Perfume Concentrations Chart

Parfum vs EDP vs EDT • How strong is it, how long does it last, and which one should you buy?

Concentration	Fragrance oil	Usually lasts	Best for
Parfum / Extrait	20-30%	8+ hours	Evenings, special occasions, cold weather
Eau de Parfum (EDP)	15-20%	6-8 hours	Everyday signature scent, date nights
Eau de Toilette (EDT)	5-15%	3-5 hours	Daytime, office, warm weather
Eau de Cologne (EDC)	2-5%	About 2 hours	Hot days, after showers, quick refresh
Eau Fraiche	1-3%	1-2 hours	Summer, sensitive noses, a soft whisper
Body Mist	1-3%	1-2 hours	Quick refreshes, layering, gym bag

How to use this chart

1. Match the strength to the occasion. Light Eau Fraiche and Eau de Cologne suit hot days and the office; rich Parfum suits evenings and cold weather.
2. Stronger is not always louder. Parfum sits closer to the skin and lasts longer, while an EDT projects more in the first hour.
3. One house's EDT can outlast another's EDP. These are typical industry ranges, not legal rules — brands do not all follow the same percentages. Always test on skin before buying a full bottle.
4. Buy the size that matches the strength. A light citrus EDT fades fast, so a 100ml bottle can go off before you finish it; a Parfum lasts for years, so a small bottle goes a long way.

Typical industry ranges — not fixed rules. Source: PerfumeLead — perfumelead.com/a-beginners-guide-to-perfume-types/ • Free printable — perfumelead.com