

# EIGHT SCENTS

to

# TRANSFORM A SPACE

*Beyond Making Your Home or Office Smell Good:  
How to Make a Space Feel Bigger, Calmer,  
Warmer, or More Welcoming*



*Beaumont Drive Perfumes*

# EIGHT SCENTS TO TRANSFORM A SPACE

---

BEYOND MAKING YOUR HOME OR OFFICE SMELL GOOD:  
HOW TO MAKE A SPACE FEEL BIGGER, CALMER, WARMER, OR  
MORE WELCOMING

BEAUMONT DRIVE PERFUMES



## **EIGHT SCENTS TO TRANSFORM A SPACE**

BEYOND MAKING YOUR HOME OR OFFICE SMELL  
GOOD: HOW TO MAKE A SPACE FEEL BIGGER,  
CALMER, WARMER, OR MORE WELCOMING



**Interior designers** obsess over color, lighting, texture, and layout. Meanwhile, the room smells like whatever scented candle happened to be on sale at Marshalls. That's weird because scent is one of the fastest ways to change the feel of a space.

Different scents create different atmospheres. Some make a room feel bigger, brighter, or more energetic. Others encourage conversation, reduce tension, or make a space feel calmer.

Most of us know the usual suspects: lavender for relaxation, peppermint for focus, citrus for energy...and so on. Those guys are great. They've earned their reputations, but they're not the only options. Some of the most interesting scent materials rarely make it into wellness blogs or aromatherapy books. Let's talk about them.

**Here are 8 scents that do amazing things for a space and the people in it.**



## GRAPEFRUIT

*For lifting energy.*

CITRUS SCENTS HAVE BEEN ASSOCIATED with alertness and positive mood, and studies have found that people exposed to lemon scents are more likely to clean. So, if you want to get your kids to pick up their shit, try lemon.

But when you want some movement without the furniture-polish quality of lemon or the relentless cheerfulness of sweet orange, go for grapefruit. If a room feels stale, sluggish, or like everyone has spent the last six hours staring at their phones instead of participating in life, grapefruit can help shift the atmosphere, adding brightness and making people feel more energetic and optimistic. Put it in a kitchen, office, entryway, or anywhere that tends to become a holding pen for unfinished tasks and low-grade procrastination.

Combine With: *Basil, Rosemary, Lavender*



## BLACK PEPPER

*For keeping a room from spiralling.*

HISTORICALLY, black pepper has been associated with trade, wealth, and value. For centuries it was expensive enough to be used as currency, gifted to royalty, and fought over by empires.

It's not most people's go-to when they think "aromatherapy," but it deserves a place on the shelf next to the lavenders and lemons. Black pepper has a grounded quality that can make a space feel a little more contained when everything else is threatening to fly off in six different directions. One study found lower physiological signs of stress among people exposed to black pepper aroma during a demanding task. Whether it's a workplace full of looming deadlines or a home that has entered the phase where everyone is busy, overwhelmed, and talking over one another (holidays, houseguests, planning major renovations) black pepper can help bring a little order back into the atmosphere.

Combine With: *Cedarwood, Olibanum (Frankincense), Coumarin*



## CARDAMOM

*For having people over.*

CARDAMOM SMELLS like you have good taste without making it your whole personality. It's what you use when you want a space to feel welcoming without smelling like you've baked twelve dozen cookies specifically for the occasion. Cardamom is less cloying than vanilla, less relentlessly festive than cinnamon, and more sophisticated than both, managing to be warm and fresh at the same time, which is harder than it sounds.

There's something inherently social about it. It smells like conversations that go on longer than expected, guests lingering after dinner, and someone putting the kettle on because nobody is ready to leave yet. If grapefruit gets people moving, cardamom gets them settling in. It's one of the best scents for creating a space that feels inviting without feeling overly cozy or aggressively hospitable.

Combine With: *Orange, Rose, Bergamot*



### HINOKI Wood

*For calm without drowsiness.*

HINOKI OCCUPIES a special place in Japanese culture and has historically been used to build everything from temples, shrines, and bathhouses to traditional homes. It is associated with cleanliness, craftsmanship, and wellbeing. The wood is also valued for its distinctive scent, which is citrusy, woody, earthy, and fresh.

Modern research has found that the compounds released by hinoki wood may promote both physiological relaxation and improved task performance, making it an ideal aroma for creating an atmosphere that feels calm without feeling sleepy. It has a quiet quality that can make a room feel mentally larger, less crowded, and less noisy. Rather than encouraging you to stop, hinoki encourages you to slow down enough to think clearly.

