

Spa Sleep  
Farm to Face  
Cultivating Happiness

# beauty

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## The Healing Power of Perfumes

*Botanical fragrances that are  
beautiful and therapeutic*

By Kristin Vuković

According to Greek legend, perfume was created when the nymph Oenone shared some of Venus's beauty secrets with her husband, and he passed them along to Helen of Troy. Since then, people have extracted essences from flowers, berries, barks, leaves, resins and citrus peels, in an attempt to capture nature's nectars and create signature scents.

Centuries later, many commercial perfume makers have replaced natural essences with →