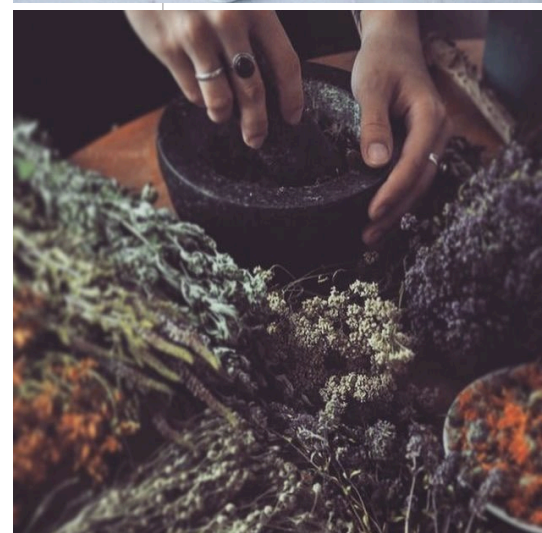
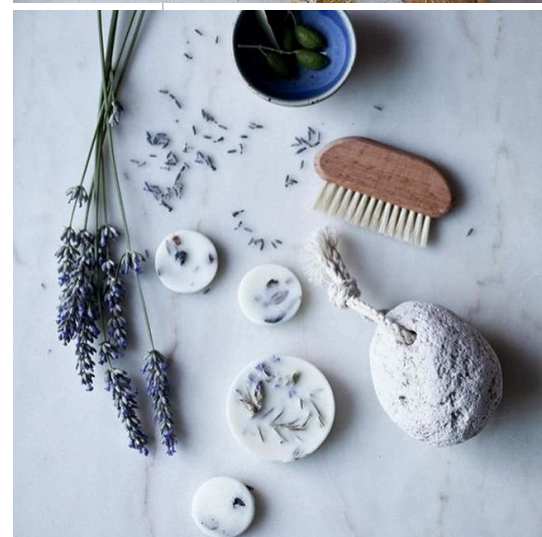




Welcome to...

Penny Price Academy
of Aromatherapy

Saturday Club

The Chemistry of
Summer Scents



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Saturday Club
June 2026

What is your summer scent?

- Everyone will have a different experience of summer and scents surrounding it.
- For some it will be the smell of the seaside or for others the green scent from camping trips.
- Maybe it is the scent of suncream or even chlorine from a pool.
- Your summer scent will be exclusively yours but there may be some similar chemicals that we have all experienced in previous summers.



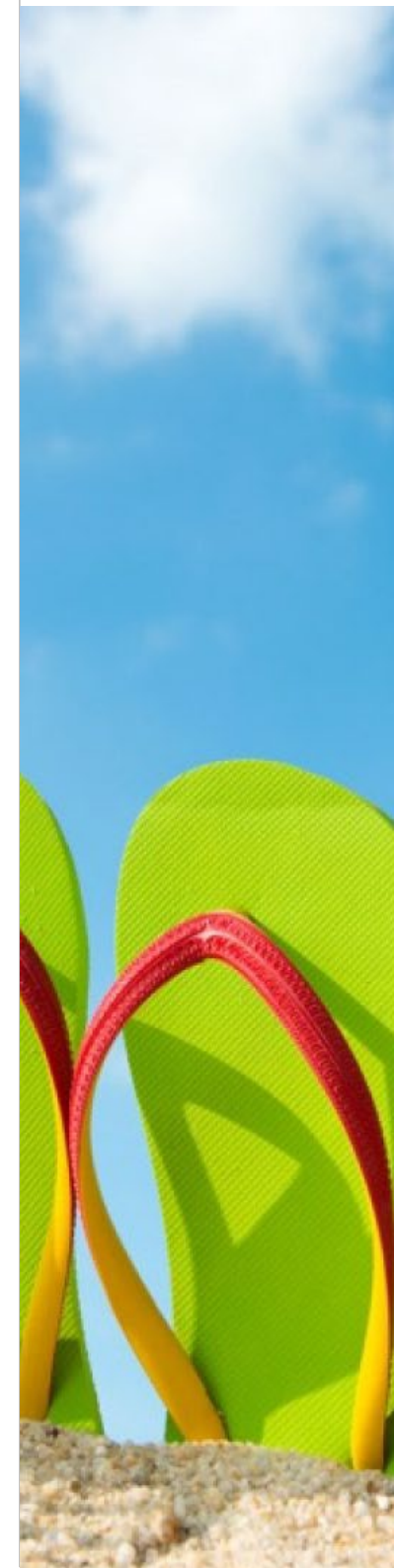


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Chemical Families of Summer

- Citrus (Fresh & Zesty): Made up of **terpenes** (like limonene in lemons and oranges) and **aldehydes** (like citral found in litsea).
- Florals (Solar & Tropical): Molecules like benzyl acetate with is an **ester** (found in jasmine) and **alcohols** such as geraniol found in geranium and rose.
- Herby/Green: Molecules such as menthol which is very refreshing and eugenol (a **phenol**) which gives a warm sweet smell to basil and marjoram.



