





Fragrant Flowers

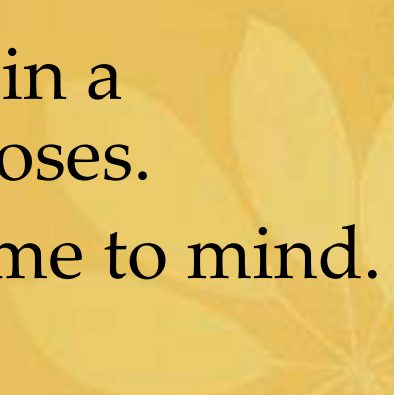



What's in a smell

- Olfactory nerve goes straight to the brain, meaning what you smell can quickly trigger memories and emotions.
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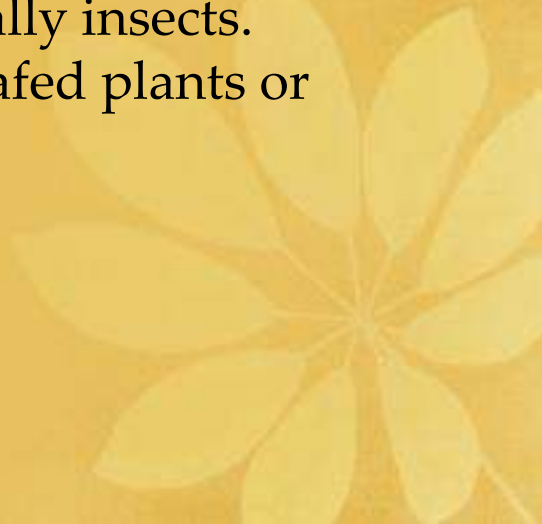


Why fragrance important

- Fragrance is different
 - It's invisible
 - Its sensory impression is as subjective as taste.
 - Fragrance is a genetically complex trait, that's difficult to manipulate by ordinary breeding methods.
 - Only a few of the volatile chemicals in a fragrance are noticeable to human noses.
 - 2-phenylethanol, images of roses come to mind.
 - Attract pollinators.
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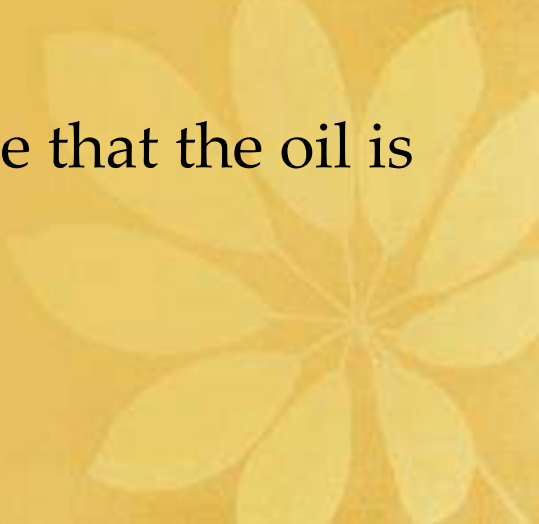


Features of Scents of flowers and herbs

- Fragrance adds another dimension to the garden - one that can trigger memories more powerful than color or texture.
 - Fragrances are seared in our brains, from the sweet scent of tea olive to the gentle aroma of roses.
 - Plants create fragrance by producing organic compounds on their surfaces.
 - Fragrant flowers produce their perfume in glands on the petals known as “osmophores”, to attract pollinators.
 - Some plants have scented foliage. The smell comes from water – repellent essential oils produced by glandular leaf hairs known as “trichomes”, to repel leaf-eating predators, especially insects.
 - Some plants are bug-resistant species. (fragrant-leaved plants or fragrant- flowered plants)
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Essential oil

- An essential oil is a concentrated, hydrophobic liquid containing volatile aromatic compounds from plants.
 - It is produced by distillation or solvent extraction.
 - Essential oils are used in perfumery, aromatherapy, cosmetics, for flavoring food and drink, household cleaning products.
 - Essential oils is also known as volatile oil and ethereal oil.
 - The term “essential” is intended to indicate that the oil is the fragrant essence of the plant.
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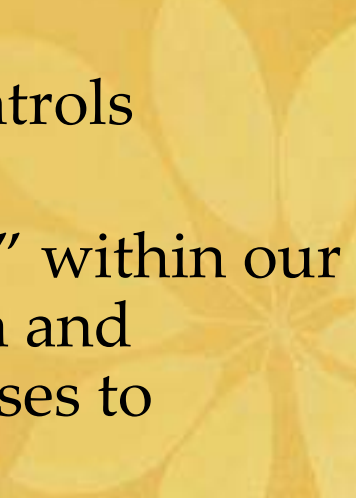
What is aromatic plants

