



# Where to wear perfume?

## On the new "spiritual" pulse points!

According to pros, you can alter the way you feel by applying your scent to one or more of your chakras—energy points on your body used in Asian Ayurvedic medicine to balance mind, body and spirit. Here's how:

### Spray it on your . . .

**1 CROWN CHAKRA**  
for mental clarity

Apply perfume to the crown (head) chakra to increase your ability to focus, says alternative medicine specialist Amy Mok, owner of Brooklyn NY's Cornerstone Healing.

**2 HEART CHAKRA**  
to nurture relationships!

Dot perfume on the heart chakra to open up and increase your ability to connect with others, says Mok.

**3 ROOT CHAKRA**  
to awaken sexual energy

The lower abdomen is the origin of qi (energy), explains Mok—and perfuming it helps bring energy downward and increase blood flow, which will boost your libido.



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