Scents and our well-being

Our olfactory senses are a gateway to improving our mood and can have a positive effect on stress reduction, sleep enhancement, self-confidence, and physical and cognitive performance. Scents are also linked with memories and emotions. Therefore, certain smells, such as coffee and tea, cookies or coconut may trigger a particular memory of a positive association — time spent with your mother or a beach vacation with your family.

If you need a little boost of energy, require better sleep or are just feeling a bit nostalgic, your nose knows the way.

Boost energy and alertness:

- Citrus
- Cinnamon
- Peppermint
- Rosemary
- Coffee
- Jasmine

Improve sleep quality:

- Lavender
- Chamomile
- Jasmine
- Rose
- Clary Sage
- Frankincense
- Vanilla
- Geranium

Boost happiness and joy:

- Pine
- Vanilla
- Mint
- Citrus
- Jasmine
- Lavender
- Freshly cut grass

Induce calm and stress relief:

- Jasmine
- Lemongrass
- Vanilla

Alluring scents:

- Pumpkin
- Orange
- Lily of the Valley

Recall happy memories:

- Specific person
- Event or holiday
- Place

Blue Cross Blue Shield of Michigan and Blue Care Network are nonprofit corporations and independent licensees of the Blue Cross and Blue Shield Association.