

## Some frequently asked questions

Q. How much oil do I need in the jar?

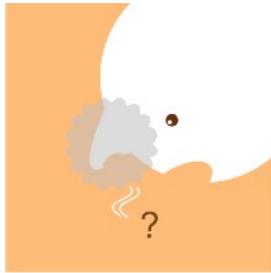
A. You only need enough to saturate the paper disc. Any more than that is just a waste of the oil.

Q. I can't smell anything! Have I done it wrong?

A. Probably not. If you've followed the directions, your jars should be plenty "smelly". The saturated disc, kept in the closed space with the cap on the jar, creates a really strong smell. If you are not smelling it now, give it time.

Q. Can I put my nose all the way into the jar?

A. That is not recommended. Keep the tip of your nose out of the jar.



Q. What if I want to reuse the jar, but with different oils?

A. You can do this, but you need to give the jars a really good clean with hot water and soap. Let them dry thoroughly. The lid will smell like the previous oil (not great, but you could improvise and remove the inside of the cap, which is made of white, plastic coated paper). Then cut yourself some new watercolour paper discs

and make up the new jars.

Q. Can I use cotton pads inside the jars?

A. Cotton pads are not recommended. They make a great place for bacteria to collect. Watercolour paper is absorbent, but does not harbour bacteria.



## Smell Training Kits

### How to make your own

### Contact details

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# Making your own kit is easy

## Just follow these simple steps. Here's what you need:

- Four 30ml/1 oz. amber coloured glass jars with lids (find them on Amazon or eBay)
- Some watercolour paper and scissors
- Essential oils. The original four are rose, lemon, clove and eucalyptus, but you can choose any you like.
- Adhesive labels

### Directions:

Cut out four circles of watercolour paper that fit into the bottoms of the jars. Put one disc in each jar. Add some drops of the essential oils to each of the jars. Cap the jars and keep your essential oils in the refrigerator—they will stay fresher longer this way. Make sure you label both the jars and the lids. You want be careful about not mixing up the lemon lid with the rose jar for example. The lids will take on the odour of the essential oil in the jar.

Keep your smell training jars somewhere convenient so that you remember to use them twice daily. A good place is by your bed. This way you will remember to use them right after you wake up and then just before you go to sleep. It's great if you can keep some jars at your desk, or in the car, or anywhere else where you might use them during the day.



## Dos and Don'ts

**Do** keep your essential oil bottles in the fridge. This keeps them fresh.

**Don't** smell train straight out of the bottle. Essential oils are expensive and have a limited shelf life—sunlight is their enemy. The tiny hole in the essential oil bottle won't give you a very powerful smell experience, that's why jars are always more preferable for beginners. Also, you risk touching the dispenser cap on an essential oil bottle to your nose, and this might be irritating for your skin.

**Do** smell train at a quiet moment of the day, without distractions. Try to focus on your experience, and don't be too judgemental about what's happening. If the smell seems distorted, reassure yourself that it's ok. Any experience is positive.

**Do** experiment with what sort of sniffs work for you. Start with gentle and short sniffs. See what works best for you.

**Do** change out your oils every 4-5 months. They should keep fresh during this time if you keep them tightly capped and out of the sun.