- Possess aromatic compounds, most of which are essential oils.
- Volatile in room temperature.
- Most plants produce their strongest scents in the morning and evening – not in the heat of the day.
- Synthesized in glands and which are located in different parts such as leaves, flowers, fruits, seeds, barks and roots.
- Mainly used as flavors and fragrances.
- Other uses are traditional medicines, pharmaceuticals, cosmetics, botanical pesticides, dyes, air fresheners, disinfectants, insect repellents, herbal teas/drinks.



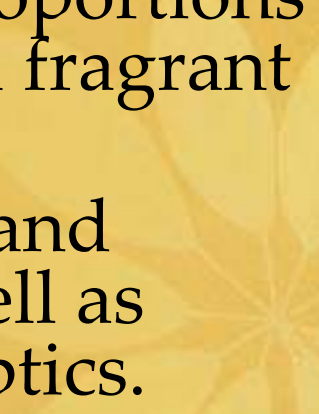



How do the essential oil work

- The aromas are perceived by the nerve endings at the back of the nose, and signals are limbic system in the brain.
 - Production of neuro-chemicals can be triggered by smells.
 - These neuro-chemicals can change your moods
 - Smells and fragrances can affect mood and emotions, and trigger the production of hormones in the body
 - An important part of the limbic system, the hypothalamus, the pituitary gland, which controls hormone release throughout the body.
 - Essential oils aroma activates the “pharmacy” within our brains. The neurochemicals such as serotonin and endorphins, are the message that our brain uses to communicate with our body.
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What are essential oils

- Essential oils are the volatile material in a plant that gives it the specific scent.
 - It is the liquid that smells and is released by distillation
 - It is not water soluble and not released into herbal teas or infusions.
 - Aromatic plants are those that contain essential oils which are complex mixtures of individual constituents, the precise nature and proportions of which determine its therapeutic and fragrant properties.
 - Essential oils are chemically complex, and contain hormone-like properties, as well as vitamins, minerals, and natural antiseptics.
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Few plants that trigger reactions

- There are smells that are calming, that bring down stress levels. There are also smells that are invigorating.
 - The human nose detects scents in small quantities (often parts per billion)
 - Flowers have color and smell which have an effect on the mood of people
 - i. Lavender: calming
 - ii. Mint: uplifting and invigorating
 - iii. Lemon: mind clearing
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The language of flowers

- In the 1600's ,a language of flowers developed in Constantinople and poetry of Persia. Lady Mary Wortley Montagu brought the flower language and flower meanings from Turkey to England in 1716.It finally become a hand book called the Book Le Language des Fleurs. Lovers exchange messages as they gave each other selected flowers or bouquets.
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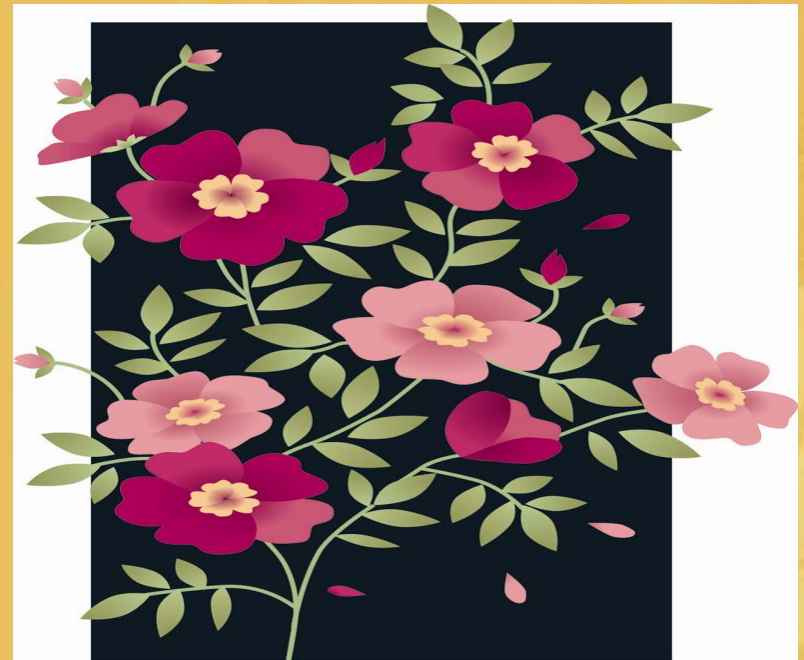


The language of flowers contd....

