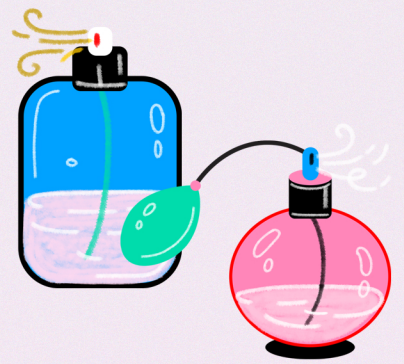


# Tips on Fragrance & Dermatillomania



## Environmental Smells

- Step out into **nature** & take in the fresh air which relaxes us & brings us joy
- Take deep breaths & **practice aromatherapy** post shower from herbaceous steamers or essential oils
- Cleanse with **sage spray** to clear your space of negative energy
- Overload smell in environments to quell other senses like an **oil diffuser** in the bathroom
- Spritz **lavender pillow spray** pre-pjs to wind down & drift off

## Fragrance Management Strategies

- Reward yourself with a new scented **hand cream** for achieving your mini goal
- Knead **scented slime & putty** during Zoom calls
- Find a **nostalgic smell** that lights you up & sniff it in your trigger location, like a cherry chapstick on the couch
- Attach a new habit to **scented candle lighting**, like saying I'm grateful for my skin each time you light the candle
- Wash clothes in a gentle, familiar **detergent** to help the garment blocker evoke soothing feelings while protecting from wandering hands

## Scents to Wear

- Wear scents over a dab of an occlusive like **Aquaphor or Vaseline** as they bond together & last longer
- Hang a **perfume pendant necklace** around your neck to consistently smell perfumed pomade
- Roll on **essential oils** on pulse points in morning like citrus or peppermint to energize and motivate
- Spray an **unfamiliar perfume** on wrists to alert you by smell to face-scanning fingers
- Wear a perfume from your **youth** when you're having a flare-up to remind yourself to show up for your younger self

## Effects of Smell & Skin Picking

- Scent can **alert to infections** by the rank, sour smell of infected discharge from a picked area
- Smelling picked wounds or facial sores up close in a mirror can build a **familiarity** for the scent of iron
- Nose picking can cause tissue & membrane damage plus dead skin, scabbed build up that **inhibits smell**
- Some sniff, nibble or eat the picked **scab**

## Take Action

- Stay up-to-date on all our latest resources by joining our newsletter at [pickingme.org/emailsignup](https://pickingme.org/emailsignup)
- Read our founders Skin Picking experience in [The Book of Amazing People](#)
- Connect with fellow strugglers & swap strategies at our bi-monthly online support group, [pickingme.org/onlinesupportgroup](https://pickingme.org/onlinesupportgroup)
- Rep our nonprofit with #PickingMe tees, tanks, hoodies & more with our [ClozTalk line](#)
- Download our free Skin Picking Log at [pickingme.org/skinpickinglog](https://pickingme.org/skinpickinglog) to help track triggers and gain awareness of your picking patterns