings.

In very general terms, people who act certain ways like certain kinds of scents. For example, those who enjoy a sense of young peacefulness, tranquility, and solitude like oriental perfumes for their heavy sweetness. Those who are both active and optimistic about the prospects of life enjoy hyacinth, lily of the valley, and freesia for their fresh, spring-based scents. People who seem grounded or able to deal with life on a deeper level like scents that have a powdery, flower base to them.

Extroverts, who like activity, change, and spontaneous decisions like fruity floral fragrances including those that are pineapple, raspberry, black currant, or peach based. People who need a sense of order and security in order to function like floral oriental perfumes for their earthy, sweet notes. People who have a sense of emotional stability combined with an extroverted personality like scents like oak moss with bergamot.

If people with certain personality bases like certain scents, it can be extrapolated that certain scents invoke certain moods or feelings. Our moods and feelings are on a constantly evolving basis in our minds. We have very unstable, unpredictable patterns in our minds, and, interestingly enough, scientific studies show that fragrances can evoke some moods and feelings in a way other stimuli cannot. For example, the scent vanilla can make one feel a sensuality he or she was previously unaware of. It can unleash hidden, yet strong emotions that resonate throughout the entire body.

A scent like sandalwood can invoke warm, seductive feelings that were previously unrecognized by the individual. Patchouli is a forceful scent. It creates profound feelings. It is often associated with earthy tasks. Myrrh induces an overall feeling of courage. It creates a metal strength where there was none. Jasmine is the great scent of passion. It can induce erotic thoughts in even the toughest person.

Benzoin is great for opening deep emotional wells. It can penetrate thick walls of emotions that have long since been fortified many times over. Ylang ylang stimulates the body. It opens the senses to new, previously unfelt experiences. Bergamot, like jasmine, can produce erotic thoughts, but it also has the power of persuasion with it.

Researchers have identified seven basic scent categories that can invoke varying moods. The first category is floral scents. These offer romantic, dream-based moods that are often idealistic in nature. They create emotional places where feelings can serve as a master, not just a guide. Another category is aldehydic-floral scents. These tend to project a classical, elegant, or cultured mood. They can evoke feelings of wealth, power, and freedom.

Oriental scents are the third category. These offer introspection, sensitivity, and reflection as their base moods. These can evoke a deep, spiritual understanding and intense relationship bonds. An additional category is fruity-floral scents. These project a carefree, playful, and cheerful mood. These fragrances create curiosity and an openness to change that would not ordinarily exist without them.

Another category is powdery-aldehydic scents. These scents offer an independent, unconventional, and unfettered mood. These scents offer an artistic freedom. The sixth category is fresh green floral scents. These project a dynamic, active, and extroverted mood. These scents invoke feelings of risk and the exhilaration that goes with that risk. The final scent category is chypre scents. These fragrances project professional, pragmatic, and self-assured moods. These are no nonsense scents that offer a feeling of practicality.

Scents can be powerful tools to very subjective minds.

Your Sense of Smell Explained in Scientific Terms

The sense of smell is one of the most fascinating of all of our sensual receptors. It is also one of the most critical for all animal species. As humans, we can detect and distinguish more than nine thousand odors. We use our sense of smell for any number of different things, including enjoying the aromas of our favorite foods and beverages as well as deciding whom we want to associate with based on smell. We can use it to detect danger as in a fire or a gas leak, and we can use it for fun like in reading scratch and sniff books to our children.

Over the course of the past twenty years, science has made extensive study of the human sense of smell. The science community can now tell us both how our nose detects odor molecules and how the brain is able to deal with that information once it is detected.

Every odor your nose detects comes from molecules, tiny particles emitted from the object. Almost everything emits a smell, but some of them don't reach as far as others. For example, bread, onions, perfume, fruit, and similar things give off many light, volatile molecules that are long range. They float through the space around the object and eventually end up in your nose. Other objects, like steel for instance, gives off molecules, but they are not long range and do not float as easily. As a result, we might say it has no smell.