Combine With: *Patchouli, Bergamot, Lavender*



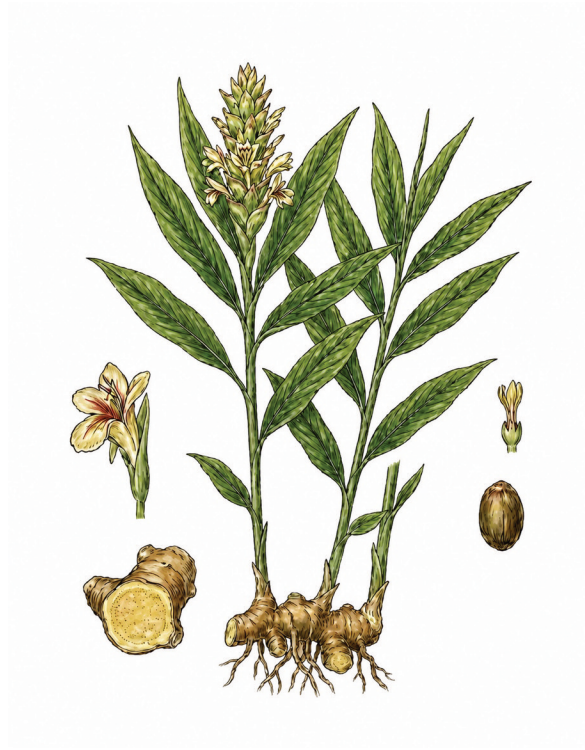
### FIR BALSAM

*For bringing the outside in.*

FIR BALSAM IS for the moments when you look out the window and think, "I'd rather be out there." It smells like deep forest, sticky resin, fresh air, and sun hitting evergreens. There's a richness to it that separates it from the sharper, cleaner conifer scents.

Fir balsam brings the outdoors in, but less in a brisk, alpine way and more in a forest-floor, tree-bark-warming-in-the-sun, sap-slowly-making-its-way-down-a-trunk kind of way. Think sticky summer afternoons with cicadas buzzing in the trees. If winter has you feeling trapped indoors, fir balsam can help create a little more breathing room. Research on fir scent has found both relaxation and increased feelings of vigor, making it another good choice when you want calm without drowsiness. But where hinoki creates space, fir balsam creates landscape. It turns a room into somewhere else.

Combine With: *Black Pepper, Cedarwood, Juniper, Bergamot*



## GINGER

*For warming a space up.*

GINGER HAS BEEN REFERRED TO AS "natural gold" due to its high value as a global commodity and its modern status as a powerhouse in traditional medicine and culinary arts. In medieval England, a pound of ginger was reportedly worth as much as a sheep, and it appeared in everything from medicines to sauces to beer. Today it remains one of the few spices equally at home in sweet and savoury foods.

Research has linked ginger to feelings of calm, relaxation, alertness, and vigilance, and chefs say it gives a bright, fresh "lift" to a dish, much like a squeeze of lemon.

Unlike other warm scents (think: vanilla and cinnamon), ginger brings warmth without weight. Fresh ginger is bright, with citrusy, floral, green, and spicy facets. It lives between relaxation and activation, creating a state of readiness.

Combine With: *Grapefruit, Cardamom, Orange*



### HAY / Coumarin

*For keeping modern life out.*

MUCH OF HAY'S characteristic scent comes from coumarin, an aromatic compound also found in sweetgrass and tonka beans. In inhalation studies, coumarin has been associated with sedative and antidepressant-like effects, and researchers describe it as a comforting scent.

Hay smells like the complete absence of urgency. Warm fields, long afternoons, summer before every hobby became a side hustle and every spare moment became content. Hay makes a space smell like a pre-industrial world where people paid attention to weather forecasts because they mattered. It has none of the urgency of citrus, none of the ambition of spice, and none of the performance of florals.

Hay is a good choice for homes where relaxation has become another item on the to-do list. It introduces a slower rhythm into a space, one that feels more connected to seasons, weather, and daylight than schedules and notifications.

Combine With: *Lavender, Cedarwood, Vetiver*



## ROSEMARY

*For making a room feel sharper.*

ROSEMARY HAS BEEN ASSOCIATED with memory and cognitive performance for centuries. Ancient Greek students are said to have worn rosemary garlands while studying, and modern research has found links between rosemary aroma and improvements in memory, attention, and mental performance.

That may help explain why rosemary feels different from many other herbal scents. Fresh, green, and slightly medicinal, it brings a sense of purpose to a space. While many fragrances are chosen to make a room feel cozy, welcoming, or relaxing, rosemary makes a room feel like it's breeding alertness, sharpening the atmosphere rather than softening it.

If hay slows things down and grapefruit gets things moving, rosemary helps keep things on track and might even help with memory retention. It's particularly well suited to offices, studios, kitchens, workshops, and other spaces where you want to create a sense of purpose.

Combine With: *Lavender, Geranium, Orange*

## BEAUMONT DRIVE PERFUMES

