WHY CAN'T I SMELL MY CANDLE'S AROMA?

3/4/2023

CANDLES   AROMA   SAFETY   FACTS

D. KAY BY
Tina Renee
WHIFFS ON WHEELS

Online   www.dkaycandles.com

Instagram   @whiffsonwheels

Picture this: One evening, your best friend invites you over for dinner. As you enter the house, the scent of their two wet dogs hits you immediately and intensely. Meanwhile, your best friend seems not to notice or mind. As time passes, the smell of the wet dogs seems to become less noticeable to you as well. What you've just experienced is called **Nose Blindness**. It happens when common smells around you become less noticeable or even undetectable.

Nose Blindness is a temporary, naturally occurring adaptation of your body that leads to an inability to detect or distinguish common scents in your surroundings. It's sometimes also referred to as olfactory fatigue or olfactory adaptation. Nose blindness is often associated with areas where we spend a lot of time. It's why we often have a hard time detecting a candle's aroma, if we have been in the general area that it has been burning in. It's also why your best friend, in the example above, seemed unfazed by the scent of their wet dogs.

It's important to note that nose blindness is different from anosmia, a condition in which your overall sense of smell is greatly reduced or even lost. While nose blindness happens naturally, anosmia can occur due to an infection, injury, or other factors.

There isn't any particular way to prevent nose blindness. That's because nose blindness is a natural adaptation of your body that occurs automatically. Most of the time, you're not even aware that it's happening. **The simplest way to reduce nose blindness** in your home or another area where you spend a lot of time is to leave for a period of time and then return.

If you've ever been out of your home for a period of time and then upon returning notice that it smells different than it did before you left, you've already experienced this.

To detect odors in your home, the United States Consumer Product Safety Commission recommends leaving your house for a few minutes and then reentering.