

# Smell Training

## What is Smell Training?

Smell Training involves repeated short-term exposure to odours. It's used to help improve a patient's sense of smell by improving nerve regeneration and the brain's ability to process smell information.

## Does it Work?

Smell Training works best for patients who noticed a decrease in their sense of smell after a viral illness. Research has shown that 1 in 3 patients with persistent decreased smell experienced some improvement after Smell Training.

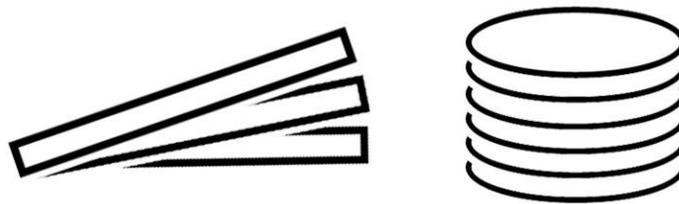
## Is Smell Training Safe?

Yes. Smell Training is safe and can complement other treatments your doctor may recommend.

## What Do I Need?

-Smell Training should not be used as a substitute for physician advice or treatment  
- We recommend avoiding smells if they make you feel unwell

### 1. Fragrance Strips or Cotton Pads



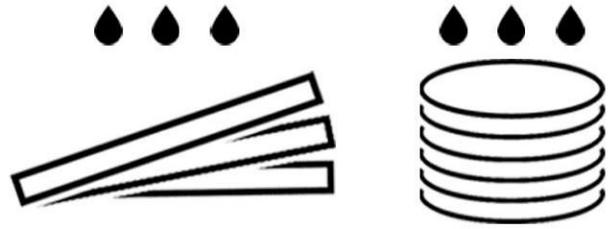
### 2. Four different essential oils:



These 4 odours cover all four categories of the "odour prism" which form the basis for other smells. These can be purchased online or from an aromatherapy store. There are no specific brands that are recommended.

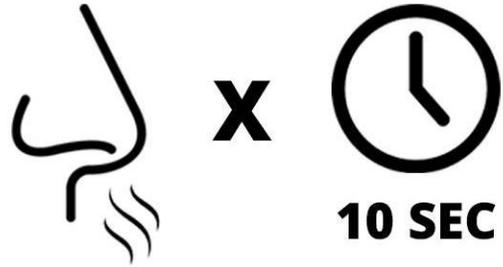
## How Do I Smell Train?

- 1 Pour a few droplets of one of the oils on to a fragrance strip or cotton pad.



- 2 Allow 1-2 minutes for the fragrance to develop before sniffing the scent

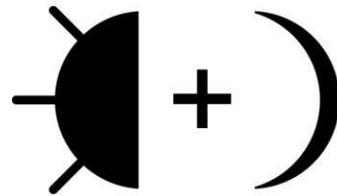
- 3 Hold the first pad or strip up to your nose, and inhale naturally. Smell each fragrance for 10 seconds before rotating to the next fragrance. Allow 10 seconds between odours. The order in which you smell the oils does not matter



- 4 Continue rotating between the 4 odours for 5 minutes and then stop. Do not train longer than recommended.



- 5 Complete this Smell Training protocol twice daily – once in the morning and once in the evening for 9 months.



- 6 You can change the mix of odours used every 12 weeks. Examples of other smell combinations are:

- a. Week 1-12: Lemon, Rose, Clove, Eucalyptus
- b. Week 12-24: Menthol, Thyme, Tangerine, Jasmine
- c. Week 24-36: Green Tea, Bergamot, Rosemary, Gardenia

### References

1. <http://www.fifthsense.org.uk/what-is-smell/>
2. Hummel T, Rissom K, Reden J, et al. Effects of Olfactory Training in Patients with Olfactory Loss. *Laryngoscope*, 119:496-499, 2009
3. Altundag A, Cayonu M, Kayabasoglu G, et al. Modified olfactory training in patients with postinfectious olfactory loss. *Laryngoscope*, 125:1763-1766, 2015

## Purchasing Your Oils

Examples of essential oil brands are Now Essential Oils, Aura Cacia, and Divine Essence. These can be purchased from aromatherapy stores, stores like Whole Foods, or online (www.well.ca).

## Online Purchase

**1** Go to www.well.ca and search for your brand and scent of choice directly.

Alternatively, search "essential oils" and scroll down to select from the brands in the left column.

Note: Pure Rose Essential Oil is extremely expensive (Divine Essence Rose: 5mL= \$258). Geranium has been utilized as a cheaper alternative to pure rose products, although studies have not been completed with Geranium products alone to demonstrate efficacy.

**2** Add all 4 scents to your shopping cart and then checkout (You will be prompted to create an account if this is your first purchase):



| Shopping Cart Contents   |   | Edit               |
|--|---|--------------------|
| 1x   | NOW Essential Oils Lemon Oil - 100% Pure      | \$9.99 CAD         |
| 1x   | NOW Essential Oils Geranium Oil - 100% Pure   | \$39.99 CAD        |
| 1x   | NOW Essential Oils Clove Oil - 100% Pure      | \$13.99 CAD        |
| 1x   | NOW Essential Oils Eucalyptus Oil - 100% Pure | \$10.99 CAD        |
| Sub-Total:   |   | \$74.96 CAD        |
| Economy Shipping (Delivery to your address is (estimated 1-3 business days): |   | \$0.00 CAD         |
| 13% HST:   |   | \$9.74 CAD         |
| Total:   |   | <b>\$84.70 CAD</b> |

**Total cost: \$84.70 (30mL Bottles = 4 Month Supply)**

If larger sizes are purchased to save costs, they should remain in good condition for 1 year before needing replacement.