



Good sense

Regular Lifescape columnist and queen of the eco scene **Janey Lee-Grace** experiments with some aromatic and therapeutic natural scents for adults and children.

It's fascinating how your sense of smell changes when you have a baby. Your nose becomes so sensitive during pregnancy that you're turned off all your usual favourite fragrances. In truth that's probably no bad thing as it's nature's way of telling you to ditch the chemicals. But the great news is that there are now lots of gorgeous smellies that are also natural and eco too.

Smell is our most primal sense and has a direct connection to cortical areas of our brain, connecting with the limbic brain areas that control emotional, behavioural and physiological response. So certain smells can be wonderfully therapeutic for children and adults alike.

Of course, once babies and children arrive in your life there will be a fair number of whiffs all competing for your attention - but let's focus on the benefits of essential oils. I was delighted to find out about a company called Special Little People www.speciallittlepeople.co.uk who specialise in blends of highly concentrated aromatic plant essences formulated specially for

children and teenagers to enhance their moods and emotions. The packaging is great; my kids love Stomp (said to alleviate irritability) which comes with its own little bright coloured 'hanky' and my three year old likes Stars, meant to aid sweet dreams.

If you want to use essential oils with babies or children make sure you check the contraindications and always dilute them rather than apply them neat on young babies' skin. Get good quality oils too; you'll notice a huge difference. My favourite companies are The Essential Oil Company www.eoco.org.uk (who sell masses of excellent natural goodies as well as essential oils) and also the wonderful Potions and Possibilities www.potions.co.uk who offer a superb collection of premium quality aromatherapy products; all developed and produced in England by trained and qualified aromatherapist Julie Foster. Amongst the many wonderful fragrant products she sells my current favourite is the heart-shaped bath sizzler. It's perfect for exhausted yummy

mummies (and the not so yummy!) to unwind after a hard day's parenting

Is it possible to mix divine smells with housework? Well yes indeed, if you invest in the gorgeous products from Homescents www.homescents.co.uk. They make a fabulous nursery cleaner based on essential oils which is great for cleaning all surfaces, even highchairs. Definitely treat yourself to the luxurious ironing water; now, I rarely iron anything but I spritz it around liberally anyway. I've got the 'charity shop chic creased, but smelling gorgeous' look. It seems to work.

Oh and if you're wondering why I'm fixated by fragrance right now, I'm just back from a trip to France on a make your own perfume course with Tortue Rouge www.organic-courses.com. I did indeed concoct my very own signature fragrance. I'm certainly not revealing all but I can tell you it contains a heady mix which I'm told is an aphrodisiac. Crikey, I'd better go easy or I'll be adding to my already large family! ■ Visit: www.imperfectlynatural.com