

One-Whiff Wonders

A spritz a day can keep a bad mood away. BY AYREN JACKSON-CANNADY

Skimping on Sleep?

SPRAY ON: A SPICY SCENT For an instant wake-up call, sniff something zesty such as ginger, peppercorn or mint, says Alan Hirsch, M.D., of the Smell & Taste Treatment and Research Foundation in Chicago. "They trigger feelings of invigoration," he says. For a pep talk in a bottle:

1. Kenzo Amour le Parfum, \$65, sephora.com, gets you moving with the scent of Asian patchouli.
2. Tocca Brigitte, \$68, tocca.com, offers an awakening mix of fresh ginger and saffron.
3. Le Cherche Midi 20, \$38, cherchemidi.com, has black pepper.



Meeting With the Boss?

SPRAY ON: A FRUITY PERFUME Try a scent spiked with orange, which reduces anxiety, according to the Medical University of Vienna. Oils of lime and grapefruit do the same, says aromatherapist Jen Olsen. To bring on your A game:

1. Essence of United Colors of Benetton for Woman, \$35, Kohl's, is packed with the aroma of Florida oranges.
2. Elizabeth Arden Pretty, \$62, elizabetharden.com, is made with mandarins.
3. Lilly Pulitzer Squeeze, \$68, sephora.com, contains pink grapefruit.



Got the Winter Blues?

SPRAY ON: A FLORAL FRAGRANCE A whiff of muguet, or lily of the valley, can lower irritation, notes the Olfactory Research Fund. Other flowers with positive powers are jasmine, hyacinths and roses, says Jeanette Haviland-Jones, Ph.D., a scent expert at Rutgers University. For good cheer:

1. Clinique Happy in Bloom, \$52.50, clinique.com, is scented with muguet.
2. Ralph Lauren Romance Always Yours, \$72, ralphlauren.com, has subtle hints of daylily.
3. Flirt! Flowerific, \$35, kohls.com, is a rosy fragrance.



Going Through a Breakup?

SPRAY ON: A GOURMET SPRAY Drop the Ben & Jerry's; dull the sting of a broken heart with a dessert-like aroma instead. Your brain associates the food's smell with its taste, releasing blissful endorphins, says an Australian study. To have a sweet day:

1. C-Thru Ruby, \$25, Wal-Mart, scents skin with vanilla.
2. Pearls by Carol's Daughter, \$45, Macy's, is infused with caramel notes.
3. Sula Vanilla Blossom, \$32, Ulta, contains comforting coconut.

