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July 2013

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More Than Just a Pretty Scent

The nose is a pathway to the brain—and certain smells may tinker with our emotions for the better

BY *Amanda First*



◀ Burning the candle at both ends? Rose oil appears to lower blood pressure. Get an aromatic fix with the **Ila Tuberose and Rose Candle for Inner Peace** (\$70; dermstore.com).

▼ A whiff of coconut could speed the body's recovery from stress. We like **Desert Essence Creamy Coconut Soap Bar** (\$5; Whole Foods).



PHOTOGRAPH BY MICHAEL WANDER



▲ Sweet orange may help stifle anxiety. One **K. Hall Designs Sweet Orange and Cassia Diffuser** (\$46; khalldesigns.com) for the office, please.

◀ In a study, baseball players who smelled jasmine hit better. We'll try **Intelligent Nutrients Jasmine Absolute** (\$97; intelligentnutrients.com).