Behnaz Sarafpour is an Iranian American designer of women’s clothing, accessories, jewelry, and fragrances. Behnaz was honored by First Lady Michelle Obama at the White House as the winner of the 2013 National Design Award for fashion design. In 2017, she launched BEHNAZ fragrances, all water-based single note flower essences inspired by her Persian heritage. Most perfumes are made by extracting scented oil from natural ingredients. Ingredients can include different fruits, plants, and woods. Today we’ll create our own fragrances using items we have at home!

Gather materials:
- Small Containers
- Spray Bottle
- Different Types of FoodExtracts and/or Essential Oils
- Eye Droppers / Pipettes
- Water
- Tangible Food Items to Match Scents (optional)

Add one teaspoon of each extract/essential oil to its own small container.
3. Add 2-3 teaspoons of water into each small container to dilute the extract/essential oil.

4. Add an eye dropper or pipette to each small container.

5. Uncap your spray bottle so that the child will be able to add their scents.

6. If you have any tangible food/plant items in your home that match any of your extracts or essential oils, grab them! Show them to your child first. Introduce each tangible item and ask them to smell it. Then, allow them to smell their matching extracts to compare. Have them smell the remaining scents. Can they guess what food/plant they come from?
Allow them to pick the scents they like best and add them to their spray bottle. They can add more of one scent, less of another, and experiment with ratios.

Once they are finished creating their perfume, cap the spray bottle and spritz it on their wrist. They’ve made their own perfume! How does it smell?!