

Fragrance-Free Checklist

Many people have a sensitivity or allergic reaction to fragrance which contains chemicals known to cause cancer and other health problems. Please use the checklist to reduce your health risk and exposure to others. The items are listed by the most bothersome to least. However, someone who has a severe sensitivity will need you to eliminate all these items to keep them safe. **It's also best to avoid use of products that contain Essential Oils for those who are sensitive to fragrance.**

Most Offensive (Do not use)

- Cologne
- Perfume/Body Spray
- Scented Dryer Sheets
 - Alternatives: Fragrance Free Dryer Sheets or [Wool Balls](#)
- Air fresheners
 - Alternatives: Vinegar, Coffee Grounds, Charcoal, Air Purifiers
- Scented candles
 - Alternatives: Unscented candles

Moderately Offensive (Best to avoid especially in the chemically sensitive)

- Scented laundry detergents
 - Alternatives: Fragrance Free detergents like Seventh Generation [Liquid](#) or [Packs](#), All or Costco brand
- Fabric softeners
 - Alternative: [Wool Balls](#)
- Scented deodorant
 - Alternatives: [Schmidt's](#) or [Kopari](#)

Least Offensive (But this can vary based on the product; best to avoid in the chemically sensitivity)

- Shampoo/Conditioner
 - Alternatives: [Free & Clear](#) or [Desert Essence](#)
- Lotion (though some may be moderately offensive)
 - Alternatives: [Puracy](#) or [Shea Butter Lotion](#)
- Aftershave –
 - Alternatives: [PhL Naturals](#) or lotion
- Hand soap
 - Alternatives: Liquid Hand soap - [Glycerin](#) or [Castile](#), [Bar Soap](#)
- Body wash
 - Alternative: [Vanicream](#)
- Hairspray/Gel
 - Alternatives: Free & Clear [Hair spray](#) or [Gel](#)
- Makeup – Alternative: [Rejuva](#)

Are your products fragrance-free?

Personal Care

- Check the labels and ingredient lists of products in your bathroom and when you shop.
- If products contain any of the following, look for an alternative:
 - Fragrance
 - Scent
 - Parfum
 - Masking scent

Cleaning and Laundry

- Ditch your dryer sheets: these are a major source of hazardous fragrance
- Check the labels and ingredient lists of your detergent and fabric softener. If they contain any of the following, consider choosing a fragrance-free alternative:
 - Fragrance
 - Scent
 - Parfum
 - Masking scent
- Replace detergents and disinfectants with safer alternatives such as vinegar, baking soda and castile soap. Some supplies to consider include:
 - Floor cleaner
 - Carpet cleaner
 - Window cleaners
 - Dishwasher detergent
 - Alternatives: [Puracy](#), [Ecover](#)
 - Dish soap
 - Alternatives: [Seventh Generation](#)
 - Cleaning wipes
 - Alternatives: Unscented baby wipes and/or [Lysol Daily Cleansing wipes](#)
- Other cleaners: [Seventh Generation All Purpose Cleaner](#) or make your own

Resources for Product Safety and Alternatives

- Skin Deep: www.ewg.org/skindeep
- Think Dirty App: www.thinkdirtyapp.com
- The Household Products Database: www.householdproducts.nlm.nih.gov

For more products and information visit www.movingtoheal.net/products

**Please note the list of products are general recommendations to get you started. You may find other ones that work better for you. Always check ingredients especially if you have allergies.*

Adapted from <https://csw.ucla.edu/toolkit>