

# THE NATURAL PERFUME WORKBOOK

MANDY AFTEL



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# Mandy Aftel Workbook

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## **Mandy Aftel Workbook:**

Essence and Alchemy Mandy Aftel, 2011-04-01 An artisan perfumer reveals a lost art and its mysterious sensual history For centuries people have taken what seems to be an instinctive pleasure in rubbing scents into their skin Perfume has helped them to pray to heal and to make love And as long as there has been perfume there have been perfumers or rather the priests shamans and apothecaries who were their predecessors Yet in many ways perfumery is a lost art its creative and sensual possibilities eclipsed by the synthetic ingredients of which contemporary perfumes are composed which have none of the subtlety and complexity of essences derived from natural substances nor their lush histories *Essence and Alchemy* resurrects the social and metaphysical legacy that is entwined with the evolution of perfumery from the dramas of the spice trade to the quests of the alchemists to whom today's perfumers owe a philosophical as well as a practical debt Mandy Aftel tracks scent through the boudoir and the bath and into the sanctums of worship offering insights on the relationship of scent to sex solitude and the soul Along the way she imparts instruction in the art of perfume compositions complete with recipes guiding the reader in a process of transformation of materials that continues to follow the alchemical dictum solve et coagula dissolve and combine and is itself aesthetically and spiritually transforming

*Fragrant* Mandy Aftel, 2014-10-16 Winner of the 2016 Perfumed Plume Award The Alice Waters of American natural perfume indieperfume.com and author of the *Art of Flavor* celebrates our most potent sense through five rock stars of the fragrant world Mandy Aftel is widely acclaimed as a trailblazer in natural perfumery Over two decades of sourcing the finest aromatic ingredients from all over the world and creating artisanal fragrances she has been an evangelist for the transformative power of scent In *Fragrant* through five major players in the epic of aroma she explores the profound connection between our sense of smell and the appetites that move us give us pleasure make us fully alive Cinnamon queen of the Spice Route touches our hunger for the unknown the exotic the luxurious Mint homegrown the world over speaks to our affinity for the familiar the native the authentic Frankincense an ancient incense ingredient taps into our longing for transcendence while ambergris embodies our unquenchable curiosity And exquisite jasmine exemplifies our yearning for beauty both evanescent and enduring In addition to providing a riveting initiation into the history natural history and philosophy of scent *Fragrant* imparts the essentials of scent literacy and includes recipes for easy to make fragrances and edible drinkable and useful concoctions that reveal the imaginative possibilities of creating with and reveling in aroma Vintage line drawings make for a volume that will be a treasured gift as well as a great read

**Essence & Alchemy** Mandy Aftel, 2001 As long as there has been passion there has been perfume Wealthy Romans used to scent their doves to impress their friends in Shakespeare's time a woman in love would place a peeled apple into her armpit to saturate it with her scent and then present it to her lover This book is a sensual journey through one of life's great pleasures

Scents and Sensibilities Mandy Aftel, 2009-09 Delve into the world of natural aromas and discover their profound effect on emotional well being from relieving stress to enhancing sensuality **Essence and**

**Alchemy** Mandy Aftel, 2001 Renowned perfumer Mandy Aftel explores the primal nature and fundamental importance of aroma in everyday life teaching people about the nature of smell and the idea of olfactory consciousness in *Essence and Alchemy A Natural History of Perfume* *The Natural Perfume Workbook* Mandy Aftel, 2003 [The Museum of Scent](#) Mandy Aftel, 2023-09-27 Breathe in the natural and cultural history of scent with this richly illustrated book inspired by the Aftel Archive of Curious Scents [Scents & Sensibilities](#) Mandy Aftel, 2005 A renowned perfumer who has worked with celebrities such as Kate Hudson and Madonna shares everything readers need to know in order to create personalized handmade solid perfumes Step by step instructions accompany helpful photographs and an explanation of the necessary basic equipment [Cool Careers For Dummies](#) Marty Nemko, 2011-02-25 Every year thousands of people change careers Whether you are a recently graduated student looking to put what you studied to good use or an experienced professional looking for a change in routine finding a career that really suits you can be a daunting task Cool Careers for Dummies helps you discover what you really want out of life what your passions are and how well you perform in different environments and then shows you how to use this information to find a career that suits you Now revised and up to date this easy to use guidebook helps you explore your job options and make clear minded decisions This new edition gives you the tools you need to Search for and find a career that fits your talents Land the job you want Train for your new found career Mold your resume into a masterpiece Put on a stunning interview Improve your career by making the most out of your job Explore the fun and profit of self employment Along with these features Cool Careers for Dummies provides a self assessment section to help you identify your interests After answering a few questions about yourself you ll apply your answers to the Cool Careers Yellow Pages which profiles more than 500 great careers It also lets you in on some unwritten codes of the office such as having integrity defusing saboteurs and maintaining office relationships So what are you waiting for Get Cool Careers for Dummies and find the job of your dreams today [Scent](#) Elise Vernon Pearlstine, 2022-01-01 A fascinating exploration of the natural history of scent and human perceptions of fragrance from the viewpoint of plant and pollinator An evocative journey that awakens one s curiosity to an oft forgotten sense Dana Dunham Scientific American Plants have long harnessed the chemical characteristics of aromatic compounds to shape the world around them Frankincense resin from the genus *Boswellia* seals injured tissues and protects trees from invading pathogens Jasmine produces a molecule called linalool that attracts pollinating moths with its flowery scent Tobacco uses a similarly sweet smelling compound called benzyl acetone to attract pollinators Only recently in the evolutionary history of plants however have humans learned to co opt their fragrances to seduce heal protect and alter moods themselves In this wide ranging and accessible new book biologist turned perfumer Elise Vernon Pearlstine turns our human centered perception of fragrance on its head and investigates plants evolutionary reasons for creating aromatic molecules Delving into themes of spirituality wealth power addiction royalty fantasy and more Pearlstine uncovers the natural history of aromatic substances and their intersection with human culture and civilization

