

INITIAL STATEMENT OF BENEFICIAL OWNERSHIP OF SECURITIES

OMB APPROVAL

OMB Number: 3235-0104

Estimated average burden

hours per response: 0.5

Filed pursuant to Section 16(a) of the Securities Exchange Act of 1934
or Section 30(h) of the Investment Company Act of 1940

1. Name and Address of Reporting Person* <u>BURNS ROBERT</u> (Last) (First) (Middle) <u>521 WEST 57TH STREET</u> (Street) <u>NEW YORK</u> <u>10019</u> (City) (State) (Zip)	2. Date of Event Requiring Statement (Month/Day/Year) <u>01/01/2006</u>	3. Issuer Name and Ticker or Trading Symbol <u>INTERNATIONAL FLAVORS & FRAGRANCES INC [IFF]</u> 4. Relationship of Reporting Person(s) to Issuer (Check all applicable) Director 10% Owner <input checked="" type="checkbox"/> Officer (give title below) Other (specify below) <p style="text-align: center;"><u>Sr. VP, Regional Manager</u></p>	5. If Amendment, Date of Original Filed (Month/Day/Year) 6. Individual or Joint/Group Filing (Check Applicable Line) <input checked="" type="checkbox"/> Form filed by One Reporting Person Form filed by More than One Reporting Person
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Table I - Non-Derivative Securities Beneficially Owned

1. Title of Security (Instr. 4)	2. Amount of Securities Beneficially Owned (Instr. 4)	3. Ownership Form: Direct (D) or Indirect (I) (Instr. 5)	4. Nature of Indirect Beneficial Ownership (Instr. 5)
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Table II - Derivative Securities Beneficially Owned (e.g., puts, calls, warrants, options, convertible securities)

1. Title of Derivative Security (Instr. 4)	2. Date Exercisable and Expiration Date (Month/Day/Year)		3. Title and Amount of Securities Underlying Derivative Security (Instr. 4)		4. Conversion or Exercise Price of Derivative Security	5. Ownership Form: Direct (D) or Indirect (I) (Instr. 5)	6. Nature of Indirect Beneficial Ownership (Instr. 5)
	Date Exercisable	Expiration Date	Title	Amount or Number of Shares			
Restricted Stock Units	05/11/2007 ⁽¹⁾	(1)	Common Stock	3,646	(1)	D	
Restricted Stock Units	05/08/2008 ⁽²⁾	(2)	Common Stock	1,106	(2)	D	
Stock Options (right to buy)	(3)	03/11/2013	Common Stock	5,000	29.86	D	
Stock Options (right to buy)	(4)	05/07/2012	Common Stock	5,000	32.82	D	
Stock Options (right to buy)	(4)	05/08/2007	Common Stock	2,500	43.25	D	
Stock Options (right to buy)	(4)	05/09/2006	Common Stock	2,000	48.125	D	
Stock Options (right to buy)	(4)	05/14/2008	Common Stock	3,000	49.6875	D	
Stock Options (right to buy)	(4)	05/20/2009	Common Stock	3,000	39.1875	D	

Explanation of Responses:

1. The Restricted Stock Units were awarded based on the Company achieving certain performance targets and will vest on May 11, 2007 subject to the reporting person's continued employment with the Company. The Restricted Stock Units, upon vesting, will convert to Common Stock on a one-for-one basis.
2. The Restricted Stock Units will vest on March 8, 2008 subject to the reporting person's continued employment with the Company. The Restricted Stock Units, upon vesting, will convert to Common Stock on a one-for-one basis.
3. The options vest in 3 equal annual installments beginning March 11, 2004.
4. All options are currently exercisable.

Remarks:

Attached File burnspoa.TXT

Dennis Meany01/10/2006

** Signature of Reporting Person

Date

Reminder: Report on a separate line for each class of securities beneficially owned directly or indirectly.

* If the form is filed by more than one reporting person, see Instruction 5 (b)(v).

** Intentional misstatements or omissions of facts constitute Federal Criminal Violations See 18 U.S.C. 1001 and 15 U.S.C. 78ff(a).

Note: File three copies of this Form, one of which must be manually signed. If space is insufficient, see Instruction 6 for procedure.

Persons who respond to the collection of information contained in this form are not required to respond unless the form displays a currently valid OMB Number.

POWER Of ATTORNEY

I, Robert Burns, Senior Vice President and Regional Manager, Europe, of International Flavors & Fragrances Inc. ("Company"), hereby appoint Dennis M. Meany, Jodie Simon Friedman and Joseph Leightner as my attorney in fact to act severally in my name, place and stead in any way which I myself could do with respect to the completing, signing and filing of statements of beneficial ownership and changes therein as required from time to time pursuant to the Securities Exchange Act of 1934. This power shall continue for such period as I am employed as an officer of the Company.
In witness whereof, I hereunto signed my name this 6th day of January, 2006

Robert Bums