

Date: 05.11.2015

Publication: The Lichfield Mercury

Circulation: 29,445

# Lichfield Mercury

## Traditional smells of Christmas can bring back fond memories



THE sense of smell is a truly powerful thing. One whiff of a long-forgotten scent can transport you back years.

The traditional smells of Christmas – cinnamon, cloves, spiced oranges, mulled wine – can be a potent reminder of happier times, and can be a real comfort in the dark winter months.

We've rounded up the best fragrances on the high street that will make your home smell a lot like Christmas.

Marks and Spencer has a whole range of products with fresh, wintery smells, including candles, votives and diffusers in a mandarin, clove and cinnamon, as well as 'winter', which has aromas like green mistletoe, fragrant evergreen and fresh apple.

For a touch of luxury they

also offer candles with the scent of Frankincense and Myrrh.

The White Company's fragrance, 'Winter' is described as the "inviting aroma of stepping in from the cold," with notes of sweet cinnamon, clove and fresh orange.

This one comes in as an oil and a diffuser.

Next has a range of different-sized scented candles and diffusers permeated with its 'Festive Spice' fragrance – a blend of juicy orange, red berries and spices.

For a real comforting smell, Sainsbury's is offering a figgy pudding candle, which comes in its own cute little pudding basin, tied up with a festive red bow.

If you like the real Christmas tree scent but don't want

to spend hours vacuuming up pine needles, then [Scentsicles](#) could be the perfect compromise.

Available at John Lewis and Amazon, they hang on the tree alongside your other decorations or even on a festive wreath, and give off the smell of fresh spruce.

But if you want a natural smell then greenery is the way to go. Aside from the Christmas tree itself you can add a seasonal scent to your home with any conifer cuttings, as the sap gives off that unmistakable Christmas aroma. Try tying cinnamon sticks into bunches and using in decorations for a spicier holiday scent, while fresh sprigs of sage and rosemary give out a clean holiday scent when kept in water.