

MAGNIFISSANCE

Timeless Beauty from East and West

CONNECT WITH THE POWER OF NATURE

ART, FASHION, DÉCOR, AND CUISINE

自然的力量

REFINING ONE'S THOUGHTS
THROUGH THE WAY
OF THE FLOWER

一花一世界

ROWLAND RICKETTS
HARVESTS ORGANIC INDIGO
USING ANCIENT
JAPANESE METHODS

永不褪色的藍

FIVE RECIPES FOR GOURMET
FLOWER CUISINE

以花入饌

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The Healing Power of Nature

Connect with the natural world in new and profound ways, not just through exploring the outdoors, but also through specialized teas, skincare products, and aromatherapy.

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Translated by Rui Chen
Edited for brevity and clarity

自然的力量

自然中孕育著神奇的力量
日月星辰有序運轉，萬物河流生生不息
要獲得自然的力量，除了走出去擁抱自然
還可以將自然的生活方式融入日常
在衣食住行中體驗順應自然的和諧雅緻
本期的受訪者通過飲茶、護膚、香薰等方式
將自己對自然的熱愛和健康的生活方式分享給更多人
來看看他們的建議吧

Nicole Perez

The founder of the School of Holistic Aromatherapy in London awakens the senses to a new world of experiences

Born in the French Alps, where aromatic medicinal plants abound and traditional medicine has been kept alive by local communities, Nicole Perez grew up in one of the most exquisitely scented landscapes on the planet. She moved to London in the 1970s and began studying a diverse array of healing modalities and complementary medicine techniques. She's been a member of the International Federation of Aromatherapists since 1986 and over the years has served on its council.

How does smell affect mood?

Smells impact us whether we like it or not because we cannot stop breathing, therefore we cannot stop smelling. Most people will easily notice that a smell has made them feel hungry or sleepy, but not everyone is aware of the uneasiness some smells can trigger. This is because the olfactory system has a direct line of communication to the brain—and the limbic system, the part of the brain also referred to as 'the emotional brain.' This means that not only can smelling induce pleasurable sensations, but it's also part of how the brain records emotional events and memories. Many of our moods originate from some obscure place within and may make it difficult for us to adjust to new situations. Essential oils are known to unlock the door to our past experiences and release emotions, so they can be used as tools to heal the past, in the form of a 'smell therapy.'

How can we become more sensitive to the impact that smells are having on us?

Becoming more sensitive to how smells affect us requires a bit

of 'smelling education.' Describing scents and scent perception is important in learning to appreciate different scents. This requires practice at smelling and describing the experience of a particular smell. It's just the same as learning a new language. My teaching experience with Chinese students was interesting, as this group of students seemed to be more able to describe sensations and imagery summoned up by a scent than European students were. This could have been cultural and caused by language differences, as Chinese contains much more direct imagery than English, which is very helpful when describing a smell experience.

In addition to smells that are healing, there must also be some that are harmful. What scents should we avoid?

A word of caution, essential oils are safe to use as long as the correct usage, dilutions, and safety guidelines are followed.

However, some essential oils may contain potentially hazardous or toxic constituents and can cause skin and mucous membrane irritation, photosensitivity, and phototoxicity. Some groups of essential oils shouldn't be used without training, and some essential oils should never be used in aromatherapy. The advice here is to research on the internet—there's a lot of information concerning safety of essential oils, the adverse reactions, hazards, and toxicity of the essential oils you are planning to use. The International Federation of Aromatherapists in the UK also has information on its site concerning safety of essential oils and the do's and don'ts of their usage. As a rule, avoid strong scents with children, pregnant women, and those who are physically or mentally vulnerable, as strong smell often means strong impact.



“When we're stressed or upset, we tend to be locked up in our own thoughts. ... Sometimes just using them [essential oils] in the background in a diffuser can help us let go of the emotional knots we may hold.”

Don't blend more than three to five essential oils together, and dilute these in an appropriate carrier before applying them to your skin or smelling them. If you have no information on an essential oil, then you shouldn't be using it.

Essential oils can also be classified by the strength and tenacity of their odour. This is important because different individuals have different sensitivity to certain smells, and the olfactory perception of a smell and impact is very much an individual thing. For that reason, essential oils should first be smelled from a smelling strip, not directly from the bottle, and only one drop or two should be used.

