

★THE ONE YOU NEED
A warm, earthy base such as **Marc Jacobs Divine Decadence**, £49 (30ml)

★THE ONE YOU HAVE
Any single note of jasmine, such as **The Library of Fragrance Jasmine**, £15 (30ml)

★THE ONE YOU HAVE
Clean oceanic notes such as **Paco Rabanne's Olympéa Aqua**, £49 (50ml)

★THE ONE YOU HAVE
Any crisp, grassy chypre such as **Miller Harris' Citron Citron**, £65 (50ml)

★THE ONE YOU NEED
A citrus-laced scent such as **DKNY Be Tempted**, £37 (30ml)

A FRESH, 'ENERGISING' SCENT Dr Alan Hirsch from the Smell & Taste Treatment And Research Foundation found the smell of jasmine improves focus. Also, lemon is a brain stimulant. Now we just need facilities to pump this mixture through the office air-con.

★THE ONE YOU HAVE
Any exotic oriental such as **Gucci's Guilty**, £43 (30ml)

A WARM, 'INVITING' SCENT Fruity florals don't get more grown-up than vibrant raspberry, verbena and rose. Mist over hair and clothes, then spray a heavy oriental scent on pulse points (neck, wrists and back of knees). "This spicy twist has the psychological effect of making friends feel comfortable around you," says Glasser. ♦

★THE ONE YOU NEED
A berry-heavy, fruity floral such as **Miss Dior Absolutely Blooming**, £49.50 (30ml)

A CALMING, 'RESTORATIVE' SCENT A break close to nature repairs your pollution-damaged sense of smell, so you'll appreciate this mix of woods and freshly cut grass (FYI, a proven mood-booster). "Add dark berries and it's your surroundings bottled," says Craven.

★THE ONE YOU NEED
A fruity floral such as **Chloé Fleur de Parfum**, £47 (30ml)

A SOPHISTICATED 'DAY-TO-NIGHT' SCENT The sea-inspired salted vanilla that kick-started your working day can evolve into a richer PM perfume. "Layering on amber intensifies an airy daytime fragrance," says perfume archivist James Craven of Les Senteurs. "This warm, earthy scent is like evening sunshine, imparting an erotic quality."

OFFICE BRAINSTORM
6PM DRINKS
WEEKEND IN THE COUNTRY
DINNER WITH THE GIRLS