

THE RESULTS

Count up your scores then find your fragrance family below.
If you have a joint score, you get to dabble with both. Lucky you

Mostly As: Citrus/Fruity

"You enjoy fresh ingredients and are tuned into health, diet and exercise," says Mark Cramers from The Library of Fragrance. "This fragrance type is a more adventurous personality, looking for the next feel-good high and new flavour experiences."

You are drawn to the sharp citrus scents that act like a wake-up call, triggering a feeling of energy. "Citrus scents stimulate the part of the brain that regulates your sleep-wake transitions, making them instant energisers," says Cramers. "They 'flash' off the skin first, meaning you smell them more immediately than you do other scents, signalling your brain to perk up straight away." You also love fruity flavours that remind you of childhood, sparking a feeling of happiness since they're associated with positive memories.

Woody scents and rich, spicy flavours will be too much for your palate, but light and breezy scents, top heavy in lemon and bergamot or juicy lychee and red berries, should hit the mark.

SCENTS TO TRY:

Gin & Tonic, £15, The Library Of Fragrance

Smell this and then smell an actual G&T. There's no difference. It's so sunny and citrusy that it screams to be worn on grey winter days.

Sweet Lemon Cologne, £89, Jo Malone London

If this scent makes you think of afternoon tea, you're not just being nostalgic: its tart lemon and fresh verbena immediately bring to mind lemon meringue pie.



Mostly Bs: Woody/Green

Your palate is drawn to vibrant scents, making your idea of the perfect Saturday a stroll around a farmer's market, before relaxing with a full-bodied dark merlot. "Woody types are likely to be outdoorsy, with lots of creativity and confidence; people who enjoy sensuality and calmness," says perfumer Azzi Glasser. "But while citrus types like scents with bite, a peppermint tea is the most invigorating a woody/green fragrance type will get. They prefer to balance fresh mossy smells with the warmth and comfort of woods and resins."

Often woody types have been put off fragrance after trying heavier, more masculine sandalwood-based colognes. Revitalising green tea and the calming, grounding scents of cedar wood and amber are your comfort zone and keep things distinctly feminine.

SCENTS TO TRY:

Red Truffle 21, £55, Jo Loves

Its surface is earthy like the aroma of truffle shavings over a steaming bowl of spaghetti. But underlying bitter citrus and cool crisp pine keep it modern and intriguing.

La Vie Est Belle Intense, £69, Lancôme

Not all woody scents need to smell like men's cologne. This one is pretty and feminine, thanks to crisp hazelnut cutting through its floral tuberose and ylang-ylang heart.



Mostly Cs: Floral

"Everything from your favourite alcohol to the herbs you cook with – usually basil – speaks to how traditional you are with your tastes," explains Lorna McKay from The Perfume Society. "You're likely to enjoy bouquets of lily of the valley, orange flower, gardenia and freesia in your perfumes."

Floral fragrance types are in tune with their natural environment – so much so that they can register tiny fluctuations in sweetness, freshness and powdery sensations in their own back garden. If this is you, rose is a great route into florals. At some point, this poor bloom gained the reputation of being an old lady scent. Rather than cloying, today's rose scents are much lighter – some perfumers even use entire rose plants (leaves and all) to add brightness – and are a good match for your fragrance type. And don't be afraid of a little spice; you'll enjoy it more than you think as it adds interest and a modern twist to traditional scents.

SCENTS TO TRY:

The One Essence, from £65, Dolce & Gabbana

It's floral with a little bite. Lily of the valley keeps things feminine, while a slight saltiness reminds you of wet skin drying under the sun.

The Perfumer's Story in Twisted Iris, £95, Azzi Glasser

Powdery iris and musk give this fragrance a wonderfully feminine touch but the green fig keeps it fresh – so there's no risk of smelling older than your years.



Mostly Ds: Oriental

Forget mild flavours or weak tea, oriental fragrance types like their dishes fiery, their coffee with a kick and their cocktails to be as exotic as they come. This is not a fragrance family for the faint-hearted.

Just like that bowl of savoury pad thai, that pinch of chilli or that slab of rich dark chocolate, the scents you're drawn to are guaranteed to make your taste buds come alive. Think sandalwood to add sweet balsamic softness, spicy pink peppercorns or milky vanilla, a proven psychogenic aphrodisiac, which heightens all sensations of pleasure.

"These scents are indulgent, sensual and often exotic – and, like their foodie counterparts, transport the senses to another place," says haute perfumer Roja Dove. "Typically oriental fragrances suit someone who likes to be centre of attention or the life and soul of a gathering." Because you wear scents that empower, you will embrace the fact that oriental ingredients tend to lie at the base of a fragrance, meaning they last the longest and make the boldest impression.

SCENTS TO TRY:

Black Orchid, £64, Tom Ford

It's just smoky enough to remind us of a log fire rather than the joss sticks we burnt as teenagers. Combined with flowers and rich fruits, it's warm, seductive and positively purrs on skin.

Decadence, from £69, Marc Jacobs

Jasmine and warm amber combine to make a sensual scent that's not overpowering to wear on a first date.

