

Marc Jacobs Daisy Dream
Twinkle Edition EDT, **£55 for 50ml**
(Fabled.com)

Prada Candy Sugar Pop
EDP, **£69 for 50ml**

Dior Poison Girl Unexpected,
£87 for 100ml (Debenhams.com)

Giorgio Armani
Si Passione EDP,
£73 for 50ml

DAYS 13-18

Your body is now ready for ovulation – that's the cue for progesterone, a sedating hormone that thickens the lining of the uterus for pregnancy, to rise. 'You should start to feel more relaxed and in control, which may explain your sudden attraction to statement-making scents,' says Roked. Those spiked with notes traditionally considered masculine, such as woods and spicy pink pepper in Giorgio Armani Si Passione, send out the message that you want to be taken seriously. However, towards the end of the week, your craving for sugary, high-fat snacks goes haywire. 'This could be the body's way of nudging a woman towards calorie-dense foods to prepare her body for a baby,' says Dr Roked. Your fragrance antidote? One clue: their notes are catnip for a sweet tooth, like the drizzle of white chocolate in Shay & Blue Black Tulips, and fresh peach and vanilla in Prada Candy Sugar Pop. The same is true of Marc Jacobs Daisy Dream Twinkle Edition, which contains whipped berry mousse and smells like it was created in a patisserie. You may even crave something with mouthwatering tartness, like the acidity of ginger and dash of salt that cut through the sweetness in Dior Poison Girl Unexpected.

'Remember, 75-95 per cent of what we taste is determined by smell so it's an effective remedy,' says Mastenbroek.

DAY 19-28

Things are set to get stormy. Progesterone peaks after ovulation in anticipation of a possible pregnancy and plunges if one is not achieved. Plummeting oestrogen reserves mean you also have less sleep-regulating serotonin, so your mood yo-yos from mellow to anxious in a heartbeat. In short, PMS. But bergamot has proven to be a safety net in perfume terms. A study by Geochang Provincial College in Korea found using this oil, along with lavender and ylang ylang, reduced blood pressure and the stress hormone cortisol. Find it in Molton Brown's Orange & Bergamot (intensely zesty) and Chanel Coco Mademoiselle Eau de Parfum Intense, which

has both a jolt of sunny bergamot and the subdued undertones of patchouli and vanilla – ideal after a few hours, when you crave calm. If premenstrual fluid retention is an issue, invest in crisp, aquatic notes that mimic the briny notes of the sea, as they can make you feel lighter. Maison Margiela Replica Sailing Day recalls floating in the ocean. 'Or, choose a fragrance with fewer heavy base notes and plenty of watery, green aldehydes, such as lily of the valley, to give the impression of transparency,' says Mastenbroek.

Miu Miu L'eau Rosée is refreshing as hell, which is more than a small mercy. ■

Molton Brown Orange &
Bergamot EDT, **£45 for 50ml**

Chanel Coco Mademoiselle Eau
de Parfum Intense, **£82 for 50ml**
(Fabled.com)

Miu Miu L'eau Rosée EDT, **£44 for 30ml**

Maison Margiela Replica Sailing
Day EDT, **£95 for 100ml**
(Selfridges.com)