



PERFUMERY NOTES (TOP, MIDDLE, BASE NOTES)

IFA AROMATHERAPY MASSAGE DIPLOMA

PERFUMERY NOTES

NB: Ascribing specific notes (i.e., top, middle, base) to each essential oil is highly subjective, with very few textbooks completely agreeing on which note should be assigned to which oil. In view of this, the following is a 'guideline' only.

COMMON NAME	LATIN NAME	NOTE
Basil	Ocimum basilicum	TOP
Bergamot	Citrus bergamia	TOP
Cajeput	Melaleuca leucadendron	TOP
Cardamon	Elettaria cardamomum	TOP TO MIDDLE
Cedarwood (Atlas)	Cedrus atlantica	BASE
Chamomile (German)Blue	Matricaria recutita	MIDDLE
Chamomile (Roman)	Anthemis nobile	MIDDLE
Cinnamon (Leaf)	Cinnamomum zeylanicum	MIDDLE TO BASE
Clary Sage	Salvia sclarea	MIDDLE TO TOP
Coriander	Coriandrum sativum	TOP TO MIDDLE
Cypress	Cupressus sempervirens	MIDDLE TO BASE
Eucalyptus (Blue gum)	Eucalyptus globulus	TOP
Eucalyptus (lemon scented)	E. citriodora	TOP
Eucalyptus (broad leaf)	E. dives	TOP
Eucalyptus (gully gum)	E. smithii	TOP
Fennel (Sweet)	Foeniculum vulgare	TOP TO MIDDLE
Frankincense	Boswellia sacra	BASE TO MIDDLE
Geranium	Pelargonium graveolens	MIDDLE
Ginger	Zingiber officinale	MIDDLE TO BASE
Grapefruit	Citrus x paradisi	TOP
Helichrysum	Helichrysum italicum	BASE
Juniperberry	Juniperus communis	MIDDLE TO TOP
Lavandin	Lavandula x intermedia	MIDDLE TO TOP
Lavender	Lavandula angustifolia	MIDDLE
Lavender	Lavandula latifolia	MIDDLE TO TOP
Lemon	Citrus limon	TOP
Lemongrass (West Indian)	Cymbopogon citratus	TOP
Lime	Citrus aurantifolia	TOP
Mandarin	Citrus nobilis	TOP TO MIDDLE
Marjoram	Origanum majorana	MIDDLE
May Chang	Litsea cubeba	TOP TO MIDDLE
Melissa	Melissa officinalis	TOP TO MIDDLE
Myrrh	Commiphora myrrha	BASE
Myrtle	Myrtus communis	MIDDLE
Neroli (Orange blossom)	Citrus aurantium var. amara	MIDDLE
Niaouli	Melaleuca viridiflora quiquinervia	TOP
Orange, bitter	Citrus aurantium var. amara	TOP
Orange, sweet	Citrus sinensis	TOP
Palmarosa	Cymbopogon martini	MIDDLE TO TOP
Patchouli	Pogostemon cablin	BASE
Pepper Black	Piper nigrum	MIDDLE TO BASE

Peppermint	Mentha piperita	TOP
Petitgrain	Citrus aurantium var. amara	MIDDLE TO TOP
Pine	Pinus sylvestris	MIDDLE TO TOP
Ravensara	Ravensara aromatica	TOP
Rosemary	Rosmarinus officinalis	MIDDLE
Sandalwood	Santalum album	BASE
Sandalwood (Australian)	Santalum spicatum	BASE TO MIDDLE
Sandalwood (Pacific)	Santalum austrocaledonicum	BASE
Spearmint	Mentha spicata	TOP
Tea Tree	Melaleuca alternifolia	TOP
Thyme	Thymus vulgaris	TOP TO MIDDLE
Vetiver	Vetiveria zizanioides	BASE
Yarrow	Achillea millefolium	TOP TO MIDDLE
Ylang Ylang	Cananga odorata var. genuina	MIDDLE TO BASE
Absolutes/Resinoids		
Benzoin	Styrax benzoin	BASE
Jasmine	Jasminum grandiflorum	BASE
Rose	Rosa damascena	MIDDLE TO BASE
Rose	Rosa centifolia	MIDDLE TO BASE

ADDITIONAL IFA PROFESSIONAL ESSENTIAL OILS THERAPY COURSE

ESSENTIAL OILS (PEOT)

PERFUMERY NOTES

COMMON NAME	LATIN NAME	NOTE
Blue Tansy	Tanacetum annuum	MIDDLE
Bog Myrtle	Myrica gale	TOP
Carrotseed	Daucus carota	MIDDLE
Chamomile, Moroccan	Ormenis mixta	MIDDLE TO TOP
Champaca	Michelia champaca	MIDDLE TO BASE
Cistus / Rock Rose / Labdanum	Cistus ladaniferus	BASE
Eucalyptus, narrow	Eucalyptus radiata	TOP TO MIDDLE
Fragonia	Agonis fragrans	TOP
Galbanum	Ferula galbaniflua	TOP
Ho Wood / Ravintsara	Cinnamomum camphora	MIDDLE
Inula	Inula graveolens	TOP
Lotus (Flower) Absolute	Nelumbo nucifera	MIDDLE
Manuka (Leaf)	Leptospermum scoparium	MIDDLE
Myrtle, Green, Corsica	Myrtus communis	MIDDLE
Oregano	Origanum vulgare	MIDDLE
Plai	Zingiber cassumunar	MIDDLE TO TOP
Sage Dalmatian	Salvia officinalis	MIDDLE
Spikenard	Nardostachys jatamansi	BASE
Tuberose (Flower) Absolute	Polianthes tuberosa	MIDDLE
Turmeric (Rhizome)	Curcuma longa	MIDDLE
Violet (leaf)	Viola odorata	MIDDLE
Yuzu (rind)	Citrus junos	TOP