Your sense of smell kicks in when the molecules enter your nose. At the very top of the nasal passage, there is an area, around the size of a postage stamp, which contains a large patch of neurons. Actually, it contains millions of neurons, called olfactory receptor neurons. The area is called the olfactory epithelium. The interesting, and unique, thing about these olfactory receptor neurons is that they are unprotected. This means they can come into direct contact with the air

you breathe in.

Their projects, a bit like hair, increase the surface area they can reach. The projections are called cilia. As an odor molecule comes up the nasal passage. The cilia will trap it. This forces the olfactory receptor neuron that the cilia are attached to, to send a message to your brain and cause you to perceive a smell.

Not everyone perceives the same smells, though. Recently, scientists discovered that the ability to smell certain odor molecules is genetic. Your individual genome encodes your olfactory receptor neurons. Each of the receptors has a place where an odor molecule can form a bond with it so your brain can perceive the smell correctly. If the right molecule falls into the right place, you get the smell. If, however, you are missing a genetic sequence, or the correct genetic sequence has been damaged in that area, your olfactory receptors are unable to accept the molecule. As a result, your brain is unable to receive the electrical impulse, and you never get the smell. It is possible to regrow these olfactory neurons if they are damaged.

There are four zones of olfactory receptor neurons within your brain. These four zones can help to distinguish the quality of the odor, the intensity of the odor, and the type of odor you are detecting. Even babies in the womb have a sense of smell. By nine weeks into gestation, the nasal cavity has separated from the mouth. It is at this point that the olfactory receptor neurons are formed. By the thirteenth week of gestation, the connections between the baby's brain and the olfactory receptor neurons are formed.

From that point onward, the baby can smell throughout the gestation. Smelling does not require air; it simply requires the odor molecules, which can be transmitted through the amniotic fluid. In some scientific studies, a baby can recognize its mother's scent immediately after birth.

The sense of smell is often termed one of our chemical senses because it requires that we process the chemicals around us for use. Smell can alert us to danger, but it can also offer us a sense of recognition. Ever have someone wander by you wearing your mother's perfume? You probably immediately recognized it as such. The sense of smell, as complicated as it is, is one of our most powerful.

Why Smelling Good with Perfumes Could Be Making You Feel Bad

In our society, we use perfumes in almost every product we make. Perfumes are in our soap and our cleaning products. We use perfumes to freshen our air, our bodies, and our pets. We cannot escape these scents in our society, yet they could be making you feel much worse than you could ever imagine.

People have used perfumes for thousands of years, but the problems with perfumes have only come about recently. Until this century, all perfumes were made of completely natural ingredients. The combining of these ingredients simply produced a nice scent, not a chemical trail that could hurt others. In recent years, perfumes have become less expensive. As a result, more and more people are able to purchase them in a variety of products. However, as these

two things have happened, they have lost most of their natural ingredients and become more synthesized.

More than ninety five percent of the chemicals that come in perfumes today are synthetic. They come from things like petroleum. Petroleum is known to have toxins that cause cancer, birth defects, disorders to the central nervous system, and a whole host of allergic reactions. In fact, many of the chemicals that perfumes now contain are the same chemicals that cigarette smoke contains. You wouldn't want to spray cigarette smoke on yourself, your clothes, your pets, or your laundry, but you use most of the same components when you use items containing perfumes.

The use of these chemicals goes completely unregulated because it is thought not to be dangerous. The industries that use perfumes do not have to give anything to the Food and Drug Administration. This includes formulas, testing results, safety data, or any complaints from consumers. Even if you do not notice the effects from the chemicals in perfumed products, someone else in your household or in your surroundings may be noticing them. The chemicals used in perfumes enter your blood stream when you apply the products to your skin. They can also be absorbed into your blood stream if you have residue on your clothing from your laundry soap or fabric softener.

When you inhale perfume, the fumes can go straight to your brain. It is the equivalent of huffing gasoline. Your brain can suffer the same serious effects just from a single spray. Moreover, the people standing in line next to you at the post office or anywhere else you may visit may have headaches or sinus problems triggered by your artificial scent. Many people are so sensitive to the perfumes used in various products that the effects can be serious and immediately triggered by one whiff of the chemicals contained in the fragrance you are wearing.