- Daisy- for innocence; gentleness; loyal love
 - Iris – yellow for passion
 - Ivy – for marriage
 - Lavender – for love and devotion
 - Lily – for purity of heart
 - Lotus- for estranged love, forgetful of the past
 - Mint – for virtue
 - Orchid – love, beauty, refinement, thoughtfulness
 - Poppy – for eternal sleep, oblivion, imagination
 - Roses – red means beauty or true love; white means forever; pink is for young love; yellow for jealousy or friendship
 - Sage – for wisdom and great respect
 - Sunflower – tall for false riches, pride; dwarf for adoration
 - Tulip – for perfect lover, fame
 - Violet – for modesty, virtue, affection
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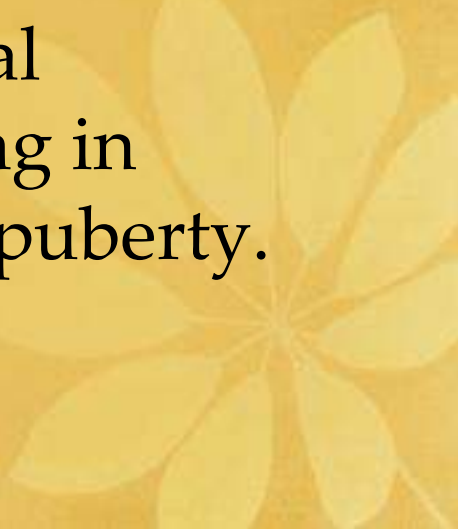
Importance of aromatic plants

- As raw material for essential oil extraction
- As spices
- As herbs
- Miscellaneous group





Why fragrance important

- Serve to protect plants from pathogens and pests.
 - Jasmine tea is made from green tea leaves scented with the fragrant blossoms of the jasmine flower.
 - Repeated use of products containing lavender oil/or tea tree oil may cause prepubertal gynecomastia, a rare condition resulting in enlarged breast tissue in boys prior to puberty. (New England Journal of Medicine)
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Tuberose (Polyanthes Tuberosa)



- Tuberose is an exotic flower variety. Its fragrances are very exotic, delicate and sensational. The mysterious aroma of it uplifts our soul and brings sublime peace to our mind. It is used in magical aromatherapy for its ability to open the heart and calm the nerves.

Roses and Lotuses



- Roses and lotuses are two of nature's most inspiring floral creations. Their fragrance speaks to the deepest parts of our hearts and souls. They provide perfumes and medicinal ingredients.

Jasmine Grandiflorum



- The flowers are harvested before dawn so the delicate aroma won't evaporate in the sun.
- Warming and relaxing to the body
- The Chinese, Arabians and Indians used Jasmine medicinally, as an aphrodisiac and for ceremonial purposes.
- Used for relaxation, muscle pain, coughs, tension, stress and nervousness.

Jasmine Sambac



- Powerful scent of these flowers is very exotic and long lasting. The aroma of the flower is inhaled, it blossoms our heart and soul in a most elegant and succinct way .It is a valuable remedy in cases of severe depression. It soothes the nerves and produces a feeling of confidence. Jasmine is a valuable oil and is used for depression, on the respiratory tract, for muscle pain and for toning the skin.

Jasmine Sambax 'Grand Duke'

(Lài, Lài Trăm Cánh),



- **Orange Jasmine** (*Nguyệt Quê*) - *Murraya exotica*
Jasmine-of-the-night, Night Jasmine (*Dạ Lý*)-
A collection of flowers with sweet, calming aroma. The fragrance of these flowers will bring you a sense of peace and tranquility. Let the therapeutic aroma of these flowers help you enjoy moments of relaxation amidst your busy schedule.

Lotus (*Hoa Sen, Liên Hoa*)-



- An extraordinary flower, the lotus is sacred in Hinduism and Buddhism. Contrary to popular belief, lotus is winter hardy. Dwarf lotus can be grown as a **pot plant**. The large bloom, lasting 3 to 6 days, is strikingly beautiful and exotically fragrant.

The Pink Lotus



- Lotuses are grown for ceremonial use in temples in genuine lotus ponds found in the back country of Southern India. The pink lotus gently opens emotional knots of the heart. A lovely delicate fragrance.

