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## **Make Natural Perfume** with Arina from BellaCreme

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### **Chapter 1 - Make Natural Perfume**

#### Overview

(upbeat music) - I'm Arina Soler, owner and operator of BellaCreme, an all-natural skincare company operating out of the Hudson Valley. In this class I will show you the recipe for my amber spice perfume. It's very warm, neutral, and it's full of herbs that I think you'll enjoy wearing. With a few simple ingredients you are going to create your new favorite perfume, made for you, by you. Making your own perfume is going to be preferable, especially when you find that you have a sensitivity to store-bought brands or artificial fragrances in general. This is a wonderful way to use nature's resources and create something that you love, and especially make something that is a unique gift for loved ones. You can always find their favorite fragrance, their favorite flower, and turn it into a perfume for them. Here is your opportunity to bottle your joy.

#### Materials

- The recipe that I'm going to share with you is for my amber spice perfume. It's very woody, very soft. It reminds me of winter or cinnamon sticks and just a very like mellow feel to it. I think you'll enjoy it. We'll be using tarragon, rosemary, fennel seed, coriander seed, bay leaves, clove, and cinnamon sticks. We also have a jar where we'll keep all of our contents and ingredients as we wait for them to be ready for their big debut. Two bottles to store them in once we're ready to use them. Two smaller perfume bottles to roll on. Perfect as gifts. A funnel, so that we don't spill anything. Our alcohol, high grain over proof, and the stainless steel mesh strainer and a coffee filter. We don't want any little bits and pieces of our herb getting into our perfume and clogging up our nozzle as we try to start our day with a nice fresh scent.

#### Make perfume

- Let's discuss the different ingredients that we are going to be using for this amber spice perfume. I'm using an overproof alcohol. That's going to be anything that is greater than 100 proof. Ideally, that's what you want to use. It makes for a better perfume. It extracts the botanicals better. It dries a little better on your skin. It just has a greater benefit to it. However, if you choose to use a brandy, a rum, any of those things, just make sure they are greater than 80 proof. The herbs that I've chosen for our natural perfume are specific to the feel that I wanted you to experience when you smell this for the first time once it's complete. Tarragon, fennel seed, they have a very deep, full scent that will last and linger on your skin much more than rosemary. I'm adding two whole cinnamon sticks. Seven bay leaves. 20 cloves. Whole cloves. I prefer whole cloves because again, when it's time to strain out your finished product into these beautiful jars, you don't want any little bit of particles, but that is also where the coffee filter comes in. If you're unable to source whole cloves don't fret so much, it'll be all right. .7 ounces of dry tarragon. If you can source fresh tarragon in a bushel, that's great. Just make sure you dry it first. We want all of our herbs to be dried here. I'm adding .9 of rosemary, dried rosemary. Again, if you get your hands on fresh rosemary, which I happen to love, just dry it out first. .8 of dried fennel seed and .7 of coriander seed, whole coriander seed. Again, sometimes it can be difficult to source whole items. That's okay. That's why we have our filter. We are going to be working with one and a half cup of alcohol. If you find that that's not enough, you can always just make sure you cover your herbs completely. That's a great rule of thumb. Anytime you're working,

especially with something that doesn't require you to have exact amounts and you find that you haven't quite covered it, just submerge it. And that's why I'm pressing this down. I want to make sure that everything gets covered and saturated because I want all of the goodness and scents and botanicals and benefits of each thing to be expressed. I mash this down as much as I could. I want you to pay attention. Obviously, cinnamon sticks need a space here. If you absolutely need to, you can always pull them out, break 'em up, make it so that everything can fit. So it's up to you. We're pouring in one and a half cups of alcohol. The alcohol will take a little time to fully saturate and soak into all of the herbs, so you may have to come back in a few hours and shake it up a little bit, but you're going to want to shake it up every day anyway and sort of get things moving and rolling and rocking. So we can cover this for now. We'll check it later. And even now, you can give it a good shake, shake, shake. Look how pretty. Isn't this nice? You got your pretty green tarragon. Everyone's just in here getting united. It's a beautiful thing. Your perfume is ready to use 24 to 48 hours later. You can leave it as long as six weeks, even a few months. It's up to you. I like to use mine as quickly as possible because I made this and I wanna see what it's like. And that's the other part of it. You can open it up and if you decide, hmm, I don't know. I want it to smell more like cinnamon. You can add a few more cinnamon sticks. If you want it to smell like tarragon, a little heavier, then you add a little more tarragon. You can also remove things. So this is your perfume and you can pick and choose what you like. I'm just giving you a suggestion because I like amber spice. You can store this in a cool dark place and allow it to work its magic. Let me show you one that I prepared beforehand. This is going to look a little different because I used whole leaf tarragon. So we're gonna strain it now. Pay attention to the difference in color. Take your stainless steel mesh strainer, a single coffee filter. Place it over a measuring cup or a bowl, whatever you have. I like a measuring cup because it makes it easier for me to pour since it has a spout. It's a nice, beautiful amber color. Yours may be darker. It may be lighter. It's going to be based on how long or how short you left your perfume to sit prior to pouring it. So I want you to notice the color. Again, it's gonna be based on how long or how short you left your perfume to sit. Take a whiff of it and see if it is what you like. I love this. It's got the heavy notes of cinnamon. It has the tarragon that I love so much. Like those are the things that pop out at me right away. But the special part is that they're also going to stay on your skin for quite some time. If you feel like you want it to be a little stronger, again, feel free to add additional ingredients based on what you like. You would simply dump out the remainder. And if you wanted more cinnamon sticks, put the cinnamon sticks in here and add this perfume back into it. But if you're ready, like I am, you can start to put it into your bottles and get it prepared for use. You wanna fill it up right to the neck of the bottle because putting on the nozzle may displace it a little bit. And you don't wanna spill any of your precious perfume. You wanna use all of it. Your skin is looking forward to it. There are so many benefits to the herbs that we use as well. It's not only scent. The whole purpose is to create a perfume that is going to be gentle on your skin, but also add a fragrance so that there's little risk of irritation. This is also the step where you can add essential oils. If you don't want to wait or you have some essential oils that you know would complement these scents better, you would've added your essential oils before adding it to the bottle. Also, because this is alcohol-based, it has a long shelf life, like years. But I don't think it's gonna be around that long because I think you're going to love this so much, you're gonna be using it all the time. You're gonna give it to all of your loved ones. It's gonna be gone before you know it and you'll have to make a new batch. And that'll be fine because you know what to do now. It's good.