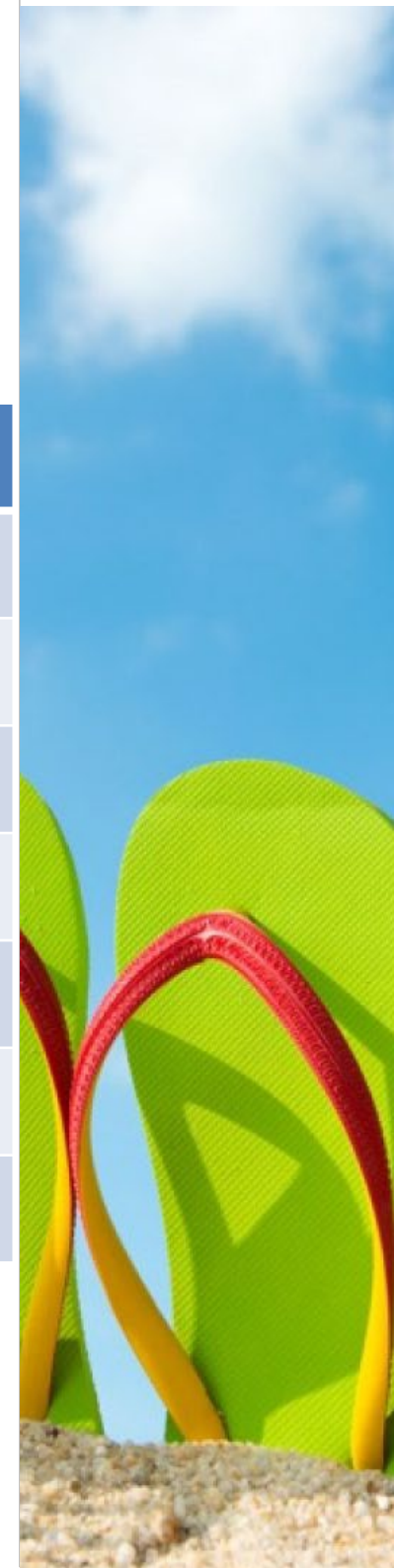


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Chemical Families of Summer

Chemical Family	Typical Aroma
Monoterpenes	Fresh, Citrusy
Esters	Sweet, Fruity
Alcohols	Floral, Uplifting
Aldehydes	Bright, Lemony
Ketones	Minty, herbaceous
Oxides	Fresh, Camphoraceous
Sesquiterpenes	Woody, Earthy



