

## Guide to Smell Training

You may find that after your COVID-19 infection, you have lost your sense of smell. Most will recover after two to three weeks, but some may have longer loss of smell, also known as parosmia. Some people also experience unusual smells as they recover. The loss of smell can affect taste as well. This may cause your favourite or familiar foods to smell and taste differently.

Currently there is no treatment to get your smell. There are “smell training kits” that some studies have shown can help some people recover faster.

### Smell Training Technique

#### Materials:

- Essential oils (Choose 4 distinct scents that you recognize and enjoy. For example: lemon, eucalyptus, rose, clove.)
- OR household items such as spices, orange peels, coffee beans, your favourite perfume.
- Empty glass jars with lids, cotton pads OR paper

#### Directions:

1. If using jars, pour a small amount of essential oil in the jar, or place a few drops of absorbent paper and put that into the jar. Keep the jar lid screen on between sessions and store in the fridge or a cool place. Label each jar with the fragrance.
  - a. If using household items, place those items into a clean bowl.
2. Hold the first jar/bowl about 1 inch from your nose.
3. Relax and slowly and gently, inhale naturally for 10 seconds. Take quick gentle “bunny sniffs” – sniffing too quickly and deeply is likely to result in you not being able to detect anything.
4. Repeat 2 or 3 more times, then pause for 15 seconds.
5. Move onto the next smell and repeat as above.
6. When you are finished, ensure jar is screwed tightly shut and stored in the fridge or a cool place to reuse.

#### Tips

- Smell train at least twice every day for at least 4 months
- Be consistent and try to stick with it – for some people, it can take weeks or longer to detect any scents

Additional resources:

<https://abscent.org/>

<https://www.fifthsense.org.uk/>