

# Live More SCENTually!

*Stimulate or soothe  
using all five senses!*

## In the Kitchen

- White table cloth creates calm presence
- Keep dinnerware, glasses and cutlery simple
- As often as possible, make cooking an event – the sights, sounds, textures, smells and tastes excite ALL the senses
- Have a few high-quality, favorite tools
- Recommended oils: grapefruit, lemon, Citrus Fresh

## In the Bedroom

- Reduce electrical gadgets
- Invest in a firm mattress
- Splurge on sensuous sheets (linen!)
- Deaden noise with thick carpet and heavy drapes
- Keep bedroom cool
- Bed as nest – surrounded by books, music, pictures, fluffy blankets, big pillows
- Recommended oils: lavender, rose, geranium, ylang-ylang, Dreamcatcher

## Lighting

- Eliminate overhead lighting; Light areas for their task or mood
- Make the most of natural light
- Use candles to flatter and create a sense of magic
- Utilize light-color, reflective surfaces

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## In General

- Replace clutter with a few meaningful items
- Use music or nature sounds
- Consider color: pale, neutral colors are calming; vivid colors excite
- Banish irritating noises
- Make floors feel great to sensitive feet
- Choose quality over quantity
- Review each space for 5-sensory balance

## In the Living Room

- Keep seating flexible
- Create comfort with luxurious throws and big, easy pillows
- Delight in texture: cashmere, wool, mohair, velvet, fake fur
- Recommended oils: pine, juniper, frankincense, Christmas Spirit

## In the Bath

- Opt for sensual, natural surfaces
- Choose tactile, absorbent towels
- Splurge on high-end fixtures
- Avoid chemical, synthetic products
- Recommended oils: rose, Peace & Calming, grapefruit

## In the Office

- Invest in your dream desk
- NO clutter – commit to organization
- Focus on comfort and lighting
- Use bright colors
- Surround with inspirational objects & art
- Recommended oils: Clarity, peppermint, citrus



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