



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

*Mandy Aftel*

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## **Scents & Sensibilities: Creating Solid Perfumes for Well-Being** Mandy Aftel

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 places...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).

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