



## SMELL TRAINING

Your provider has recommended that you begin treatment to regain your sense of smell. Smell training is a newer treatment for patients with impaired or lost sense of smell. It is a structured program in which you expose yourself to four major categories of odorants, twice daily, for a minimum of four months.

The first step is to purchase the following essential oils: **Clove, Lemon, Eucalyptus, and Rose**. These are the odorants you will use to retrain your nose and brain to smell again.

The treatment: Uncover each of these odorants twice daily and place under your nostrils. Breathe normally. Allow 15 seconds with the odorant under your nose to concentrate on what you are smelling. Wait 15 seconds before beginning the next odorant. This requires two minutes of your time, twice a day.

Follow up with your provider after four months of treatment to assess your progress. Some patients will benefit from a new set of odorants if the training is extended.