

I have always loved perfume. Since I was a little girl I intuitively knew that the aroma of certain things made me happy. My Mom wore Chanel No. 5 and I loved the aroma of that because it reminded me of her. Perfume and little girls went hand in hand. We had fun shopping for perfume and figuring out what "scent" I liked best.

In today's world when I wear perfume I often get the same negative reaction a smoker gets.

I get some of the following; funny looks and double takes, people get up and move away, some people start to sneeze and their eyes water. At my last group event someone said

"what is that smell"? "I smell poison"! I started to ask myself why is this happening? If so many are having allergic reactions to the perfume I wear, should I be wearing it?

I did a little research and here is what I found out. My Favorite perfume has bergamot, jasmine, and rose among others, so I know why I love it. However I had the hardest time finding out what is actually in a perfume bottle, and companies are NOT required to reveal the ingredients. Here are some things I did find out.

- Most Scent are made synthetically so that the actual scent will last longer.
- Synthetic Musk found in most perfume is a know carcinogen.
- Most perfumes, in order to have the same scent from bottle to bottle MUST be made synthetically. Essential oils can tend to smell a little different from batch to batch depending on environment and when it was harvested.
- Do I really want what is in this bottle going into my skin and perhaps even into my blood stream?

Since the sense of smell is the only one of the five senses directly linked to the limbic lobe of the brain, (the emotional control center) anxiety, depression, fear, anger, and joy all emanate from this region. [Essential Oils Desk Reference, Second Edition, Second Printing, p. 9] Do I really want this controlled by a synthetic? I do NOT!

My belief is that God speaks through other people. He will keep putting something in front of me until I hear it or learn the lesson. I finally HEARD what I need to. Thank you God and the people in my life. I am listening, and Young Living Essential Oils are one of my teachers.