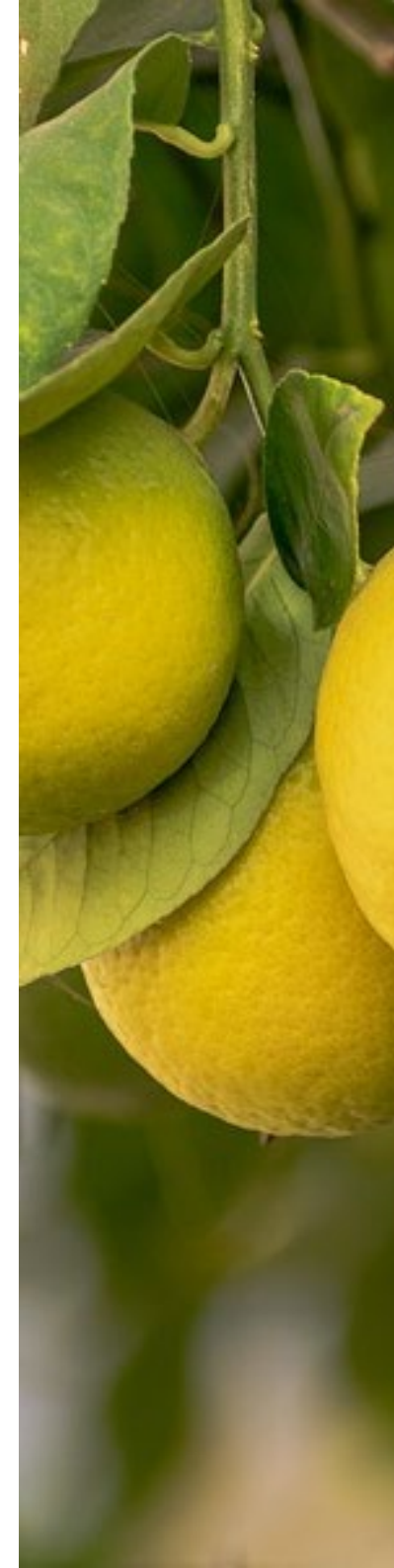


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Monoterpenes – The Essence of Summer Citrus

- Examples of monoterpenes are Limonene, α -Pinene, β -Pinene
- These components are very volatile which oxidise quickly, you find them mostly in the zesty citrus oils and provide fresh and energising aromas. Monoterpenes are top notes used a lot in perfumes.
- Monoterpene rich oils are Lemon, Lime, Orange etc and also Pine, Spruce and Fir.
- Oils in this family are decongestant, can help with pain and inflammation and stimulating to all bodies systems. There is also some respiratory effects with some of the terpene rich oils.
- Doses of d-limonene in rats were found to protect against stomach ulcers caused experimentally (Moraes et al 2009). Giving evidence to the traditional method of citrus oils for digestive issues.



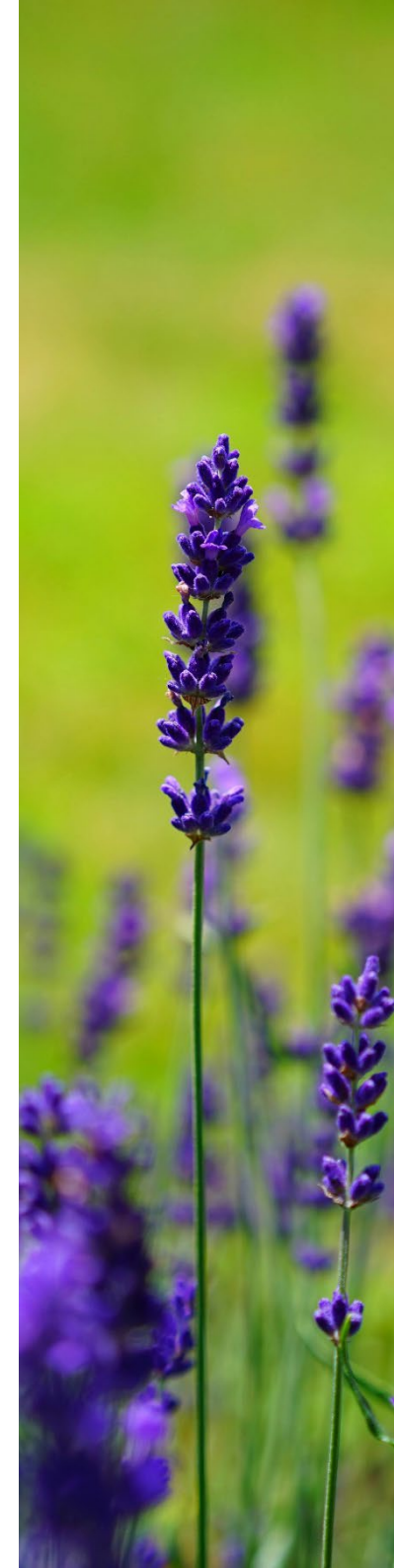


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Esters – Sweet & Relaxing

- Examples of Esters are Linalyl acetate, Benzyl acetate and Geranyl Acetate.
- These components are some of the strongest therapeutic scents, often identified as fruity and floral aromas.
- Oils that are rich in esters are Lavender, Clary Sage, Bergamot and Jasmine.
- Oils in this family are balancing, sedative, anti inflammatory and stress relieving.
- Studies on the benefits of lavender aroma have shown that linalool and linalyl acetate present can stimulate the parasympathetic system aiding the relaxed holiday feeling.



