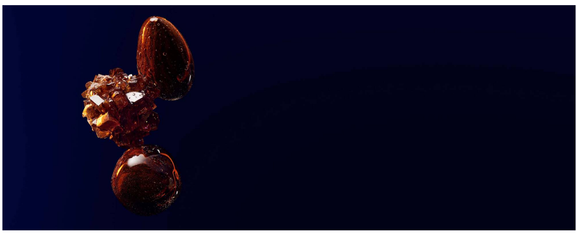

# aphrodisiac scents

16 sensual scents explored

07 feb 2025

by jelani addams

there's no denying the effect that sensual scents have on both men and women. the right scent can take your date night from lukewarm to explosive instantly. if you're searching for a sensual perfume that will get your partner all hot and bothered, you need an aphrodisiac fragrance on your roster. an aphrodisiac perfume contains notes of aromas known to have an arousing effect—getting you and your partner in the mood for a night of fiery passion. learn about the aphrodisiac scents you should add to your fragrance collection.

## rose

when you think of romantic flowers, roses might be top of mind. the enchanting aroma is believed to have a stress-reducing effect on both men and women. use this floral scent to create a relaxing environment that fosters sensual excitement.

## jasmine

if you're looking for a different floral scent to set the mood, consider jasmine. the intoxicating aroma of this delicate star-shaped flower is believed by some to elicit an increase in autonomic arousal when used during aromatherapy massage. take your seductive massage to the next level massage oil and a spritz of your favorite jasmine perfume.

## sandalwood

this woody yet luscious scent is a staple aroma in perfumery. often found in both men's and women's fragrances, sandalwood's ambery aroma has reported aphrodisiac qualities. consider. investing in a warm sandalwood fragrance for you or a partner.

## vanilla

this sweet scent is a staple in gourmand perfumes, and considered by many the most popular fragrance. lending itself to delectably sensual fragrances that tantalize the senses. the syrupy aroma is long known to be an aphrodisiac, having a sensual quality that man men and women adore.

## ylang-ylang

set a relaxing and sensual mood with the fresh, floral, and slightly fruity fragrance of ylang-ylang. the scent of this tropical tree has been known to have a calming effect and help to reduce anxiety. allow the aroma to clear your mind and let the aphrodisiac effects take over.

## pumpkin

if you're looking for a particular scent that some might consider peculiar, consider a pumpkin perfume. pumpkin notes perfectly with the scent of lavender; another sensual scent you'll see soon. when combined, the scent of lavender and pumpkin pie is thought to have four times the effect than the aroma of pumpkin pie alone

## lavender

this soothing herbal scent is known to help promote relaxation and help to reduce stress and anxiety—creating the perfect environment for sensual connection.

## ginger

if you love the fiery flavor of ginger, you may love how it can help spice up your love life even more. studies have suggested ginger can have an aphrodisiac effect on men, and the spicy aroma makes delicious fragrance notes.

## cinnamon

this warming spice walks the line between fiery and gourmand, helping to create an aroma that entices and excites. cinnamon has been used for centuries to help improve blood flow, which may help increase libido. spritz a warm cinnamon scent on your pulse points and watch sparks fly.

## patchouli

nothing embodies the feeling of love much like the scent of patchouli—and it's not all in your head. studies have noted that this earthy and sweet aroma used in aromatherapy can potentially reduce stress, calm nerves, and increase sexual desires.

## strawberry

chocolate-covered strawberries aren't the only way to spice up your love life. the mere scent of fresh, sweet strawberries is believed by some to increase arousal in men. when looking for a fragrance that pairs with the alluring scent of strawberries consider other fruit and floral notes. layer different options for an aphrodisiac scent that packs an erotic punch.

## pink grapefruit

the citrus family is known for its aromatic vivacious properties, believed to help boost mood and reduce anxiety, allowing one to embrace heir sensuality fully. the zing of pink grapefruit is particularly seductive as it brings a hint of sweetness and balance to the zesty scent, taking it from overpowering to tantalizing.

## peppermint

the crisp aroma of peppermint awakens the senses, providing clarity of mind to help you focus on your heart's desires. this energy-boosting scent helps to fight stress and improve mental focus, giving you just what you need for your big nights.

## ambrette musk

the word musk conjures images of softly scented skin against skin—the ultimate seduction. tap into your primal nature with this heady scent that's thought to evoke a similar response to pheromones.

## lily of the valley

you can find the fresh and floral scent with slightly lemony base notes in a wide range of fragrances, from light and airy to powerful and lingering. subtle yet sexy, a true aphrodisiac.

## what makes a good date night fragrance?

when choosing a fragrance for your next date night, there are a few things you want to keep in mind. look for perfumes and colognes that feature one or a blend of the aphrodisiac scents above. these scents have the power to evoke a sense of romance and sensuality. once you've settled on a scent, you'll want to consider the concentration of the fragrance. while we recommend eau de colognes and eau de toilettes for daytime use because of their light sillage, you want your date night fragrance to make a statement. reach for an eau de parfum or parfum for a scent that makes its presence known and lingers well into the night for an unforgettable date night you won't want to end.

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