

Smell is the strongest of our five senses, going well beyond the awareness of scents and often evoking emotions and memories, as well. Perhaps the scent of roses reminds you of your mother, or the smell of fresh-cut grass brings back memories of a favorite neighbor. Essentially, your signature scent has a large impact on the sort of feelings and thoughts that come to someone's mind. And your signature scent doesn't have to be limited to perfume, either. It can be just about anything, from a shampoo, soap, body wash or lotion to a mixture of products. If you're still searching for a scent that is uniquely you, consider the smells below and learn about the emotions often associated with them.

Lemon

The scent of lemon has a soothing effect and can even help promote concentration. This bright, citrus scent would be a great choice for the workday or when you're feeling a little uneasy or overwhelmed. Citrus scents are even said to make people feel more energized.

Lavender

This is a popular scent for bubble baths and shower gels for good reason — it is believed to help alleviate anxiety. Lavender is even used to help treat migraines, depression and insomnia. This plant-based aroma is perfect for making a calming impression on others.

Cinnamon

If you prefer warmer, cozier scents, then

cinnamon is a great choice. It's said to be a mood booster and can even help you wake up if you're feeling a little sleepy. If you'd like to have a positive, invigorating effect on people, consider using a cinnamon-scented lotion.

Jasmine

This pretty flower and its lovely scent boast some incredible benefits. The smell of jasmine is said to make people feel more confident and calm and can even help create a sense of optimism. Include jasmine in your beauty routine if you'd like to have an encouraging, happy influence on those around you.

Apple

Are you prone to headaches or migraines? If so, the crisp, fresh scent of apple may help decrease those aches and pains. Additionally, the smell of green apples in particular may help relieve nervousness.

Vanilla

This sweet smell is one of the most popular scents found in beauty products. Whether you opt for a vanilla-scented soap or a quick spritz of body spray, vanilla may help boost your feelings of happiness and calm.

Rosemary

This herb is perhaps more popularly known as a flavorful cooking ingredient, but it's also a great aroma to include in your signature scent. This scent is most touted for its effects on the brain, as it is said to help improve memory, fight exhaustion and help ease headaches. ●