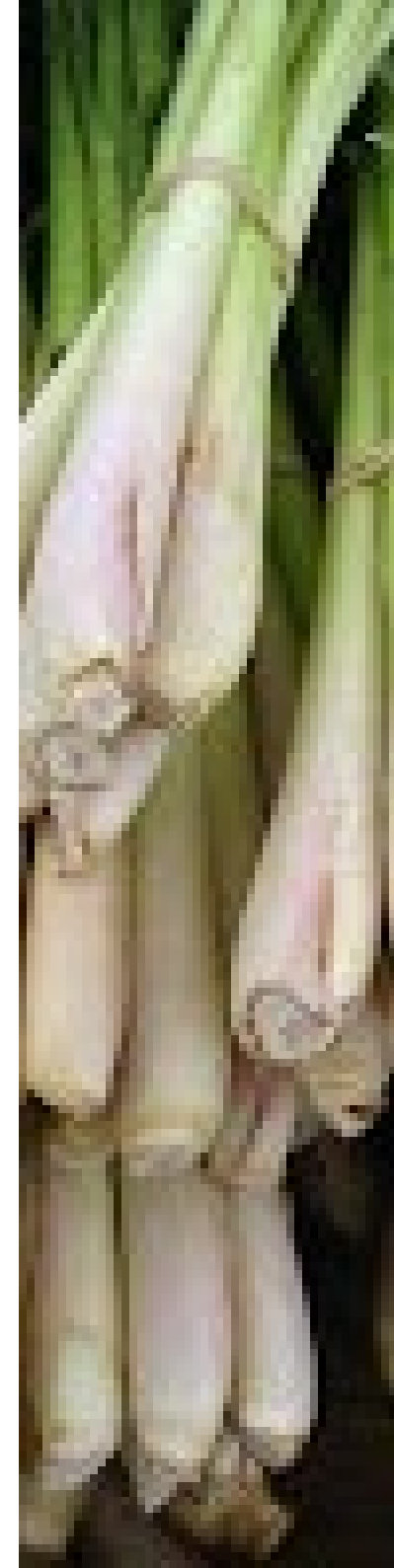


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Aldehydes – Bright Lemon Notes

- Examples of aldehydes are Citral, Geranial and Cinnamaldehyde.
- These components are powerful even in small amounts and strongly smelling.
- Oils that are rich in aldehydes are lemongrass, litsea, citronella and Eucalyptus staigeriana.
- Oils in this family are deodorising, good for nerve pain, insecticide and anti inflammatory.
- Aldehydes are used a lot in fragrance and flavourings in lots of botanical cordials, gins and cocktails.





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Alcohols – Floral and uplifting

- Examples of aldehydes are Geraniol, menthol and Linalol.
- These components are gentle and can be used on most people, very common among Eos and generally uplifting.
- Oils that are rich in alcohols are mint, geranium, sandalwood and palmarosa.
- Oils in this family are uplifting, analgesic, and anti inflammatory.
- In vitro studies show inhibition of inflammatory pathways. Terpinen-4-ol inhibited skin weals (whelps) caused by histamine in a human trial.



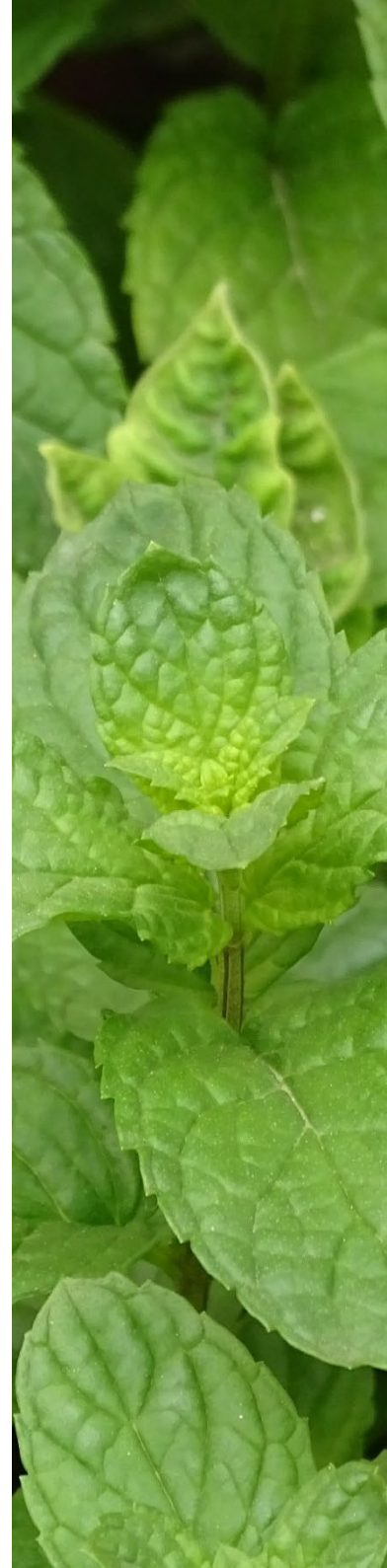


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Ketones – Minty and herbaceous

