



### **Smells Wonderful Takeaway**

The Smells Wonderful Takeaway is one of a number designed to help you develop your sensory awareness. This is key to making a greater connection with the things around you and thus enriches your overall wellbeing.

- Our sense of smell is often underestimated in the impact it has on our thoughts our feelings and our actions but a well developed sense of smell can impact our lives in many ways.
- What we smell and how we perceive that smell can create powerful thoughts feelings and physical reactions. How often have you felt physically sick just because of a bad smell or have you ever gone weak at the knees just because of the smell of a familiar perfume of aftershave.
- Smells often evoke powerful emotions within us and by developing our sense of smell we can take control of these emotions and either minimise them or even heighten them to increase our sensation or pleasure in any given situation.
- So how are we going to improve your sense of smell?
- One of the best ways to improve this sense is to isolate it from some of the other senses.
- Blind smelling is simply smelling different objects whilst blindfolded. You are not permitted to taste or touch the items either. This is best done with the help of a partner who can choose the things for you to smell without you knowing what they are. You can then guess what each item is just from the smell.
- Widely regarded as the best way to improve or train your sense of smell is the 4 a day method.

- Firstly you must obtain four different smelling items or essential oils. Ideally you would have one flowery fragrance such as rose oil, one fruity fragrance such as lemon, one spicy fragrance and one minty fragrance.
- On a daily basis you should give your sense of smell a workout by spending a couple of minutes smelling each fragrance and noticing the differences between each fragrance. You should do this every day for a week and at the end of the week attempt to smell the fragrances blindfolded and see if you can identify each fragrance.
- Once you are able to identify each fragrance easily you can move to a more advanced level of training. At this level you would use four similar fragrances. For example four flowery fragrances and repeat the exercise until you are able to identify each one blindfolded.
- Another great technique for improving your sense of smell is to associate familiar words with certain smells.
- So either whilst doing the 4 a day training or just with a variety of different fragrances try to visualise the fragrance and capture what words that fragrance evokes in your mind. You should then write these words down whilst smelling that particular fragrance. This works by using two different parts of the brain to remember the fragrance thus giving you a much stronger memory of each fragrance.
- As you develop your sense of smell you will begin to notice more fragrances in the environment around you. You should pay particular attention to this and make a mental note of which fragrances or smells you associate with different places. This anchoring of certain smells to certain places or experiences will further aid the development of your sense of smell.