Shortness of breath and other asthma like symptoms are a very common reaction to fragrances. Fragrances can cause sneezing, watery eyes, nausea, sore throat, and coughing. If fragrances are absorbed through the skin of a person with an allergic reaction, rashes, hives, dermatitis, and eczema are not uncommon reactions. Sometimes once the fragrance is absorbed in the skin, the chemicals are more powerful than they were before they were broken down.

Many places are starting to institute fragrance free policies because of the serious reactions people can suffer from fragrance related products. For example, Evergreen State College in Olympia, Washington, has recently asked both its students and employees to voluntarily quit wearing any scented products. The regional municipality in Halifax, Nova Scotia, urges citizens to only use unscented products in their day-to-day life. One California Company, Alacrity Ventures, encourages employees to use only fragrance free products. They also only use unscented products in their janitorial clean-up as a commitment to a scent-free work environment.

Companies across the United States and Canada are trying to create these fragrance-free policies in order to accommodate individuals who have difficulty dealing with these dangerous products because it is easier for them to enact them now than later in time when they are under scrutiny for some type of lawsuit action.

It is essential to others that you consider a fragrance-free policy in your own home and work place. While you may not be suffering from the serious health damage chemically produced fragrances can cause, be aware that others around you may. Until people as a whole realize that we do not need fragrances to mask every odor around us, it is essential that we, on an individual level, become aware of the serious, negative consequences these fragrance products can have on the world and people around us.

Gathering Your Scents – Knowing When to Throw Out a Fragrance

Fragrances, in what may be a surprising revelation to many, do not last for an infinite amount of time. Like many other things in life they will eventually go bad. They will, over time, lose their qualities and eventually turn to something you certainly don't want to smell like. How, though, do you know when its time to toss that bottle? There are a few ways to know.

Most perfumes will last around two to three years from the day they are made, not the day you buy them. There are some clearance stores that will sell fragrances that are more than 3 years old. With that in mind, always make sure you check the date on the bottle to make sure you are getting something of the highest quality and that will last you a substantial amount of time. Also, make sure you throw out perfume you have had for more than three years. Even if you don't notice it, the perfume has begun to lose its qualities and it not doing you any good if you wear it.

There are steps you can take to ensure that your fragrances last as long as possible. For one thing, keep the bottle some place that is cool and dark. Heat and sunlight can damage a fragrance severely so avoid all the extremes. Colognes and eau de toilettes only can be stored inside the refrigerator, and that will help them keep their freshness. Even with these precautions, however, your perfume will still last only about three years. So once the time is up, get rid of the bottle and get a new batch.

How do you know, though, if your perfume is going bad? There are a few signs to look for. First of all, note the color. If that begins to change then you have bad perfume on your hands and should toss it out right away. Also, if you begin to smell a tinge of vinegar, it is time to get rid of it (though you probably would anyway if it smells like vinegar).

Once you have opened your perfume, you should use it. The biggest problem is that many people will buy a perfume, open it, and use it once before forgetting about it. Perfume is made to be worn just like wine is to be drunk or food is to be eaten, and you should not forget that. If you open a bottle of perfume and then "save it" for special occasions you are just asking for it to be spoiled when you go back to the bottle. If that happens to you cut your losses and toss the bottle. Start over with a new one and remember that you need to wear what you buy.

Another time to consider tossing out a fragrance is when you simply don't like it any more. That can happen since our sense of smell, like taste, changes throughout our lives. If you don't like a scent anymore, don't keep wearing it. Remember, fragrances and smells can affect your mood, so if you wear a perfume out of obligation you may put yourself in a bad mood accidentally. Instead, toss out or give away the rest of the bottle and get something you know you will like

instead. Your fragrance is very personal and it is something people will identify with you so if you don't like how you smell you are not going to like how people are remembering you. For that very reason, sometimes it is best to start off with very small bottles of fragrance to make sure you are going to enjoy it for the long haul.

