

能够提升工作效率的 7 种香气 7 scents to add to your office to boost productivity

上班族在办公室待的时间最长，所以办公室环境的重要性不言而喻。在你昏昏欲睡或提不起干劲的时候，如果飘来一阵提神醒脑的香气，将会让你瞬间神清气爽，工作效率倍增。那么什么香气最有助于提升工作效率呢？



[Photo/Pexels]

1. Rosemary 迷迭香

Rosemary oils are found to be stimulative. It is said to help increase alertness and in a 2018 study, rosemary is found to help boost memory and focus.

迷迭香精油能够提神，据称还能提高警觉性。2018 年的一项研究发现，迷迭香精油有助于提升记忆力和专注力。

2. Lemon 柠檬

The lemon scent helps to increase focus and a Japanese study on how smells can affect typists' accuracy concluded that those who worked in lemon-scented workplaces made 54% lesser errors. According to *Natural Health Magazine*, scientists have also found that “just a whiff of lemon can boost your feel-good hormones and reduce stress levels.”

柠檬香气有助于集中注意力。日本曾研究过香气对打字员打字准确度的影响，结论是在散发着柠檬香气的环境中工作的打字员出错率比其他人低 54%。据《自然健康杂志》报道，科学家还发现，“一缕柠檬香气就能有助于释放让你感觉良好的激素，并能降低压力水平。”

3. Peppermint 薄荷

The spicy peppermint scent helps to improve your ability to focus and can boost alertness and memory. When you find yourself constantly distracted by your surroundings, perhaps it is time to diffuse some peppermint essential oils in your office.

辛辣的薄荷香气有助于提升你的专注力，还能增强警觉性和记忆力。如果周围环境总是让你分心，也许是时候在办公室里放一些薄荷精油了。

4. Coffee 咖啡

While most people drink coffee for that caffeine energy boost, the coffee scent alone is said to help people perform better on analytical reasoning tasks. According to FragranceX, “the smell had a similar effect to (as) if they had ingested the coffee.”

多数人喝咖啡都是为了摄入补充能量的咖啡因，但是据称光是闻一闻咖啡香气就能有助于改善人们在分析推理任务中的表现。香水网站 FragranceX 指出，“闻咖啡香气和喝咖啡有相似的功效。”

5. Lavender 薰衣草

Lavender is commonly used for relaxation and for falling asleep faster. But did you know that when "lavender essential oil [was inhaled] before doing math problems helped subjects complete the problems faster and more accurately." The lavender scent is also said to decrease the stress hormone, cortisol, which caused us to be more irritable and less focused.

薰衣草常用于放松和助眠。但是你可知道，“在做数学题之前吸入薰衣草精油香气可以帮助做题者更快做完题目，并提高准确率。”据称，薰衣草香气还能减少压力荷尔蒙皮质醇的分泌，这种荷尔蒙会让我们急躁易怒，注意力难以集中。

6. Sage 鼠尾草

In a study, Spanish sage essential oil is found to help enhance memory and stimulate brain function, and the scent

“significantly improved immediate word recall” in the study’s participants. The robust scent of sage is also said to help reduce stress and anxiety, elevating moods.

一项研究发现，西班牙鼠尾草精油有助于提高记忆力、激发大脑功能。此外鼠尾草香气可以“极大地提高(研究参与者)即刻回忆字词的能力”。据称鼠尾草的浓郁香气还有助于减轻压力和焦虑情绪、改善心情。

7. Vetiver 香根草

Inhaling vetiver scent improves alertness and brain function. A 2016 study also concluded that “the stimulating effects of vetiver essential oil might be beneficial for learning and memory

processes” and can be used as a stimulant to improve task performance.

吸入香根草香气可以增强警觉性和大脑功能。2016 年的一项研究得出结论称，“香根草精油的提神功效可能有助于学习和记忆”，这种功效也可以用来提升工作表现。