

How to Make An Exquisite Natural Spray Perfume

A FORMULATION GUIDEBOOK
FROM THE NATURAL PERFUMERY
WORKSHOP SERIES



THE NORTHWEST SCHOOL
OF AROMATIC MEDICINE



Your Guide to Making Your Own Natural Spray Perfume

Creating your own Western-style, natural spray perfume is an accessible and empowering journey, utilizing readily available ingredients to craft scents that resonate deeply with you. So far in the Natural Perfumery Workshop Series, we've shared with you some of the foundational teachings to begin or elevate your natural perfumery practice.

You hold the power to concoct fragrances that captivate the senses.

Now that you have a few core concepts of this craft in place and you know the basic building blocks of natural perfumery, it's time to combine all of these elements to create *enchancing, well-balanced, and long-lasting natural perfumes!*

With this knowledge, the possibilities are endless, and you can begin your olfactory adventure **right now** at home, shaping scents that reflect your unique visions.



The Perfect Starter Formula!

This basic formula is a fantastic starting point for anyone intrigued by perfumery, offering a gateway into a world where your creativity knows no bounds.

The beauty of this formulation lies in its adaptability — its theme can be tailored to suit any preference, mood, or concept.

The following formula is a great start for your first batch of natural spray perfume. You can follow the recipe exactly as is or make substitutions.

This formula was designed so you can alter some of its ingredients and experiment using different aromatic materials.



Feel free to substitute a different Citrus essential oil (EO) for the Lemon Petitgrain EO in this formula (like Bergamot, Orange, or Grapefruit) and you can pick any type of blondewood in place of the Amyris.

In natural perfumery, the term “blondewood” refers to light-colored, neutral woody notes from various aromatic tree materials.

Common aromatic examples of blondewoods include Amyris, Cabreuva, Cedarwood, Cypress, Buddha wood, and Sandalwood.

You can also pick any plant species of Frankincense, Jasmine, Lavender, Vetiver, Patchouli, and Rose – whatever is easily accessible to you or what you feel called to work with.

Provincial Memories

Natural Spray Perfume

Perfume Formula:

- Lemon Petitgrain EO 0.15 grams
- Frankincense EO 0.15 grams
- Bulgarian Rose absolute 0.1 grams
- Indian Jasmine (*J. sambac*) absolute 0.1 grams
- Kashmir Lavender EO 0.1 grams
- Indonesian Vetiver EO 0.1 grams
- Sri Lankan Patchouli EO 0.1 grams
- Amyris EO 0.1 grams

Perfumery Tools:

- Notebook
- One 5-ml clean atomizer glass spray bottle
- Label(s)
- At least 1 oz of 190-proof alcohol or lab-grade alcohol
- 9 1-mL graduated pipettes
- Milligram scale (thousandth of a unit = 0.001 grams)



Provincial Memories Concept

The first step in creating a natural spray perfume involves making a perfume extract – a 100% concentration of aromatic materials with no alcohol – which is then used to make finished fragrances by diluting it with 190-proof alcohol at a specific ratio.

In this example formula, we will be making an 18% concentration of Provincial Memories in a total of 5 grams of fragrance.

This means that we will use 0.9 grams of aromatic materials and 4.1 grams of 190-proof alcohol (since 18% of 5 grams = 0.9 grams, and 0.9 grams plus 4.1 grams = 5 total grams).





Also, recall the 30-30-30 Split Basic Natural Perfume Formulation you learned in Lesson 2. This translates to $\frac{1}{3}$ of the formula as top notes, $\frac{1}{3}$ middle/heart notes, and $\frac{1}{3}$ base notes.

This blueprint gives you the highest potential for creating a balanced formulation that lasts throughout the day.

Therefore, to follow the 30-30-30 Split Formulation method, we will use 0.3 grams of top notes, 0.3 grams of middle/heart notes, and 0.3 grams of base notes – which equals a total of 0.9 grams of aromatic materials.

This formula contains 2 top notes (Lemon & Frankincense), 3 middle/heart notes (Rose, Jasmine, & Lavender), and 3 base notes (Vetiver, Patchouli, & Amyris).