Though it may seem like they would, fragrances actually don't last in that bottle forever. They do have a shelf life and it is one you should take heed of. First of all, make sure it will last as long as possible by keeping your perfume out of extremes in temperature and away from direct sunlight. Certain types can even be kept in the refrigerator as a precaution. Even with such precautions you cannot expect any perfume to last any longer than 3 years from the day it is made, not bought. Watch for signs that perfume is going bad, which is generally just a loss of qualities and discoloration.

Expired Fragrances – Alternate Uses When You Just Can't Throw Them Out

You have had that bottle of perfume at your dressing table for more than three years. It was given to you as a gift and you just can't get rid of it. You know it is beginning to lose its zest and becoming less effective as a perfume. However, you just can't bring yourself to toss it in the garbage. It still smells good, just not with the same concentration as it once did and you know it is in decline. So what can you do? Are there other uses for the fragrance that has expired but still has some good qualities? Of course there are, and you consider some options that may help you use the fragrance and remember the occasion without wearing it.

First you can actually use the perfume as a room freshener. There are a couple of ways to do that. First of all, you can add a few drops to water and simmer it either on your stovetop or in a candle warmer. The scent will infiltrate the room. Test it alone first to make sure that the heating does not enhance any beginning of the expired scent spoiling. The steam helps the scent to travel throughout your home and give it a hint of that fragrance you just couldn't bring yourself to get rid of. Use as much or little as is necessary; you will likely have to make adjustments as you go along.

Another option is to use it to revive potpourri. You know you have had that pot of potpourri over in the corner for three years and it no longer smells like anything. It has become nothing more than a bowl full of wood chips and dried out scentless flowers. Add a few drops, or more, of that expired perfume to the mixture to reinvigorate it. The dry potpourri is naturally made to absorb oils like the ones in your perfume. It will then be released back out slowly over time. Again, be sure the smell is still mostly in tact, but if it is this is a great way to get that smell without wearing a perfume that has lost its luster.

Thirdly, use it as a way to add a kick to that memo. If you add just a dab to your stationary, you will draw attention to every work note or personal message you send. In today's email and text message age, the hand written note is somewhat of a dinosaur. You can make a statement by not only hand writing notes and memos on stationary, but also by adding a dab of scent that will immediately let everyone know whom the note is from. Scent is closely related to memory, and you can invoke that memory easily with just a touch to the corner of a note.

If you think the scent is still pretty stable for your perfume, you can lighten it up and still get the benefit by putting just a drop or two in your bath. The small amount can set a great baseline of fragrance for you before you put on a fresh spray after you are dressed. The drops can act as a sort of aromatherapy bath scent that will also invoke the memories you have associated with the perfume, which is likely why you had trouble parting with it in the first place. You can also avoid having to buy scented bath oils as long as your older perfume is still good enough for a light scent that you would get by adding just those few drops to your next few baths.

Sometimes things we associate with great memories are hard to part with, even when we know they are no longer good. Consider fragrances. Most of them only last three years at the most under even the best of circumstances. So what do you do when your favorite bottle loses its olfactory luster?

Well, if it still has a good scent to it, there are a number of alternatives to tossing the bottle. You can use it as a room scent by adding a few drops to water and simmering over the stove or a candle burner. You can also perk up that old bowl of potpourri that you didn't throw out either. Or you can even add it to your bath if it still has a solid scent to it that has not started to move toward spoiled. No matter what you do, though, you have to use it or you really will lose it.

Chemistry and Reactions of the Skin with Fragrances

Fragrances are a multi-billion dollar industry. People love perfumes. They like scents in everything they use. In our society, we use perfumes in almost every product we make. Perfumes are in our soap and our cleaning products. We use perfumes to freshen our air, our bodies, and our pets. We cannot escape these scents in our society. People have used perfumes for thousands of years for a number of different reasons.

In recent years, perfumes have become less expensive. As a result, more and more people are able to purchase them in a variety of products. Different fragrances, though, smell different on individuals, no matter what product the fragrance appears in. As a result, it is essential to choose your fragrances carefully.

Fragrances work when they are applied to the skin. As your body heat rises, the perfume starts its magic. Perfumes smell differently because of a difference in body chemistry. Several factors can play a role in this including diet, acid balance, medication, skin oil, pigmentation, mood, and environmental factor. For example, if you were on a higher fat intake diet, the scents placed on your skin would be far more powerful than they might be on a person's skin who was on a lower fat intake diet. Dramatic diet changes within your life can change the way your standard fragrances smell on you.

