

Plants That Stimulate the Sense of Smell

Plants have the ability to release volatile organic compounds (VOCs) into the air, which are detected by our olfactory receptors. These scents can trigger emotional responses, evoke memories, and even influence behavior, showcasing the deep connection between smell and emotional experience.



BASIL

Scent: Sweet, warm fragrance

Key Compounds:

Eugenol, linalool

Effects: Stimulating and comforting, increases appetite



BAY LAUREL
(LAURUS NOBILIS)

Scent: Strong, herbal

Key Compounds:

Myrcene, eucalyptol

Effects: Creates a soothing atmosphere, used in cooking



BEE BALM
(MONARDA SPP.)

Scent: Warm, earthy, slightly spicy

Key Compounds:

Carvacrol, thymol, geraniol

Effects: Relaxing, sweet floral aroma, used in teas and cooking



CARDAMOM (Elettaria
cardamomum)

Scent: Sweet and spicy

Key Compounds:

Terpinyl acetate, 1,8-cineole

Effects: Stimulates the olfactory senses, enhances appetite



CATNIP
(Nepeta cataria)

Scent: Minty

Key Compounds:

Nepetalactone

Effects: Stimulates playful behavior in cats, evokes calmness in humans



CILANTRO
(Coriandrum sativum)

Scent: Fresh, citrusy

Key Compounds:

Aldehyde C-12

Effects: Invigorating, stimulates appetite, enhances dish flavors





LAVENDER

Scent: Sweet, floral

Key Compounds:

Linalool, linalyl acetate.

Effects: Calming, known for relaxation



ROSEMARY

Scent: Woody, herbal

Key Compounds:

Rosmarinic acid, camphor

Effects: Enhances alertness, stimulates cognitive performance



JASMINE

Scent: Rich, floral

Key Compounds: Benzyl acetate

Effects: Enhances relaxation, improves mood



OREGANO
(ORIGANUM VULGARE)

Scent: Warm, aromatic

Key Compounds:

Carvacrol, thymol

Effects: Comforting, often associated with cooking



GERANIUMS

Scent: Sweet

Key Compounds:

Geraniol

Effects: Relaxing, evokes feelings of nostalgia



WORMWOOD (ARTEMISIA
ABSINTHIUM)

Scent: Strong, bitter

Key Compounds: Thujone

Effects: Complex aroma, evokes a sense of the outdoors, used in herbal remedies



THYME

Scent: Warm, savory

Key Compounds:

Thymol, carvacrol.

Effects: Comforting, promotes warmth



MINT (MENTHA)

Scent: Refreshing, minty

Key Compounds:

Menthol

Effects: Invigorating, aids in breathing



LEMON BALM (MELISSA
OFFICINALIS)

Scent: Fresh, lemony

Key Compounds: Citral, geraniol.

Effects: Uplifting, promotes relaxation





CITRUS PLANTS

Scent: Bright, zesty

Key Compounds:

Limonene (in lemon balm)

Effects: Uplifting, energizing, improves mood



EUCALYPTUS

Scent: Strong, minty

Key Compounds:

Eucalyptol

Effects: Opens nasal passages, enhances breathing and alertness



FENNEL
(FOENICULUM VULGARE)

Scent: Sweet, anise-like

Key Compounds:

Anethole

Effects: Soothing, associated with warmth in culinary uses



GARLIC
(ALLIUM SATIVUM)

Scent: Strong, pungent

Key Compounds: Allicin, sulfur compounds

Effects: Stimulates olfactory receptors, evokes warmth, enhances appetite



SAGE

Scent: Earthy, herbaceous

Key Compounds:

Thujone, camphor

Effects: Stimulates the sense of smell, enhances memory and clarity