Sweet Olive, Mu-lan (*Mộc Lan*) - *Osmanthus fragrans*



- A nice plant with dark green leaves and white fragrant flowers. One of the easiest to grow and bloom indoor. These tiny flowers appear on branches almost year round, providing continuous fragrance. The fragrance is very mild and pleasant.

Rice Flower (*Hoa Ngâu*) -



- *Tiny yellow flowers have a light fragrant. Clusters of these small flowers show off on each branch tip! Used to flavor tea.*

Camellia (*Trà Hoa, Trà Mi*) -



- Beautiful flowers in rich, deep colors against shiny green foliage. Flowers have light fragrance. These plants are in the same family as the Tea plant. **Tea Plant** (*Trà*) - Nice flowers and useful leaves

Orchid Cactus, Queen-of-the-Night, Night-blooming Cereus (*Ngọc Quỳnh*)-



- Spectacular flowers up to 6 inches across, 15 inches long. The flower opens at night, very fragrant. Easy to grow.

Plumeria (*Sứ Đai*)-



- A very popular tropical flower that comes in many shapes and color, many of them very fragrant! Lush green succulent leaves are palm-size or bigger. Most often used to make 'lei' in Hawaii

Champaca, Champak - (*Ngọc Lan*) -



- Champaca has a very pleasant fragrance, used to make 'Joy' - one of the world's most expensive perfumes. The scent of this flower rivals that of Ylang-Ylang, another fragrant flower used for *Chanel No. 5* perfume.

Ylang-Ylang, Kenanga, Perfume Tree - *Cananga odorata* / *Canangium odoratum*



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This flower is used in making Chanel No.5 perfume, the most exclusive and best-selling perfume in the world. This tree can start to flower when 2 or 3 years old, bearing clusters of yellow-green flowers with wonderful fragrance. To quote Coco Chanel, designer of the perfume: 'I wanted a perfume that is composed - not hints of roses or lilies of the valley. A woman's perfume - redolent, evocative of a woman. A perfume unlike any other ever made. The ideal scent for a woman.' (Paris, 1923)

Fragrant Gladiolus, Tuberose (*Hoa Huệ Trắng*)-



- ' Pure white flowers with an exotic fragrance. Frequently used in floral offerings in temples. Easy to grow in pots or gardens

Lantana camara (*Trâm Ổi, Hoa Ngũ Sắc*)-



- Prolific flowers with light fragrance. Leaves have a stronger fragrance, which smells like guava (tropical fruit).

Tonkin Jasmine, Tonkin Creeper, Pakalana vine, Telosma



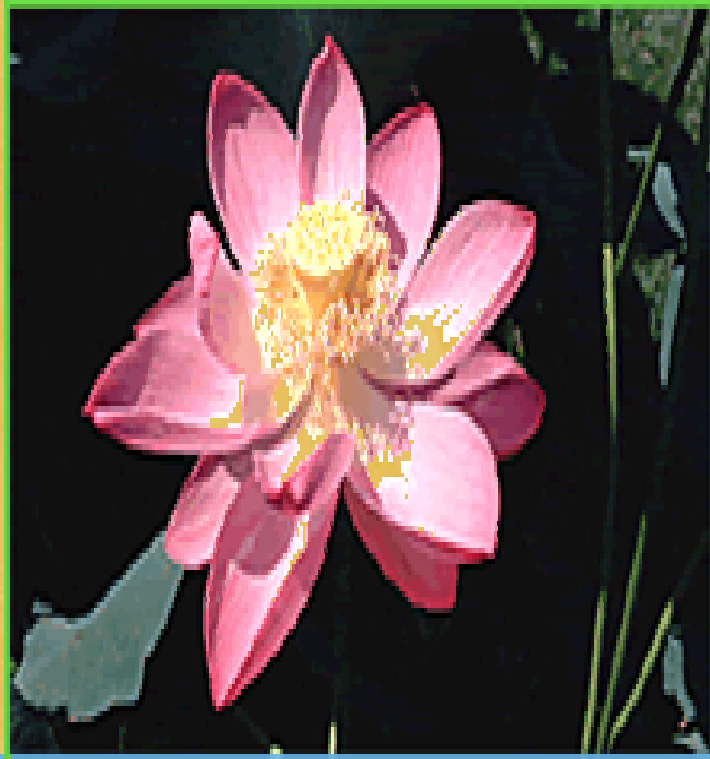
- These fragrant flowers are used in making 'leis' in Hawai'i. Evergreen woody twiner vine, grows to 10 to 20 feet tall (3-6 m) outside, but averages about 3 feet in container; opposite heart shaped leaves with long petioles. Flowers are strongly scented, cream to yellow to orange flowers with greenish center and throat. The flower buds and young leaves are edible.