Another good example is skin type. Folks with oily skin have perfumes that offer a more intense scent. People with dry skin have to reapply their fragrance often to get the same kinds of scent results. These factors not only change the actual scent on your skin, they can also have an influence over how long the perfume will last on your skin. If you notice that your favorite scent

has undergone a change, you should think about what has changed in your life. Maybe you've just become so accustomed to your regular scent that you simply cannot smell it anymore. Whatever it is, it might be time for you to consider a new scent.

As you begin to choose the right fragrance, there are a few important things to remember. Everyone has an approximate circle around their body where people should be able to smell your scent. Hold your arm out directly in front of you. If people can smell your perfume from further away than that, you are either using the wrong perfume, (it is having a poor reaction with your body chemistry) or you are using the right perfume poorly. Remember that fragrance is supposed to be a personal message, not an announcement broadcast over a public address system.

To use your fragrance correctly, layer it over your body. Build a foundation with eau de parfum. Spray it on your skin from your feet to your shoulders. Then use your perfume. Apply it to your pulse points. These are the areas of your body where you can feel your heartbeat. Some common pulse points are the wrists, behind the ears, the crook of your elbow, the base of your throat, behind your knees, and inside your ankles.

As you begin to try to process this information and shop for the right scent for you, make it a rule to never try out more than three scents at a time while you are shopping. Eventually, your nose with its sensitive olfactory receptors will no longer be able to appropriately process all of the signals you attempt to send to your brain with the various fragrances you have tried on.

Moreover, you should apply the test fragrance directly to your skin. If you just smell it in the bottle, you will have no sense of how your body will work with the fragrance. Apply a few drops to your wrist. Wait a moment or two, and then smell it. If you want to try another, apply it to the other wrist. If you'd like to try a third, apply it to the inside of your elbow. Be sure to stop after the third one.

It might be best to create a wardrobe of fragrances, so you can accommodate the changes in your body chemistry. The inner workings of fragrances can be quite complex, and your body chemistry has everything to do with it.

Pheromones in Fragrances Explained

Pheromones are defined as "a naturally occurring chemical compound found in all insects, animals and humans." There are different types of pheromones including alarm pheromones, sex pheromones, food trail pheromones and a host of others. When secreted from the body pheromones have a hand in attracting the opposite sex as well as in dictating to an extent, sexual behavior. It is sex pheromones that are most often discussed.

The word "pheromone" comes from the Greek word "pheran" which means to transfer and "horman" which means to excite. Pheromones are a very primitive form of communication in the animal world as they perform many functions such as allowing animals to recognize mates, signal sexual interest, mark territory, etc.

Pheromones are natural scents that both human beings and animals release in their saliva, perspiration and tears. The scent from these chemicals sends signals to the opposite sex about health, mood, status and sexual drive. However no one can actually smell these chemicals. Instead they are detected on a subliminal level through our VNO system (or vomeronasal organ).

The VNO system is made up of a small invisible receptor buried deep in the nose cavity, which is able to distinguish pheromones and then send the signal to the part of the brain known as the hypothalamus. The VNO was first discovered in 1703 by F. Ruysch. Pheromones are also detected by something called the Jacobson's organ, which is located between the nose and the mouth. Generally speaking the more sex chemicals an individual secretes, the more sought after by the opposite sex they become.

Research done after 1986, found that pheromones do have a place in human sexual behavior and can be found in the highest quantities in sweat. However, by showering and using many toiletry products, the action of these naturally occurring chemicals in the body is dulled. In men the chemical in human pheromones contains Androstenol and in women it is Androstenol.

Since we detect pheromones on a subconscious level only, fragrance makers have begun to reproduce human pheromones and incorporate them into fragrances. The fragrances that include human pheromones as an important ingredient work on most people who apply them to their skin but in varying degrees. It all depends on the receiver's sensitivity to his/her vomeronasal organ. Just like non-pheromone fragrances, one or two drops are best applied at the sides of the neck and/or to the inner wrists.

