

Picking out your perfect summer fragrance

Even though it might be comforting to cling on to that one fragrance you believe encapsulates your essence all year long, summer may be the only season which rightfully demands a switch up.

A summer friendly fragrance will help you feel fresh and energised all day, while ones which are not fit for it may feel downright nauseating to those around you.

Summer fragrances usually consist of zesty citrus notes, mint, light florals, the scent of berries and the occasional incorporation of ocean inspired notes. As this still leaves a lot of space for nitpicking and indecision, here are five things to consider when picking out your perfect summer fragrance.

Best stored away until winter

A good starting point is to understand what fails to qualify as a summer fragrance all together. Oriental, vanilla, patchouli, powdery floral, and overly sugary notes do not interact well with heat or sweat. Fragrances which tend to incorporate these notes can also be nauseating and suffocating during summer. It is also crucial to pick fragrances, which have a minimal number of notes, and lack complexity when it comes to layers.

Summer fragrances are fresh, light, natural, and minimal in notes. They should make you feel breezy, light and clean wherever you may go which leaves out most oriental, overly sugary or spicy scents due to their heavy overpowering nature.

What's in season?

As long as the fragrance is not too complex or highly concentrated, in-season plants are usually perfect indicators for in-season scents. Fragrances with notes of summer fruits and flowers tend to have just the right



doses of fragrance notes you would want a whiff of during a hot and humid day. If you want something energising, try fragrances which incorporate summer berries, clementine or grapefruit. If you would rather prefer something more calming, opt for summer blooms such as lavender, gardenia, peonies, and jasmine.

Think in colours

The aromatic world describes green scents as ones which are fresh, light, cool and sharp. Think lime, lemongrass, cucumber, grass, peas, mint leaves, coniferous and eucalyptus. Green scents are a necessity if you find yourself outdoors a lot during summer or in hot and humid places in general. The refreshing and revitalising aroma of green notes will keep you crisp even when the high levels of humidity try

to bring you down.

Replicate memories and dreams

Ask yourself which places or things feel essentially summerlike to you. If it's the sight of tropical beaches you hope to visit, try lotions and sprays with layers of coconut, pineapple or ocean inspired notes in them. If it's the memories of gardens you have not visited in years, try something with grass notes. If it's the taste of orange popsicles, look out for citrusy colognes. Replicating pleasant summer memories or dreams in the form of fragrances can be a huge boost to your daily mood.

Blocks and lotion

If you want a lightly fragranced counterpart to typical perfumes, go for a Eau de Toilette, solid perfume or a scented lotion. These three options are lightly fragranced, making

them ideal for summer weather. Eau De Toilette is one of the least concentrated types of cologne and perfect for summer days when heavy scents can have unpleasant effects.

Solid perfumes are another option, with the added benefits of being long lasting due to its tendency to cling to skin. If you prefer a two-in-one product which moisturises your skin while also leaving it scented, scented lotions will be your friend.

Finally, remember to test the fragrance out if possible, as they usually interact with your body pH in unique ways, which transforms how the fragrance works. As long as it smells crisp and clean even after you try it on, you are good to go.

By **Tasfia Ahmed**

Photo: **Collected**



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ARIES (MAR. 21-APR. 20)

Don't take betrayal sitting down. Your wit will bring greater popularity. Unexpected visitors are likely. Your lucky day this week will be Monday.



TAURUS (APR. 21-MAY 21)

Don't overspend on luxury items. Use your head wisely in tricky situations. Don't expect everyone to be overjoyed. Your lucky day this week will be Saturday.



GEMINI (MAY 22-JUN. 21)

Don't lose control of your emotions. You'll meet likeminded people. Be careful when dealing with loved ones. Your lucky day this week will be Sunday.



CANCER (JUN. 22-JUL. 22)

You will be emotional about your personal life. Put in some overtime at work. Don't jump the gun. Your lucky day this week will be Monday.



LEO (JUL. 23-AUG. 22)

Romantic encounters will develop through group activity. Do the things you enjoy. Concentrate on your career. Your lucky day this week will be Monday.



VIRGO (AUG. 23-SEP. 23)

Catch up on overdue correspondence. Don't be too quick to voice your opinion. Listen to others carefully. Your lucky day this week will be Thursday.



LIBRA (SEP. 24-OCT. 23)

You will attract potential lovers. Don't be too demanding. Put your money away for a rainy day. Your lucky day this week will be Saturday.



SCORPIO (OCT. 24-NOV. 21)

Competitive games will be your forte. Make extra money. Get back to the comforts of home. Your lucky day this week will be Sunday.



SAGITTARIUS (NOV. 22-DEC. 21)

Sign up courses that will enlighten you. Secret love affairs are not advised. Plan a pleasure trip. Your lucky day this week will be Friday.



CAPRICORN (DEC. 22-JAN. 20)

Concentrate on your work. Physical activities will make you feel better. Don't beat around the bush. Your lucky day this week will be Wednesday.



AQUARIUS (JAN. 21-FEB. 19)

Implement your ideas into projects. Your involvement in events can lead to exciting opportunities. Cheer yourself up. Your lucky day this week will be Thursday.



PISCES (FEB. 20-MAR. 20)

You can ask for favours. Relatives may be hiding the truth. Social events may lead to romantic interlude. Your lucky day this week will be Saturday.