A scent-family gift quiz with room for the recipient's preferences

A short tick-box quiz to fill in with, or about, the recipient: tick the smells they enjoy, tally them into four scent families, and note formats and preferences before looking at any listing. An optional product link is an example, not the quiz result.

What you need

- The printed quiz and a pen
- The recipient, or someone who knows their tastes well
- The listed notes and fragrance family of any product you consider
- A gift receipt or gift card option, if the shop offers one

Steps

1. Ask rather than assume
Fill in the quiz with the recipient if the gift need not be a surprise, or with someone who knows them. Tick only smells they have said they like, not what you would guess from their age or gender.

2. Tick and tally the four families
Part A lists 16 everyday smells in four groups: fresh, floral, sweet (gourmand) and woody. Count the ticks in each group. The group with the most ticks is the starting family; if two tie, keep both.

3. Match a listing to the result
Read each product's own notes and family, not just its name. Compare those notes to the recipient's stated preferences; treat the quiz as a starting point, not a guarantee that a scent will suit them.

4. Keep the gift flexible
If Part B shows they avoid fragrance or would rather choose, a gift card or another gift may suit better. Check the current seller's return terms before buying.

Tips

- Scent families are a loose grouping and brands label them differently, so compare the note list rather than the family name alone.
- Keep sprays away from eyes, flames and heat. FDA notes that fragrance ingredients can cause allergic reactions for some people; consult the recipient about their sensitivities.
- The quiz is free. The optional Amazon link is an affiliate link and is one example, not the quiz result.

Full guide: https://figurenook.com/guides/a-scent-family-gift-quiz-with-room-for-the-recipient-s-preferences/

Your worksheet

Part A: tick every smell they enjoy

Fresh	☐ Citrus peel	☐ Fresh laundry	☐ Cut grass	☐ Sea air
Floral	☐ Rose	☐ Jasmine	☐ Orange blossom	☐ Lily of the valley
Sweet (gourmand)	☐ Vanilla	☐ Caramel	☐ Chocolate	☐ Toasted nuts
Woody	☐ Cedar	☐ Sandalwood	☐ Pine needles	☐ Smoky wood

Tally of ticks: Fresh, Floral, Sweet, Woody _____

Starting family (most ticks) _____

Part B: formats and preferences

Formats they already use ☐ Body mist ☐ Eau de parfum or perfume ☐ Scented lotion ☐ None

They would rather ☐ Receive a scent ☐ Choose their own ☐ Get a fragrance-free gift

Dislikes or sensitivities they have mentioned _____

Part C: check one product against the result

Product, format and size _____

Listed notes and family _____

Matches the starting family? ☐ Yes ☐ No

Returnable? ☐ Yes ☐ No

Decision _____

About this sheet

Original AI editorial illustration depicting a design concept; review manufacturer specifications and product details for final suitability. Accessories, exact colour, fit and performance are not established by the image.

The guide and this sheet are free; no account, email address or purchase is needed. Product links on the guide are optional Amazon affiliate links.

Sources

- FDA: Allergens in Cosmetics: https://www.fda.gov/cosmetics/cosmetic-ingredients/allergens-cosmetics