

## Alternative historical perfumes

### Cyprinum

#### Materials

- 100 g omphacium – either use shop-bought olive oil (choose an odourless one) or if you have access to fresh green olives, pick a carrier bag full of them in August, to prepare your own omphacium (see main article for instructions).
- 65 g calamus roots (*Acorus calamus*)
- 40 g cardamom seeds (*Elettaria cardamomum*)
- 10 g cinnamon sticks (*Cinnamomum zeylanicum*)
- 10-15 drops myrrh oil (depending on the strength of the oil)
- 40-50 drops henna oil (depending on the strength of the oil)

#### Preparation

1. Use a kitchen mixer to grind the calamus roots, cinnamon sticks and cardamom seeds, then add them to the omphacium.
2. Place the mixture in the oven at 40 °C, and stir several times per day for three days.
3. Strain the scented oil.
4. Add the myrrh and henna oils.

### Rhodion

- 110 g omphacium or odourless shop-bought olive oil.
- 80-90 drops lemongrass (*Cymbopogon schoenanthus*) oil (depending on the strength of the oil)
- 40-50 drops damask rose (*Rosa damascena*) oil (depending on the strength of the oil)

To prepare the perfume, simply mix the ingredients.

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Supporting material for:

Farusi G (2011) Smell like Julius Caesar: recreating ancient perfumes in the laboratory. *Science in School* 21: 40-46. [www.scienceinschool.org/2011/issue21/caesar](http://www.scienceinschool.org/2011/issue21/caesar)