

## Characteristics of essential oils

### Top Notes

Have a sharp aroma

You can smell them immediately

They evaporate quickly

They are absorbed into the skin quickly

They last for about ten hours in the body

They originate from citrus plants and herbs

They are generally stimulating oils

They are the thinnest oils

### Middle Notes

Have a flowery aroma

The smell does not register immediately

They evaporate at a moderate rate

They are absorbed into the skin moderately quickly

They last for about 24 hours in the body

They originate from flowers and herbs

They are generally balancing oils

They affect the organs of the body

They are lightly sedative

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## **Base Notes**

Are heavier and have a spicy, woody or floral aroma

They evaporates slowly

They are absorbed into the skin very slowly

They last up to five days in the body

They originate from wood, resins and flowers

They are generally relaxing to mind and body

Some are sedative and aphrodisiac

They fix the top and middle notes