



Olfactory Training

1. Using the essential oils of rose, Lemon, Eucalyptus and Clove. Neither brand, cost or concentration is important.
2. Open each essential oil container, hold one individually under your nose and breathe slowly and deeply for 15 seconds.
3. Break for at least 15 seconds in between scents and rotate through all the scents.
4. Focus on what you remember these odors smelling like before the loss of smell while performing this exercise.
5. Perform this training protocol twice daily, every day for 6 months.