Saso (Russian Olive)



- Aromatic compounds of Saso include such ester compounds as ethyl cinnamate, ethyl phenylacetate, and ethyl benzoate. These compounds provide a fruity aroma similar to that of the fragrant olive (*Osmanthus fragans*). A highly exotic scent is produced as they mix with other aromatic compounds like jasmine or animal notes.

Aroma analysis of the 2000 year-old lotus



- In 1951, one of the three 2000 year-old lotus seeds discovered in the Kemigawa area of Chiba Prefecture (Japan) blossomed and became known as the "oldest flower on earth." This lotus plant was called the "Ohga Lotus". Scientists from the Shiseido Laboratories analyzed the aroma of 49 lotus species including the Ohga Lotus. Their aromatic compounds are contained in the stamen. The petals also have some odor, but the influence is minimal. Major aromatic compounds include caryophyllene, Pentadecan and 1. 4 Methoxybenzene, which is characterized by a sweet, slightly medicinal odor that gives the lotus its mystic fragrance.

Gardenia



- **Gardenia** is a genus and common name of a popular garden and house plant.

The **Gardenia** has over 60 species of evergreen shrubs and trees, native to the tropical and subtropical regions of Africa, Indomalaya, Australasia and Oceania.

Gardenia plants have strong sweet scent of their flowers, which look like white roses. They bloom from about mid-spring through mid-summer. The plant's leaves are dark green and glossy with a leathery texture. The shrub may attain heights of about 6 feet, although many varieties are shorter.


Sandal Wood



- Sandalwood is the wood of trees of the genus *Santalum*. It is used for incense, aromatherapy and perfume. It is said to have been used for embalming the corpses of native princes in Ceylon since the 9th century. It is a deep base note and excellent fixative and is used to capture the head space aromas of other essential oils in distilling.




Aromatherapy

- Aromatherapy uses aromatic essential oils to enhance the well-being. It harmonies a healthy physical and mental of human.
 - Aromatherapy is the art of using essential oils extracted from aromatic plants that can treat a wide range of problems from stress, anxiety, nervousness, depression and fatigue.
 - It beautify the skin
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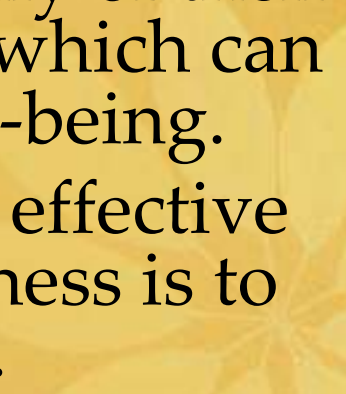


History of Aromatheraphy

- The history of the use of aromatic oils on the body goes back at least 2,000 years.
 - There are records in the bible of the use of plants and their oils, both in treatment of illness and for religious purposes.
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Why Aromatherapy

- Antimicrobial properties of aromatherapy
 - Aromatherapy acts on the central nervous system, relieving depression and anxiety, reducing stress, relaxing, stimulating and restoring both physical and emotional well-being.
 - Aromatherapy is a gentle, profoundly relaxing truly holistic therapy ,as it aims to treat the whole person by taking account not only of their physical state but also their emotions, which can have a profound effect on general well-being.
 - It works on the principle that the most effective way to promote health and prevent illness is to strengthen the body's immune system.
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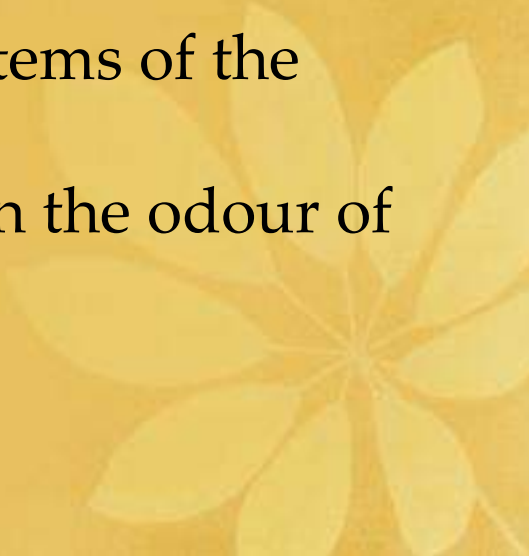