Aromatherapy seems like a very subtle art. How much do people need to be in tune with the aromas in order for the therapy to work?

When we're stressed or upset, we tend to be locked up in our own thoughts. Sometimes our thoughts are going round and round like a carousel, and we can't snap out of this mindset. Essential oils work without special preparations; sometimes just using them in the background in a diffuser can really help us let go of the emotional knots we may hold. The great thing about essential oils is that they can have an immediate action on the brain and bypass the verbal dialogue that is keeping us tied to our negative thoughts.

One of the most important things for people to do right now is make their home a pleasant environment. From the kitchen to the bathroom, bedroom, and living room, what guidance

can you give our readers on turning their homes into a place of relaxation, connection, and less stress?

There are many essential oil diffusers on the marketplace. My favourites are the ones that send a fine mist into the air and refresh the air; also, some have colours and are very pleasing to look at, which all help to relax. As for the choice of essential oils, scents that are associated with food (fennel, basil, mint, rosemary, citrus) are good during the day and before a meal and can open appetite, while others may help reduce appetite (peppermint, grapefruit, ginger, marjoram), depending on what's needed. Usually, lighter scents that promote breathing are good during the day (myrtle, coriander, cypress, bergamot, may chang) to keep a clear head, while more sensuous oils are better for the evening (ylang-ylang, rose, jasmine, champaca, gardenia). More meditative oils (frankincense, lotus, clary sage, spikenard) or more sedative scents (lavender, sweet orange, cinnamon, mandarin) are better suited for the evening, and finally, any favourite scent may help someone feel more secure or confident.

Eating local and seasonal foods is an important part of Ayurvedic diets and traditional wisdom. Is there any kind of similar principal for aromatherapy, that is, should you use tropical scents during the Canadian winter, would that be a mismatch?

Matching the season to oils is good. Cinnamon, orange, clove, eucalyptus are all good for winter or Christmas while refreshing and cooling scents are better for hot summer, such as peppermint, lemon, lemongrass and yuzu.

Nicole Perez

用源於自然植物的芬芳帶來美好的嗅覺感官體驗，
以此喚醒人體自我療癒的力量。

身為倫敦芳香療法學院創始人的Nicole Perez，從上世紀七十年代移居到英國開始，便致力於推廣深藏於她血脈中的傳統香薰文化。Nicole生長在風景如畫的法國阿爾卑斯山，那裏是全球最知名的香水和香薰產地之一，傳承著法國人對調香文化的熱愛和深厚底蘊。在Nicole的故鄉，人們不僅精研各種香料芬芳的味道，還經常採用藥草治療疾病，調養身心。移居英國的Nicole對伴隨她童年生活的芳香念念不忘，後來將研究芳香療法當做了自己畢生的事業，在1986年便成為國際芳香療法協會的會員，並在理事會中任職多年。

氣味是如何影響情緒的？

無論喜歡與否，氣味都在影響著我們，因為我們無法停止呼吸，也無法停止嗅覺功能。嗅覺與大腦的邊緣系統，也稱為「情感大腦」有直接的通訊線路，所以氣味不僅可以引發愉悅感，還能成為記憶的一部份。這意味著香薰精油的氣味可以成為打開我們過去經歷與體驗的一把鑰匙，並釋放出情緒，從而達到調節當下狀態的作用。

我們如何提升自己對氣味的認知度和敏感度？

想要對氣味更加敏感，需要進行一些「氣味教育」。描述氣味的類型和提升氣味感知對學習欣賞氣味來說很重要，這就像學習一種新語言一樣。有趣的是我發現我的中國學生與歐洲學生相比，似乎更擅長描述出氣味所喚起的感覺和意象。這可能是文化上或語言上的差異造成的，因為中文比英文包含的圖像信息要多得多，這對描述氣味體驗時非常有幫助。

「氣味教育」有哪些具體的教學和實踐方式呢？

了解氣味的第一步是增加「描述氣味」的詞匯量，大多數人不一定是「氣味盲」，他們只是從未深入具體地表述過氣味對他們的影響。大家可以去網上搜索調香師在調製和描述他們的香水時所使用的詞彙。第二件需要做的事是每天聞一聞精

