

日本化粧品学会誌 Vol. 31, No. 3, pp. 191-195 (2007)

〈シンポジウム I〉

『感覚を科学する』嗅覚から考える

香りの効果

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Psychological and Physiological Effects of Fragrance via Olfactory Perception

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Abstract

Lore of the effects of perfume materials has been handed down over thousands of years. It has been evident from recent studies that certain aromas really have psychological and physiological effects on our mood states and bodily functions. These effects of aromas are useful in performing the health and beauty care from the perspective of body-mind unity.

Key words: perfume, effect, olfaction, cosmetics.