What is aromatherapy

- Aromatherapy is the therapeutic use of the essential oils (aromatic oils) extracted from certain plants, grasses, fruits, leaves, roots and trees to treat for illness.
 - The primary form of aroma therapy application involves using essential oils in the following ways.
 - i. Topically to the skin via massage, diluted in a carrier oil.
 - ii. Inhalations
 - iii. Compresses
 - iv. Aromatic bath
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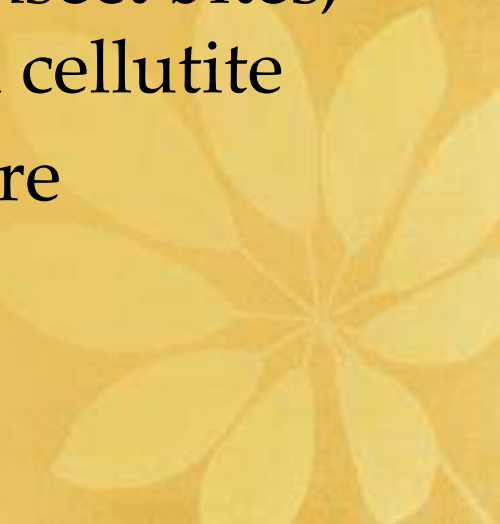


Physiology of aromatherapy

- There are two ways in which essential oil may be absorbed into the blood stream, through the skin and via the respiratory system. Essential oils have three modes of action
 - i. They initiate chemical changes in the body when they enter the blood stream and react with hormones and enzymes.
 - ii. They have physiological effect on systems of the body.
 - iii. They have a psychological effect when the odour of the oil is inhaled.
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Basic 10 oils, every household should have

- Lavender-Treats burns and promotes healing
 - Tea tree leave-Antiseptic
 - Peppermint- Anti inflammatory, bad breath and migraines, arthritis
 - Chamomile- diarrhea
 - Eucalyptus – Cools body in summer, deodorizing
 - Geranium – Works on emotions
 - Rosemary- Flu
 - Thyme – Antiviral, antibiotic
 - Lemon – Insect bites, slim down cellulite
 - Clove – cure toothache
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Rose



- A rose is a flowering shrub of the genus *Rosa* and the flower of this shrub. There are more than a hundred species of wild roses, all from the northern hemisphere and mostly from temperate regions. The species form a group of generally thorny shrubs or climbers, and sometimes trailing plants, reaching 2-5 m tall, rarely reaching as high as 20 m by climbing over other plants.

Ground Cover



- Vigorous, easy-care solutions for slopes, banks, and rocky areas. They quickly spread into dense blankets wherever you need the coverage.

Garden Roses- Hybrid Teas



- Queen of the vase and the garden, beloved for elegant shape, long stems and unforgettable fragrances!

Climber



- Sky-high color and fragrance! These lush varieties add vertical grace to your garden. Ideal for covering walls or creating a garden entrance or focal point.

Autumn Damask



One of the most famous roses in all of rose history. The first European rose to be able to repeat its bloom later in the season. Used for

Comments: One of the most famous roses in all of rose history. The first European rose to be able to repeat its bloom later in the season. Used for perfume

"Kazanlik"



- This is the rose that is the main source of rose perfume. It is very important for production of what is known as 'Attar of roses'

"Citrus Tease



- Flowers in large clusters. Continuous blooming and a very strong fragrance make this one a winner. More orange coloration in cool weather

La Ville de Bruxelles



- VERY fragrant, this is its best feature. Fully Double, Upright Dense Shrub. Large Flowers tight button eye in the center Thorny stems grows 5 feet high
Someone told me this was only supposed to bloom once in the spring. They are mistaken. It produce a few blooms on and off all throughout the summer
.

Frederic Mistral




- Top Ten list of ALL ROSES! Why? The amazing and consistent fragrance.
Fully double with many petals 40-45 petals
Height 6-7 feet high and wide. This rose gets VERY big. Lots of big blooms on this one. The FRAGRANCE of this rose is very high.
Disease Resistant

Sonia Rykiel



One of the most fragrant roses . The bush however is sparse in bloom and the blooms tend to be at the end of long canes.

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- Thanks for your attention