油，然後靜坐冥想，完成一次我們稱之為「芳香之旅」的體驗。過程中請在一個安靜的房間裏，不要講話。自己（用學會的氣味詞彙）記錄下每一次的嗅覺感受，以後可以拿來與其他人進行交流，這會很有幫助。

說到混合不同的香氣，大家可以使用同一氣味類型或互補氣味類型的多種精油來搭配，加強練習自己描述氣味的能力。例如：柑橘類香氣是被大多數人認可和喜歡的精油，它們清爽、新鮮，其中還有濃郁的花香和甜香。像是佛手柑、葡萄柚、檸檬、青檸、橘子和橙子和柚子氣味的精油，都常用在基礎精油療法中，能經皮膚進入人體產生效用，總體來說可振奮精神、提神醒腦，令人愉悅放鬆，改善心律和消化，但具體效果還是略有不同。據研究發現，檸檬精油可以通過提高注意力來增強思維能力，甜橙可以顯著減輕壓力並幫助睡眠。但對於未經訓練的鼻子來說，檸檬、柚子、橙子和青檸，都可能被當成「檸檬」，僅僅是喚起食慾而已。

在使用精油或者芳香療法時，有甚麼需要注意的問題嗎？

只有遵循正確的使用方法，對精油進行適當稀釋，才可以安全使用。某些精油可能包含潛在的危險或有毒成份，會刺激皮膚和粘膜組織，還可能在經光線照射後發生一些化學反應，產生有毒物質。某些類型的精油未經培訓不宜使用，還有些精油絕不可用於芳香療法。建議大家在使用精油前，先在互聯網上查閱一下相關的知識和信息，英國芳香療法協會就在它的網站上提供了許多有關精油安全性以及使用注意事項的信息。

如果沒查到相關精油的信息，一定不要使用它。在將精油塗抹到皮膚上或嗅聞之前，請勿將超過三到五種精油混合在一起。通常兒童、孕婦以及健康狀況欠佳的人群，不宜使用氣味強烈的精油。此外，還要注意精油氣味強度的分類，這也很重要，因為不同的人對某些氣味的敏感度不同。如果有精油試紙，那是最好的，儘量不要直接貼近瓶口去聞，取出一兩滴聞一下就可以了。



「當我們感到有壓力或者沮喪時，
往往思想會像旋轉木馬一樣一圈又一圈地原地打轉，
無法自己擺脫這種思維模式。
精油無需特殊的準備和設備就可以使用，
有時在香薰器中滴幾滴
就可以幫助我們擺脫遇到的困擾。」

芳香療法像是一種非常微妙的藝術，通常需要進行多久才能看到療效？

當我們感到有壓力或者沮喪時，往往思想會像旋轉木馬一樣一圈又一圈地原地打轉，無法自己擺脫這種思維模式。精油無需特殊的準備和設備就可以使用，有時在香薰器中滴幾滴就可以幫助我們擺脫遇到的困擾。精油的妙處在於它們可以直接影響大腦，繞過那些可能反倒有負面影響的對話。

從廚房、浴室到臥室、客廳，如何將自己的家變成一個持續散發怡人香氣的環境呢？

市面上有許多類型的香薰器，我最喜歡的一種是將加了精油的水霧化到空氣中，有些外觀還很漂亮。至於精油的選擇，與食物相關的氣味，可以增進食慾的有檸檬、酸橙、茴香、迷

迭香；而可以幫助降低食慾的有薄荷、葡萄柚、生薑、馬鬱蘭。通常較淡的氣味可以促進呼吸，白天可以使用香桃木、芫荽、柏木、佛手柑、山蒼子，能提神醒腦。較強烈的精油可以在傍晚使用，如：依蘭、玫瑰、茉莉、黃蘭、梔子花。能靜心的精油有乳香、蓮花、香紫蘇、甘松，或更有安神效果的薰衣草、甜橙、肉桂、橘子，這些更適合晚上使用。最後，任何自己喜歡的精油都可以帶來安心舒適的感覺。

芳香療法是否有時令性和季節性呢？在加拿大的冬季使用熱帶香氣，是否會不太合適？

如果精油能與季節和氣候相配，那是很好的，比如：肉桂、橙子、丁香、桉樹都適合冬季或聖誕節，而清涼的香氣則適合炎熱的夏天，如：薄荷、檸檬、檸檬草、柚子。 🍊