- Examples of ketones are menthone and carvone.
- These components cooling and fresh and ideal for snuffles and respiratory conditions.
- Oils that are rich in ketones are peppermint, hyssop and sage.
- Oils in this family are mucolytic, lipolytic and give clarity.
- If you want a refreshing sea breeze type scent, then ketones are one of the better families to use.





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Oxides – Fresh air and Eucalyptus

- Examples of oxides are 1,8 cineole (eucalyptol), linalool oxide and rose oxide
- These components are very clearing to the mind, cooling and refreshing.
- Oils that are rich in oxides are eucalyptus, ravensara and rosemary.
- Oils in this family are mentally stimulating, bronchodilators, decongestant and expectorant.
- Oxides are the classic vapour rub smell which is an old school holiday staple.





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Sesquiterpenes – Grounding summer evenings.

- Examples of sesquiterpenes are β -Caryophyllene, Bisabolene and Chamazulene.
- These components are Hypotensive, Anti-inflammatory, Calming, Balancing.
- Oils that are high in sesquiterpenes are ginger, cedarwood and German chamomile.
- Beta-Caryophyllene was effective in helping ease inflammatory and neuropathic pain in mice, at 5 mg/kg oral dosage. The mechanism suggested is the interaction of beta-caryophyllene at the CB2 cannabinoid receptors (Klauke et al 2014). One of the anti-nociceptive mechanisms of betacaryophyllene reviewed by Soares et al, 2013, is that it binds to CB2 receptors.





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A case study of a summer oil

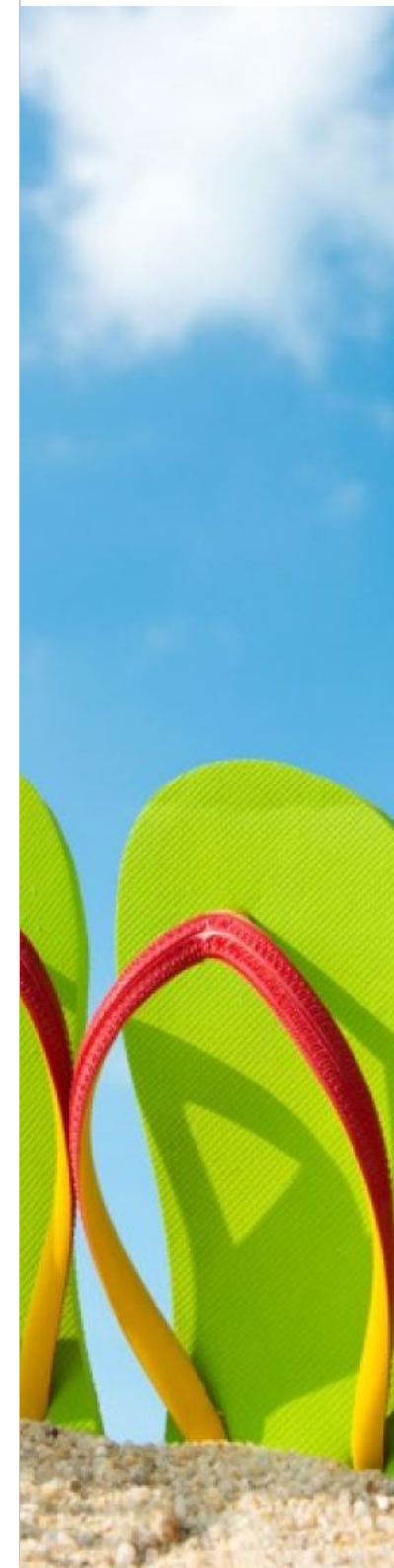
Why Does Bergamot Smell So Appealing?

Main components: Limonene (monoterpene)
Linalool (alcohol)
Linalyl acetate (ester)

This combination provides a Freshness
/ Sweetness / Floral complexity

Plus there maybe fond memories playing a
part in the enjoyment of the oil.

Chemistry of summer scents is all about a
blend of families and oils.





