



Suggested Smell Training for COVID-19 & Others with Olfactory Dysfunction

Supplies needed:

- *[Rose](#) or (Rose) [geranium](#) essential oil (flowery)
- [Lemon](#) essential oil (fruity)
- [Clove](#) essential oil ([cinnamon](#) or [ginger](#) would be a good substitute) (spicy)
- [Eucalyptus](#) essential oil ([Rosemary](#) would be a good substitute) (resinous)
- 4 small, wide-mouth glass jars (the size of a baby food jar)
- 4 droppers (if your essential oils don't have a dropper top on them)
- Optional: Visual representation of each item the essential oils come from (a picture from the internet or from a book of a lemon, a rose, cloves, and eucalyptus) — or the actual item, such as a lemon if you have it in your home. (affiliate links are highlighted).

Preparation

Label each jar with the name of one of the essential oils and then put 5 drops of the corresponding essential oil in the jar. Tighten the lid. Assemble your visual representations if you're going to be using them as in the study. You're now ready to begin. You should do your smell training twice a day, once in the morning and once in the evening. Read through the directions first and then begin your training session.

Smell Training Steps

1. Close your eyes and randomly choose a first jar — don't look at which one it is. Unscrew the lid and take light sniffs for about one minute, not deep inhalations. Light sniffs will cause the molecules to travel to the top of your nose, into the olfactory epithelium, where neurons can communicate with the brain to help your nose recognize the aromas again. Deep breaths will instead route the molecules into your lungs. This is good for helping with respiratory issues (especially when using essential oils that have an affinity for the respiratory tract such as peppermint, thyme, or rosemary), but that is not what we want for olfactory training. Remember, **light sniffs**. See if you can detect any scent.
2. Open your eyes, look at the jar to identify the scent, and if you are using a visual representation, get that and put it next to you. Wait 30 seconds then repeat the whole process again, but this time look at the picture or actual item while you are sniffing the jar. Alternatively, if you're not using a picture, recall a memory that you have associated with this scent and focus on that while you sniff it for another 30 seconds.
3. Wait about five minutes then move on to scent #2 and repeat the process. Once you have completed all four aromas, you are finished. I would suggest keeping a journal of the results so you can track your progress. Here is a simple [Smell Training Chart](#) you can download and print to record your observations. Use the extra space on the lines to add notes.
4. **Important tips:** Remember to do this twice a day. And focus entirely on what you're doing by eliminating any distractions. Don't watch TV, listen to music, eat, or anything else. Give your mind totally to this experience. Be persistent and keep it up. In the study, those who had the best results kept up the training for over 28 days.

For more details, see the blog post located on [Spaces of Grace.org](#).