

Fragrances are sensitive to humidity; keep the bottle on your dresser, not in the bathroom.

exude good scents

Red Flower's founder and perfumer, Yael Alkalay, shares three foolproof steps for choosing a lovely spring fragrance.

USE SIMPLE WORDS. Instead of trying to speak fragrance lingo (chypre, what?), talk in terms that could apply to food (like spicy, sweet, citrusy, warm and lush) when asking for help.

SPRITZ ON SKIN. Natural fragrances are made of essential oils extracted from plants and flowers, which react to your biology. They smell different on everyone's skin and as their top layers evaporate. (Synthetic scents, created in a lab, are designed to smell the same on a body and a paper blotter.) Always try a fragrance on pulse points (your wrists, behind your ears, inside your elbows), where the notes are enhanced by your body's heat, and let it sit for at least 15 minutes before deciding if it's "the one."

TEST A COUPLE AT ONCE. Because the essential oils in natural perfumes aren't as pungent as synthetic ingredients, you can spray a fragrance on your right wrist and another one on your left without compromising the scents or being overcome by sensory overload.

EAU LA LA!

With more than 10,000 scents used for fragrances, finding a signature spring perfume can be overwhelming. Here's a little help!

IF YOU WANT TO FEEL ENERGIZED, try citrus notes, like tangerine, pink grapefruit, lime and orange.

OUR PICKS 1 Honoré de Prés Honore's Trip Verrine Eau de Toilette (\$84 for 1.7 ounces, spiritbeautylounge.com) and **2** Pour Le Monde Empower All Natural Eau de Parfum (\$95 for 1.7 ounces, pourlemondeparfums.com)

IF YOU WANT TO FEEL RELAXED, try light florals, like rose, mimosa, champa, lavender and Osmanthus.

OUR PICKS 3 Red Flower Champa Organic Perfume (\$48 for 10 milliliters, saffronrouge.com) and **4** Lavanila Laboratories The Healthy Fragrance Vanilla Lavender (\$42 for 1 ounce, lavanila.com)

IF YOU WANT TO FEEL SEXY, try musky scents, like amber, hibiscus, cardamom and black pepper.

OUR PICKS 5 Strange Invisible Perfumes Musc Botanique Eau de Parfum (\$285 for 1.7 ounces, siperfumes.com) and **6** Pacifica Spanish Amber Spray Perfume (\$22 for 1 ounce, pacificabeauty.com)