**American Book Publishing Record** ,2001    Books in Print ,1977    *The Publishers Weekly* ,2001    **Glamstrology**  
Michael Herkes,2025-08-05 Apply Cosmic Insight for a Look That s Uniquely Yours Your ultimate guide to glamour magic and personal expression Glamstrology reveals how astrology influences your style and helps you attract what you most desire Michael Herkes aka The Glam Witch deepens your understanding of celestial forces through size and gender inclusive spells rituals and advice enabling you to skillfully employ them and captivate the world Featuring fashion sketches by Fashion Institute of Technology and Parsons faculty member Steven Broadway this full color book devotes a chapter to each zodiac sign Discover how the stars affect your preferences shaping everything from your attire to your shopping habits Lean into your natural expression using your birth chart or tap into any sign s different energies to achieve glamour goals Herkes offers life changing advice on expressing yourself with each sign s energy including through wardrobe accessories cosmetics hair colors minerals fragrances and more With an astrologically cultivated style tailored to your authentic tastes you will radiate confidence as you sashay toward the life you always wanted Includes a foreword by Theresa Reed aka The Tarot Lady author of *Astrology for Real Life*    *Forthcoming Books* Rose Arny,1986    **Paperbound Books in Print** ,1991

**Pequena Historia del Perfume** Mandy Aftel,2002-04 Desde los tiempos mas remotos las personas parecen experimentar un placer instintivo cuando frotran sus cuerpos con unguentos perfumados hechos con cortezas hojas flores y plantas El perfume etereo y casi intangible inigualable en su capacidad para evocar nuestras emociones mas profundas nos ha ayudado a orar a curar y a hacer el amor Los perfumes no solo estan directamente relacionados con sus fabricantes sin mas bien con sus sacerdotes y alquimistas que fueron los primeros en descubrir los poderes de la combinacion de esencias Sin embargo en gran medida la perfumeria es un arte perdido Su promesa creadora y sensual se eclipso con la llegada de los ingredientes sinteticos productos quimicos que carecen de la sutileza y complejidad de las esencias derivadas de substancias naturales y de sus lujuriosas historias y de los cuales se incluye una alta proporcion en la fabricacion de los perfumes contemporaneos Mandy Aftel resucita la rica herencia relacionada con la evolucion de la perfumeria desde el comercio de especias hasta las investigaciones de los alquimistas y desentierra un mundo olvidado donde el aroma era alabado por los poetas contemplado por los filosofos y apreciado universalmente por sus profundos efectos sobre el cuerpo la mente y el alma La autora nos induce a experimentar por nosotros mismos los placeres derivados de las composiciones con fragancias naturales guiando asi al lector en un proceso de transformacion que sigue el decreto alquimico solve et coagula disuelve y combina y que supone en si mismo toda una transformacion estetica y espiritual    Symbolorum Mandy Aftel,2025-10  
Discover the esoteric insights and enchanting imagery of the Baroque emblem book a long lost cousin of the tarot An excellent volume for bibliomancy The emblem book which reached the peak of its popularity in the sixteenth and seventeenth centuries presented mysterious allegorical images rather like those we now find on tarot cards alongside Latin mottoes A learned text explained the connection between image and motto and the lessons each emblem held for the reader s life

Drawing on sources such as medieval bestiaries and Aesop's fables emblem books reflected an enchanted view of nature in which our human lives were intertwined with plants animals the moon and the stars World renowned natural perfumer Mandy Aftel first encountered emblem books in the course of her researches into antique botanical illustrations and quickly became entranced Here she presents one hundred emblems from perhaps the finest emblem book the *Symbolorum et Emblematum* of Camerarius originally published in four parts between 1590 and 1604 Aftel has sensitively tinted in watercolor the bewitching circular engravings of the *Symbolorum* in which giant hands reach from the sky lions bears and unicorns gambol and distant spires beckon The mottoes and explanatory texts are given in translation from the original Latin along with Aftel's own commentary An illustrated introduction illuminates the history and magic of emblem book *Symbolorum* will be a treasure for anyone who is drawn to uncover ancient wisdom and feel the breath of the universe

**The Story of Your Life** Mandy Aftel, 1997-06-20 Based on a radical new therapeutic approach this enlightening guide urges readers to view their lives as a novel encompassing three major plots love mastery and loss Through imaginative exercises and examples from literature and life *The Story of Your Life* explains how trite or destructive story lines can be eliminated

*Perfume and Flavor Materials of Natural Origin* Steffen Arctander, 2022-11-14 *Perfume and Flavor Materials of Natural Origin* first published in 1960 is the classic authoritative reference for a vast array of natural products used in perfumes scents flavorings foods and medicine throughout the world It is also the perfumer's and flavorist's bible Arctander's book is the most important reference on natural fragrance materials His understanding of the nuances of scented material is unequalled and he knows how to convey those subtleties to the reader in comparison to odors with which the reader is already familiar The sheer passion for natural perfume materials manifest in his description has more than once stimulated me to track down some rare and unfamiliar essence I lean on his book for my own descriptions of the individual essences and I recommend buying a copy of it for yourself Reading his descriptions of natural essences and comparing them to your own impressions is a terrific way to broaden your aromatic palette and to learn about the nuances of scent Mandy Aftel Aftelier Perfumes

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