Once applied to skin, human pheromones usually last about four to six hours or thereabouts. One bottle of human pheromones could effectively last, if used regularly, for four to six weeks. Pheromones do not need to be reapplied as often as other fragrances to work properly. Manufacturers of these fragrances charge varying prices for their products.

Fragrance companies are busy both focusing on the whole mystery surrounding human pheromones as well as funding research to determine whether or not it has an affect on mating rituals, sexual attraction and sexual arousal. It is well documented that animals emit pheromones that directly result in sexual behavior while research on human beings is ongoing. To use an example from the animal kingdom, a male pig secretes from his saliva a pheromone known as androstenone. When he does this a female pig picks up on the aroma, becomes sexually aroused and the mating ritual begins to take shape.

Due to the research on human pheromones, many people have come to conclude that the sexiest part of us, males and females alike, is our noses and that we all have a unique "special sexy scent" that is unlike anyone else's. Just as our pheromones can cause us to be attracted to another person they can also cause us to be turned off by someone else. Our body chemistry is intimately tied in with our sexual yearnings.

One of the most well known pheromone enhanced scents is called "Realm" and is manufactured by the Erox Corporation. Anatomist David L. Berliner created the scent in 1989 when he discovered that the addition of human pheromones to scents helped boost the self-confidence levels of men and also gave them a better sense of well being in relation to their interactions

with women. More scents with human pheromones are now available on the market and the research into whether pheromones play a role in getting men and women together, and keeping them attracted to one another, are advancing all of the time.

Fu-Fu Fever – Fragrance Figures into Many Products

Fragrances are all around. If you take the time to examine the environment around you, you may well notice that they are, in fact, a part of most everything you do. The world has gone fragrance mad, and there is no sign of slowing down. Where are fragrances showing up now? It is hard to know exactly where to begin, but consider some of the more popular places that we don't always acknowledge.

Consider cars. We have become so obsessed with fragrances and aromatherapy, that a vehicle seems almost incomplete without some sort of scent to it. It might be scented oil drizzled into the rugs of the car to make it smell new, like strawberry, or with a hint of vanilla after an oil change. It may also be a scented piece hung from the rear view mirror in the front seat. There is such an obsession with fragrance now that it is not enough to simply rid the car of bad odors, but it must also get its own new fragrance to replace that odor. Combine that with the bath soaps and perfume scents you bring each time you get into your car and it becomes a chamber of scents, odors, and fragrances; it is a fragrance cocktail.

Bath products are another. There was a time, believe it or not, when soap really just smelled like soap. Not only are soaps scented now with fragrances and perfumes, but even the type of soap you use will determine the scent. There are bath oils, body lotions, and bar soaps just to get you started. Each has its own set of fragrances and perfumes included in it.

If that is not enough, there is your shampoo, which may be one fragrance while your conditioner is another. Once you have cleaned your body with a scented soap or body wash and washed your hair with a scented shampoo and conditioner, you can still wash your face with a face wash that has its own fragrance. The hard part is not finding fragrances in bath products, but in trying to make sure they all compliment each other sufficiently.

To find the next fragrance product, you will have to go no further than the bath mat as you step out of your perfumed shower experience. Lotions have become an absolute hub of fragrance. The idea of lotions and fragrance, in fact, has become so big that they are now often used instead of actual perfume or cologne. Lotions can be purchased with pretty much any scent that is available for aromatherapy now; you need only walk down the aisle containing lotion at your local convenience store to see just how many there are.

Then there are candles. It may seem obvious that candles would be fragrance induced, but they have become so to such a degree that it is difficult to even know how many there are. You may buy them yourself or get them as gifts, but the problem comes in making sure you only burn candles that compliment each other. Like with any time you use a scent, it is really just important that you pay attention to what it is that each fragrance induces as far as a reaction. Work with themes and don't just start lighting candles of varying scents without paying attention to what goes together.

Fragrance is everywhere. By the time you get up in the morning and take your shower with scented soap, wash your hair with scented shampoo and treat it with scented conditioner, and treat your skin with a fragranced lotion you are already well on your way to fragrance saturation. However, then you might crawl into your car for work where there is vanilla, pine, or new car fragrance either sprayed or being wafted through the car via a hanging decorative fragrance emitter of some sort.

