

TEST DRIVE

Making Scents of New Year's Resolutions

A new fragrance can be a gentle reminder to stick to your goals. Here are eight to help you stay the course

By ROSE HOARE Jan. 8, 2015 5:46 p.m. ET 2 COMMENTS

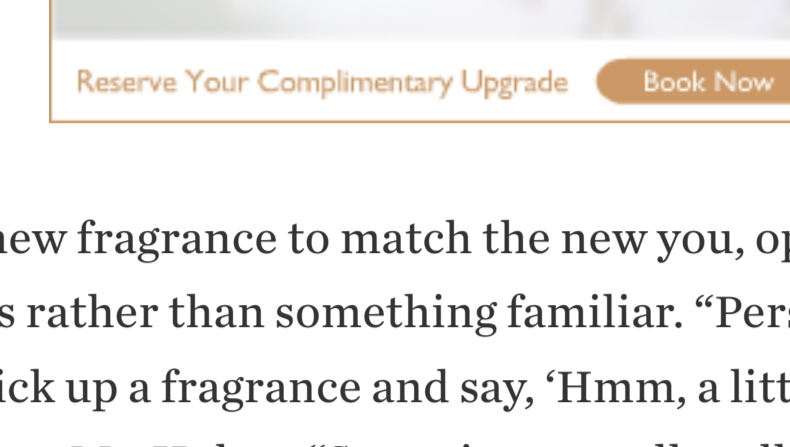
FINDING IT HARD to keep your New Year's resolutions? The key to staying the course might be right under your nose. Like changing the part of your hair or taking a new route to work, a new scent can subtly alter your outlook.

Carlos Huber, founder of fragrance brand Arquiste, says a new scent can be more effective than plastering your bedroom mirror with exhortations on Post-it Notes.

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"Fragrance is a very important part of how you feel—maybe even more so than visual cues," he says. "When you want a change in your life, it's important that you feel different. It's like changing a city or

changing the color of your room; if all the sounds and smells around you are the same, you don't feel changed."



To choose a new fragrance to match the new you, opt for something that intrigues rather than something familiar. "Personally, I like when I can pick up a fragrance and say, 'Hmm, a little bit of lavender,'" says Mr. Huber. "Sometimes smell really taps into memories of what your body takes comfort from."

Here, we've matched eight scents to common resolutions. Now, go get 'em!



FOR HER



1. THE RESOLUTION: Get healthy.
THE POTION: A splash of Creed's citrus-heavy Millésime Impérial is the perfume equivalent of drinking water with a squeeze of lemon juice in the morning. *£190 for 120mL; [creedfrances.co.uk](#)*

2. THE RESOLUTION: Take a dream trip.
THE POTION: Rich and spicy, Anima Dulcis by Arquiste recalls Mr. Huber's native Mexico City, from its chocolate-loving culture to its cedar-beamed homes and jasmine-scented courtyards. *£125 for 55mL; [bloomperfume.co.uk](#)*

3. THE RESOLUTION: Stop swearing.
THE POTION: Get one step closer to that inner peace with Cloud 9 by Roads. Its camomile and sandalwood notes smell simple and reassuring, like baby shampoo or clean laundry. *€98 for 50mL; [brownthomas.com](#)*

4. THE RESOLUTION: Be more assertive.
THE POTION: 1270 by French cognac company P Frapin et Cie is a boozy, sophisticated scent with sweet, woody notes reminiscent of an old cellar. As confidence-inspiring as a mouthful of fine brandy. *€110 for 100mL; [parfums-frapin.com](#)*

FOR HIM



1. THE RESOLUTION: Quit smoking.
THE POTION: Sublimate your vices into a luxury perfume context. By Kilian's Light My Fire is as mellow as a Montecristo, with hay and cumin adding depth. *€215 for 50mL; [bykilian.com](#)*

2. THE RESOLUTION: Read more.
THE POTION: Each of Imaginary Authors' cleverly layered scents refers to an imagined novel. The Soft Lawn, a "portrait of adolescent upper-class rebellion in New England," is fresh and green. *£70 for 60mL; [roullierwhite.com](#)*