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Summer Scent - Blending

- If you are wanting a balanced blend then use the below for creating your own summer scent.
- Top Notes – monoterpenes/Aldehydes
- Middle Notes – Alcohols/Esters
- Base Notes – Sesquiterpenes





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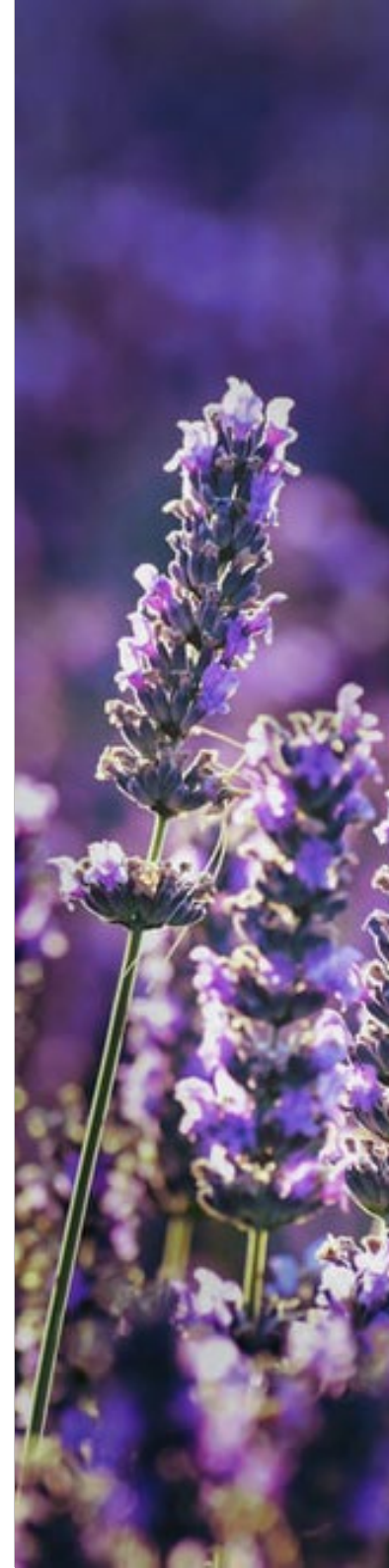
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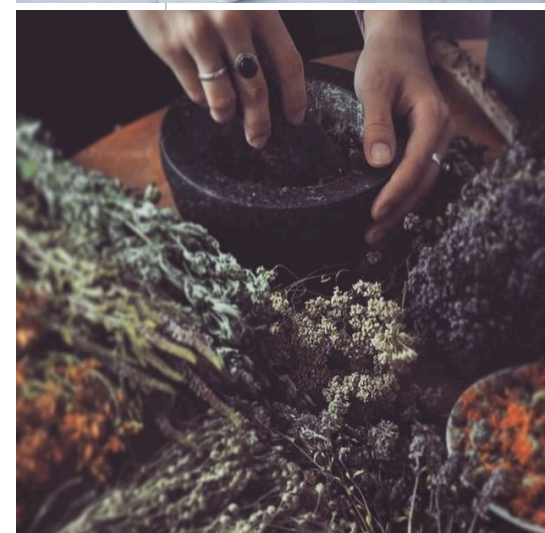
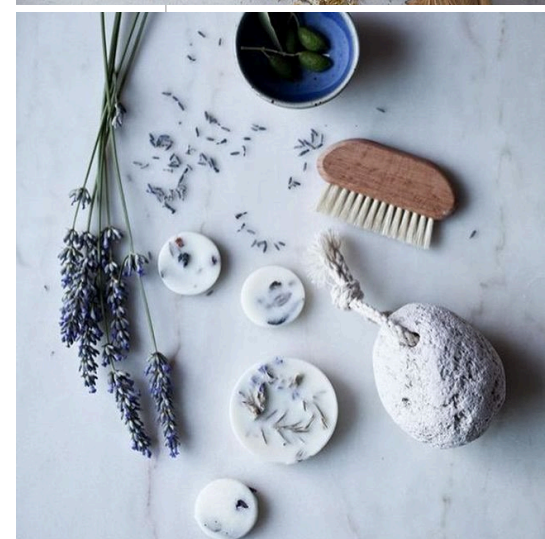
Conclusion

EXCLUSIVE 10% OFF Lavender French, Bergamot,
Jasmine Absolute,
Eucalyptus Staigeriana
Palmarosa, Peppermint and Sage!

Use Code **SATJUNE10**
until 10/07/2026

Thank you for your continued
support of Saturday club...





Thank you...

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Chemistry of Summer Scents