

# Essential Oils Are Categorized in Notes

## Top notes

Top notes evaporate quickly. In a blend they are the first scents that you smell and they quickly dissipate. They tend to be light, fresh, sharp and penetrating. The first impression lasts no longer than 30 minutes. Therapeutically, many top notes are fast acting, stimulating and uplifting to the spirit, making them useful in the treatment of depression. They make up about 5-20 % of the blend.

## Middle Notes

Sometimes called “heart notes”. They create the main body of a blend 50-80% rounding it out with soothing soft tones. The scent of a middle note unfolds up to 3 hours. In therapy middle notes are harmonizing and balancing to both mind and body. Many tend to affect digestion.

## Base notes

Deep, warm, and sensuous base notes help make blends longer lasting. Their staying power make them predominate even several hours after application and they may linger long after the middle and top notes have evaporated. Base notes are so strong they usually make up only 5% of total blend. In therapy they have sedating effects and used to treat anxiety, stress, impatience, insomnia and promote relaxation and sleep.

- Use top notes (“the head”) to lighten, freshen, or sweeten a medicinal blend.
- Use Middle notes (“the heart”) to give body, harmonize, and pull together a blend.
- Use base notes (“the tail”) to make the blend more lasting and give it depth.

## Top, Middle, and Base Notes

**middle to base\***

**top to middle\*\***

**Base to middle\*\*\***

### Top Notes

Basil  
Bergamot  
Eucalyptus\*\*  
Grapefruit  
Lemon  
Lemongrass  
Lime  
Orange  
Peppermint\*\*  
Tangerine  
Tea Tree

### Middle Notes

Black Pepper  
Carrot Seed  
Clary Sage  
Cypress\*  
Fennel  
Geranium  
Lavender  
Marjoram  
Neroli  
Oregano  
Pine  
Roman Chamomile  
Rosemary  
Thyme  
Ylang Ylang\*

### Base Notes

Birch Sweet  
Cedarwood  
Cinnamon Bark\*\*\*  
Clove Bud\*\*\*  
Ginger Root\*\*\*  
Frankincense  
Helichrysum  
Myrrh  
Nutmeg  
Juniper \*\*\*  
Patchouli  
Spikenard  
Wintergreen