

Tried and tested by Aisling

Six deadly smells and how to avoid them

Stale-smelling hall

Every house has an individual odour, and the hall is someone's first impression of your house. Dozens of smells linger in the carpets, rugs and curtains. You don't necessarily notice them, but other people do.

Solution: A really nice reed diffuser on the hall table will make all the difference. I'm using a lovely Voya Oh So Scented reed diffuser (€44), and it is my favourite so far.



Yesterday's dinner

Cooking smells can linger for days, and there's nothing worse than returning home to the smell of last night's dinner. Please don't use a vile chemical "air freshener", as it will replace one horrible smell with another one. Instead, go for the slow burn.

Solution: Scented candles. A high-quality scented candle that releases a long-lasting fragrance will permeate the house. L'Occitane Neroli and Jasmine, Max Benjamin Grapefruit, and Jo Malone Green Tomato Leaf Candle (€52) are all good choices.

Exam stress bedrooms

Teenagers in the throes of preparation for the Junior or Leaving Cert have a frenzied scent all their own, which is somewhere between the pong of sweaty gym bags and three-day-old socks. You can't help with their exams, but you can make their study space smell fresher.

Solution: Febreze (€4.05). This is the only air freshener I have time for. Room scents This Works Deep Sleep Pillow Spray can also be sprayed on to bed linen for a relaxing student slumber.



Downstairs toilet

Most of the people who visit your home will at some stage use the downstairs loo. There is usually not much space here, so use miniatures. Votive candles and mini reed diffusers are very effective in a small space. Of course you don't have to do this, but I also put perfume out too for visitors to use. It's the little things, isn't it?

Solution: Right, a set of four Linea diffusers, about €11.50 at House of Fraser.



Wet dog and cat litter box

You and the dog have been out for a walk in the rain and he has taken full advantage of the opportunity to get as wet and stinky as possible. While he snores in his basket, the smell lingers despite vigorous towelling. I have four cats, and the smell that emanates from their litter box is something I want to minimise. Candles aren't the solution with animals that can jump; my Maine Coon recently sizzled her enormous fluffy tail on a candle flame.

Solution: I use a Petalwell (€95) in the animal areas, as the long release of essential oils replaces animal smells with nice ones.



Aisling loves ...

Night-time scent

Not a sin in this time, unless we count indulgence as one. I have a night-time ritual based around fragrance. I find that lighting a scented candle in the bedroom about an hour before I go to bed sets the scene for relaxation. Room scents are also a must.

Solution: Molton Brown Pink Pepperpod Home & Linen Mist (€30) are two favourites.

