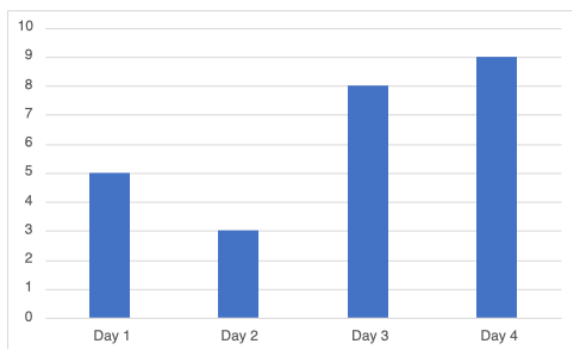


Does Scent Matter?

I've always thought about how to attract an ideal partner; trying various pheromones, seeming more presentable, embracing my natural aroma, and even attempting to have a better personality, but none of them worked. You will discover today how to attract a partner and why they are drawn to you. While conducting some studies, I've discovered the key element to finding a companion. In the following paragraphs, I will discuss the top qualities you must possess to attract a mate. This will not include any surface-level information; it will only cover physiology and biochemistry.

Dissecting the Myth: Cleanliness vs. Natural Aroma:

You might be thinking why does it matter what I smell like and does it actually make me more “attractive”. According to the article Human Pheromones and Sexual Attraction, “recent studies have found that pheromones may play an important role in the behavioral and reproduction biology of humans” Olfactory communication is fairly prevalent among animals, and with the discovery of an accessory olfactory system in humans, there has been a lot of scientific curiosity in probable human olfactory communication. Human males also detect the high-fertility (ovulatory) period in women by bodily odor, which may act as a form of sexual stimulant for men. Don't be fooled; having a terrible odor due to a lack of cleanliness does not imply that you smell good. I performed my own research. I instructed my partner to work out two days in a row without showering or using deodorant. The first day he had a musky scent, but the second day he had an unsettling odor to me. He smelled so much better the third day after showering and without wearing deodorant. So you don't have to use deodorant to smell good; you simply have to be clean. On the fourth day, he washed, put on deodorant, and fragrance, and oh my gosh, he smelt amazing! Sometimes individuals use deodorant to conceal an unpleasant odor, but you can still smell it; however, a fresh aroma on top of cologne smells so much nicer. Scent is a powerful factor when it comes to attraction. Needless to say, your natural body odor plays a big part in why you find someone attractive



(rating scents out of 10, day 1-10)

Discovering Your Signature Scent:

Another way to improve your attractiveness is to find your signature scent. You might have a signature scent, but it might clash with your natural scent. Next time you shop for perfumes or colognes, think about how it will harmonize with your natural scent.. "Although such materials are used for their fixative and odor qualities rather than their pheromonal effects, perfumes are generally marketed as having the ability to enhance sexual attractiveness." As an example, Twenty-six adult males and five adult females took part in the study. Each woman wore a cotton T-shirt at night for three days during the ovulatory phase, after which the regions of the T-shirt that came into contact with the lady's chest, underarms, and back were cut out of the garment. The researchers were interested in how testosterone and cortisol levels altered in the saliva of guys who smelled these textile pieces. The perfume released by women's backs was found to increase testosterone secretion in men, whereas the scent emitted by women's chests decreased cortisol secretion in men. These studies suggest that the aroma of specific female body regions influences men's unconscious physiological responses. It has been scientifically demonstrated that some smells cause men to react positively both physiologically and psychologically. Research has demonstrated that lavender, which is linked to relaxation, can lower cortisol levels and boost feelings of contentment. Vanilla, which is frequently associated with comfort, is pleasurable and calming. Sandalwood stimulates participants' attention and mood because it is linked to elevated alertness and a happy mood. Orange and lemon scents, in particular, are associated with energy and vigor as well as mood-enhancing and stress-relieving properties. Known for its cooling effects, peppermint improves alertness and mental function. Although individual responses may differ, scientific studies have shown that these scents have positive effects, so scent selection should be based on personal preferences.

The Unconscious Chemistry: Major Histocompatibility Complex (MHC):

The last thing you need to know is that it's out of your control. Finding the perfect partner is deeper than the surface level, it's all about the chemistry, literally! It's called the Major Histocompatibility Complex (MHC). MHC is the major mechanisms behind our unconscious mate preferences the more people differ in their MHC genes, the more sexual attraction they appear to feel for each other this is a natural way for our reproductive system to thrive having different MHC antigens help with having healthier offspring. If you have different antigens from your partner, your offspring is most likely to be healthier because they would have more antigens to fight off different diseases and illnesses, versus if two other people mated with the same antigens their baby will be more likely to suffer from other diseases and illnesses because they don't have many different types of antigens.

Long story short, finding a partner is deeper than the surface level. Things don't get me wrong it's great to be physically attracted to someone but just because someone is physically attractive doesn't mean they are the correct mate for you. Next time you jump to

conclusions thinking someone doesn't like you for how you look. Just remember not everything is surface level think about the deeper meaning.

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Adapted from studies by Diego et al., 1998; Warren et al., 2003; Moss et al., 2003; Komori et al.,

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