That doesn't even take into account the candles that are likely all over your home that you have purchased and gotten as gifts, each with its own fragrance to add to the cocktail of fragrance in your and everyone else's lives. Since we know fragrance is everywhere, it is important to at least make sure they all compliment one another. Take a few extra moments in your day to ensure that what you wear, what you clean with, and what you burn all have some relation in terms of theme or compliment and you will be in control of this fragrance rich society in which we live.

Floral Facts for Fragrances

There's a popular saying that goes, "Stop and smell the flowers." It usually means that you need to slow down a bit in your life and take time for simple pleasures ... like smelling those proverbial flowers. Isn't that the first thing you do when someone hands a bouquet to you or you are walking through a flower garden? It's instinctive, something that we just do unconsciously. When buying flowers for yourself, many times the smell is what draws you to a purchase. That smell is what perfume manufacturers use to lure you to try and wear certain fragrances. In fact, flowers are an integral part in creating a fragrance.

Perfumes are derived from a variety of sources like fruits, bark, herbs, grasses, wood, resins, leather and even tobacco and chocolate. However, it is the flower that provides the foundation for many fragrances. Each flower offers a unique scent that can affect a perfume. In fact, even the same type of flower can elicit various aromas. For instance, roses often smell the same, but because there are hundreds of varieties of roses, each one will offer a scent that is slightly different from the next.

Flowers grow all over the world, so there are a lot of factors that play a part in creating a unique scent for your perfumes and fragrances. Soil acidity or alkalinity can alter a flower's scent. The weather and environmental conditions like pollution and use of pesticides also contribute to a flower's smell. Take the rose, for example. Roses grow all over the world, from France to the United States to Bulgaria, known for its corner of the market for rose production specifically for perfumes. For some flowers, they will not grow anywhere except in a small particular corner of the world. One example of this is the ylang-ylang flower. This delicate smelling flower only grows naturally in parts of Southeast Asia.

Manufacturers of fragrances have to isolate the essential oils from the flowers. These essential oils are what give plants and flowers their distinctive aromas. Numerous flowers are used in the production of perfumes and other fragrances. However, the most important flowers that provide the foundation to many fragrances are from the rose, jasmine and orange flowers. Also commonly used are ylang-ylang flowers.

Roses used in perfumes and fragrances date back to the Roman and Greek times and account for appearances in over seventy percent of all perfumes. Roses are rarely picked during the day; rather, they are harvested at night when their aromatic fragrance is at its strongest. The Damask Rose and the Rosa Centifolia are the two most popular roses cultivated for perfumes and fragrances.

Jasmine flowers are also picked at nighttime to preserve its peak aroma. And once jasmine flowers are picked, they must be processed and refined right away. Otherwise, their scent will fade from the picked blooms. Jasmine flowers are delicate, so great care is taken in the handling of the blooms. The precautions are needed because jasmine accounts for over seventy-five percent presence in the perfumes made today.

Parts of Europe and Africa account for most of the orange flowers used in perfumes and fragrances. Orange blossoms were once the popular flowers for weddings. The flower oil garnered from orange blossoms provides a fresh, clean, citrus-y scent that is quite refreshing to the senses. In fact, even orange trees have some beneficial things that can contribute to the fragrance market. Essential orange oils can be derived from the skin or peel of an orange. Even the leaves and bark can be harvested for some fragrance uses like cleaning products or linen sprays.

Finally, the exotic ylang-ylang flower found predominately in Southeast Asia is another popular flower used the production of perfumes and fragrances. The secret to the most aromatic ylang-ylang flowers is not harvesting until the flower buds have been open for several weeks. And like the jasmine, the ylang-ylang flower must be processed and refined quickly before it loses aroma quality.

When choosing a fragrance for yourself, one way to make a good choice in perfumes is to determine which flower is your favorite. From there, you can do a little research into which perfumes use that flower and go "sniffing" around the department or fragrance stores in search of the right scent for you.

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