



Perfume vs Eau de Toilette — How to Choose

Mini-brochure: concentration ranges, sillage & longevity, climate/skin effects, when to choose which, occasion matrix, application & storage, layering tips, mistakes & myths.

Concentration Chart (typical ranges)

Type	Concentration (aroma compounds)	What it feels like
Extrait/Parfum	20-40% (sometimes higher)	rich, close-to-skin with long dry-down
Eau de Parfum (EDP)	15-20%	fuller body; good balance of trail & longevity
Eau de Toilette (EDT)	5-15%	brighter, airier; often more citrus/top-note sparkle
Eau de Cologne	2-5%	very fresh; short wear, easy to reapply

Sillage & Longevity — What Actually Changes

- Higher concentration **can** last longer, but composition rules — some EDTs outlast rich EDPs.
- EDT often projects quickly then settles; Extrait/Parfum wears closer with deeper dry-down.
- Skin type & climate matter: heat amplifies projection; cold/dry air mutes scent (moisturise skin).

Climate & Skin — Quick Guidance

Scenario	Better pick	Why
Hot/humid summer	EDT/Cologne or airy EDP	fresh lift, less overwhelming
Cold/dry winter	EDP/Parfum	richer base persists in dry air
Sensitive nose/office	soft EDP/low-spray Extrait	close-to-skin, polite trail

Occasion Matrix — Pick the Right Format

Context	Great choices
Office/Meetings	EDT in citrus/green; soft EDP; Extrait dabbed lightly
Date/Night	EDP/Parfum in woody/amber/floral depending on taste
Weekend/Outdoors	EDT/Cologne; reapply as needed
Travel/Gym	Very light EDT/Cologne or deodorant-forward scent

Application & Storage — Best Practices

- Moisturise pulse points first; **2-4 sprays** for EDT, **1-3** for EDP, **1-2 dabs** for Extrait (adjust to context).
- Don't rub wrists — it warms and can shift the top notes.
- Store **cool, dark, dry**; avoid sun/heat/cap off. Decant small travel vials to reduce air exposure.

Layering Tips



- Match intensities: EDT base + a tiny Extrait dab later = depth without blast.
- Keep a shared note (e.g., neroli/vanilla) so layers feel coherent.
- Test on a day off — some combos bloom too sweet or sharp.

Common Mistakes & Myths

Claim/Mistake	Reality/Fix
"EDP always lasts longer than EDT."	Often true, but composition and skin/climate decide.
Overspraying for close spaces.	Use fewer sprays or choose Extrait/soft EDP; consider clothes-spray.
"Cologne is only for men / too weak."	Cologne = low concentration; anyone can wear it; it's ideal for heat & quick refresh.



Scan the QR to open the full 'Perfume vs EDT' guide.