**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/emails
- 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
- Rep our nonprofit with #PickingMe tees, tanks, hoodies & more with our **ClozTalk line**
- Download our free Skin Picking Log at pickingme.org/skinpickinglog to help track triggers and gain awareness of your picking patterns