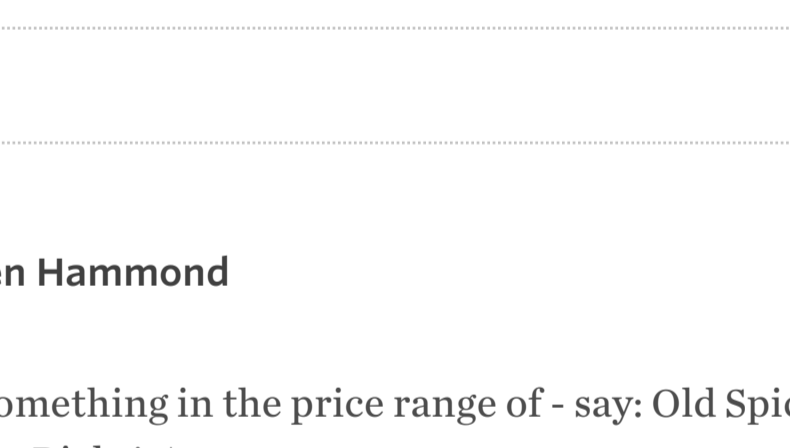
3. THE RESOLUTION: Be kind to the environment.
THE POTION: Honoré des Prés scents are formulated with organic ingredients. Earthy and warm, Love les Carottes is derived from carrots, underpinned by orris, patchouli and vanilla. *€76 for 50mL; [be-ecocentric.com](#)*

4. THE RESOLUTION: Cook more.
THE POTION: The basil and sage-driven opening of Pure Addiction by Paul Emilien should inspire even the most recalcitrant of cooks to get something simmering. *£100 for 90mL; [bloomperfume.co.uk](#)*

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Stephen Hammond
Have you got something in the price range of - say: Old Spice? No, the Classic Version, please. Right! \$1.99.
2 days ago

Cynthia Holloway
Something smells good!
2 days ago

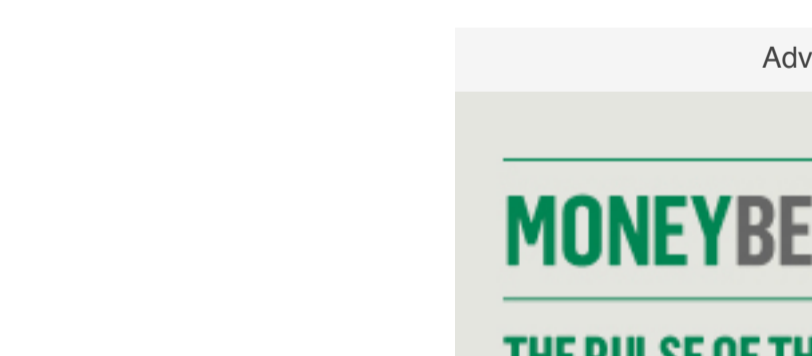


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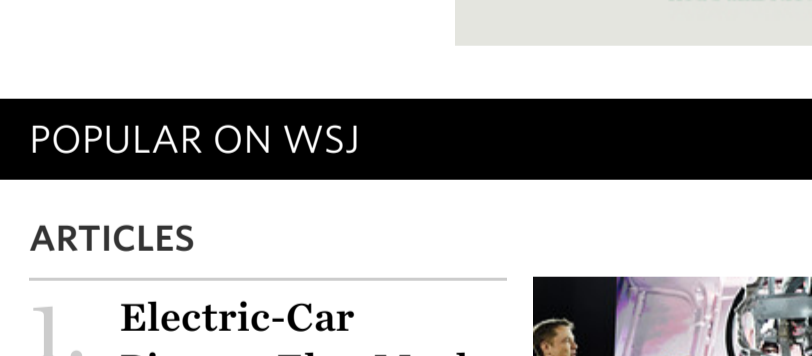
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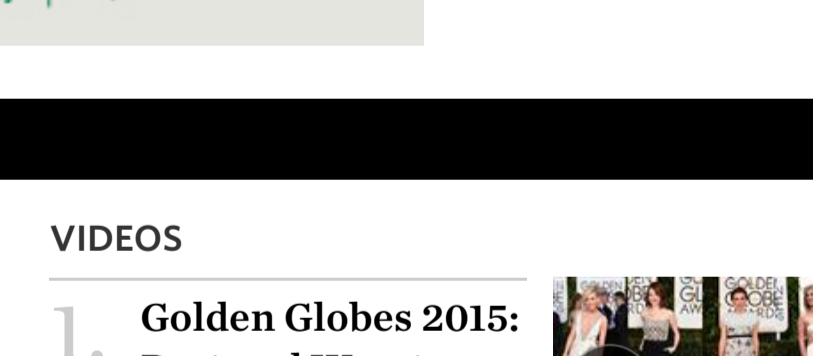
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