Natural Spray Perfume Guide

Step 1: Gather Your Ingredients

Here's a list of our favorite natural and sustainable suppliers:

Aromatics International: www.aromatics.com

For sustainably sourced EOs and absolutes

Mountain Rose Herbs: www.mountainroseherbs.com

For EOs, absolutes, and other herbal products

Organic Alcohol: www.organicalcohol.com

Best Bottles: www.bestbottles.com



Natural Spray Perfume Guide

Step 2: Gather Your Tools & Get Ready

Gather all of the aromatic materials and tools for your natural spray perfume using the resources provided on the previous pages, and get ready to create your masterpiece! You'll want a desk or table to work on and a comfortable chair to support you.

Before diving into crafting a natural perfume, it's important to ground yourself and be fully present in the moment. Take a few deep, intentional breaths and allow yourself a moment to set aside any negative thoughts, stress, or frustrations you may be carrying.

The aim is to infuse your perfume creation process with positive energy, thoughts, and intentions. Visualize the concept and purpose of your natural perfume creation.

Let's dive in!



Natural Spray Perfume Guide

Step 3: Make Your Perfume

- 1.** Place your clean glass atomizer spray bottle on the scale and tare it to zero grams.
- 2.** Using a clean pipette, measure 0.15 grams of Lemon Petitgrain EO (or other Citrus EO) into the glass bottle. Then, tare the scale back to zero.
- 3.** Use a new, clean pipette to measure out the next aromatic material ingredient and place it in the atomizer bottle. Be sure to tare the scale back to zero each addition to help you measure the next aromatic material accurately.
- 4.** Repeat Step 3 for each aromatic material until all ingredients are added to the glass bottle.
- 5.** Put the cap on your glass bottle then “shake” it by gently rolling the bottle back and forth through your hands.
- 6.** Using a clean pipette, add 4.1 grams of 190-proof alcohol to the glass bottle. Place the cap back on and gently shake it again, rolling the bottle through your hands.



Allow the Perfume to Mature

Your natural spray perfume is ready to use! You can apply it to the back or front of your wrists, neck pulse points, hair, clothing, and more.

Remember, every fragrance gets better with age. You can use it right away, *however...*

The longer it sits, the better it gets!

After several weeks to several months, the aroma will be **even** better!



Don't Forget the Label!

Make sure to label your finished fragrance glass bottle with its name, 18% concentration, all ingredients (including the quantities), and the date!

If you don't have room on the label, be sure to put all of this information in your notebook and have identifying information on the label so that you can refer back to your notes and find the important details.

Make sure to note if you follow the formula exactly, substitute ingredients, or have any quantity deviations.

Trust me – you will want to recreate this recipe in the future or use it as a creative jumping-off point for other fragrance formulations, so the more detailed notes you have, the better! Your future self will thank you.

This 30-30-30 Split step-by-step formulation process is the exact blueprint for making any type of Western-style natural spray perfume. Follow these simple steps and you'll soon have your own hand-crafted natural perfume to enjoy.

Exploring the realm of natural perfumery is like embarking on an endless journey of aromatic adventure. We've touched upon only a tiny sliver of the vast expanse that awaits, merely scratching the surface of this aromatic universe.

The possibilities are boundless, with countless combinations to explore and aromas to discover. We've handed you the key to take the first step in crafting your own natural perfume...

But you are standing at the gates of the natural perfumery playground.

Beyond lies an entire enchanting world of aromatics waiting to be explored.





Ready to Dive Deeper?

You now have the foundational skills required to make your own spray perfume from scratch for any purpose you desire. But the next step is **mastering the art of formulating your own blends**, so you're not relying on others.

Knowing how to put a spray perfume formula together is just one part of the practice.

If you want to transcend the basics and become an artisan natural perfume crafter who deeply understands your materials and effortlessly weaves them into your creative vision, then you're ready to immerse yourself in the enchanting world of natural perfumery. I invite you to join...

The Natural Perfumery Course

This one-of-a-kind program is designed to guide you through the intricate realms of natural perfumery. You'll dive into the vast array of aromatic materials, gaining profound insights into each and learning how to intuitively work with them.

From mastering the formulation techniques for creating fundamental accords to crafting other exquisite perfume types like attars, oil-based, and solid perfumes, you'll explore a multitude of techniques. Plus, you'll deepen your understanding of crafting spray perfumes at various concentrations...

And SO much more...

Stay tuned, we'll send an email as soon as this year's enrollment opens. Thank you for joining us on this journey!



P.S. This is the **only online Natural Perfumery Course** that teaches you everything you need to know to start mastering the art of natural perfume crafting.

-JK DeLapp