



ADVANCED SINUS  
AND  
ALLERGY CENTER

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## Olfactory Training

Patients with olfactory dysfunction benefit from repeated exposure to odors. This is called “Olfactory Training.” It is believed that Olfactory Training triggers regeneration of olfactory neurons. Olfactory training is typically performed for a total of 36 weeks in patients with Post-Infectious Olfactory Dysfunction. Some research suggests that better results are obtained when training is performed for 56 weeks.

### Months 1 - 3

1. Buy the following 4 essential oils: rose, eucalyptus, lemon and cloves
2. Smell each oil for 10 seconds waiting 10 seconds between odors for a total duration of 5 minutes
3. You should do this cycle twice daily in the morning before breakfast and in the evening before bedtime.

### Months 3 - 6

1. Buy the following 4 essential oils: menthol, thyme, tangerine and jasmine
2. Smell each oil for 10 seconds waiting 10 seconds between odors for a total duration of 5 minutes
3. You should do this cycle twice daily in the morning before breakfast and in the evening before bedtime.

### Months 6 - 9

1. Buy the following 4 essential oils: green tea, bergamot, rosemary, and gardenia
2. Smell each oil for 10 seconds waiting 10 seconds between odors for a total duration of 5 minutes
3. You should do this cycle twice daily in the morning before breakfast and in the evening before bedtime.