

★THE ONE YOU HAVE

Any bright, splashy citrus such as **Clinique Happy Eau de Parfum**, £40 (50ml)

A SOFT, 'SAFE' SCENT Musk and citrus are neither too sexy nor too girly so a safe bet if you're seeking parental approval. "Reviving red grapefruit gives a burst of energy without trying too hard to attract attention, and balances the warmth of musk," says perfumer Roja Dove. Together they give the same informal, sophisticated vibe as a white T-shirt...

+THE ONE YOU NEED

A velvety musk such as **Coach Eau de Parfum**, £35 (30ml)

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A fresh rose such as **Chanel No.5 L'Eau**, £68 (50ml)

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Sweet, edible notes (they call this 'gourmand'), such as **Prada Candy Eau de Parfum**, £45 (30ml)

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Any sweet, heady rose such as **Emporio Armani Diamonds Rose**, £30 (30ml)

+THE ONE YOU NEED

A dark, spicy floral such as **Burberry My Burberry Black**, £65 (50ml)

A LIGHT, 'PICK-ME-UP' SCENT Weekends are about ease, so choose scents with a common note. Rose holds the same appeal as your Levi's 501s, for simplicity and softness. Better still, The University of Maryland reports the smell can relieve stress by reducing blood pressure.

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Any light floral, such as **Jo Malone Wild Bluebell Cologne**, £43 (30ml)

A SMART, 'POWER' SCENT Airy florals won't suffocate your interviewer. "But woody notes convey confidence and make you feel invincible," says perfumer Azzi Glasser. Spray lightly and they'll remember your brilliance, rather than the cloying perfume trail you leave behind. ▶

A SEXY, 'ADDICTIVE' SCENT

"Spicy floral scents have a quietly suggestive warmth and sensuality," says Dove. Don't mix it with other heady perfumes or he'll drown in the scent. Instead, throw in a base of sweet caramel for a playful, addictive perfume that'll set off his butterflies.

+THE ONE YOU NEED

Herbaceous woods such as **Tommy Hilfiger The Girl**, £25 (30ml)