

Olfactory Training Regimen

Olfactory training consists of smelling different essential oils or herbs with familiar scents for 20 seconds while focusing on your memories and experiences with that scent. Please follow the following regimen:

1. Begin with rose, eucalyptus, lemon, and clove. Choose one odor and smell it for approximately 15 seconds while trying to remember what it once smelled like.
2. Rest for about 10 seconds
3. Smell the next odor for approximately 15 seconds
4. Rest again for about 10 seconds
5. Repeat until all four odors have been sampled
6. After three months, switch to a new set of odors: menthol, thyme, tangerine, and jasmine. Train with these odors twice daily.
7. After another three months, switch to a third set of new odors: green tea, bergamot, rosemary, and gardenia. Train with these odors twice daily.

