

## Fragrance-Free Checklist

About 1/3 of the population has a sensitivity or allergic reaction to fragrance which contains chemicals known to cause cancer or worsen chronic health conditions like asthma. Please use the checklist to reduce your health risk and exposure to others. The items are listed by the most bothersome to least to help you prioritize changes. Someone who has a severe sensitivity may 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. Page 1 focuses on products that can affect others outside the home as these scents can attach to your clothing and hair and more likely affect others around you. See 2<sup>nd</sup> page for other cleaning products.

### Most Offensive (avoid completely)

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

### Moderately Offensive (avoid when possible)

- Scented laundry detergents
  - Alternatives: Fragrance Free detergents like [All](#), [Seventh Generation](#) or Costco brand
  - More green-friendly alternatives (no petroleum): [Nellie's Laundry Soda](#)
- Fabric softeners
  - Alternative: [Wool Balls](#)
- Scented deodorant
  - Alternatives: [Schmidt's](#) or [Kopari](#)

### Least Offensive

- Shampoo/Conditioner
  - Alternatives: [Free & Clear](#)
- Lotion (though some may be moderately offensive)
  - Alternatives: [Puracy](#) or [Shea Butter Lotion](#)
- Aftershave –
  - Alternatives: [PhL Naturals](#) or lotion
- Hand soap
  - Alternatives: [Liquid Handsoap](#) or [Bar Soap](#)
- Body wash
  - Alternative: [Vanicream](#)
- Hairspray/Gel
  - Alternatives: Free & Clear [Hairspray](#) or [Gel](#)
- Makeup - [An Online Alternative Resource - Cosmetics](#)

*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 (“Unscented” may mean a masking scent is used to cover up fragrance)

### **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 (“Unscented” may mean a masking scent is used to cover up fragrance)
- 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](#), [Seventh Generation](#) or [Ecover](#)
  - Dish soap
    - Alternatives: [Seventh Generation](#) or [ECOS](#)
  - Cleaning wipes
    - Alternatives: Unscented baby wipes
    - Wet cloth with dish soap
- Other cleaners: [Seventh Generation All Purpose Cleaner](#) or make your own

### **Resources for Product Safety and Alternatives**

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

*\*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.*

Have any questions, feel free to contact Pauline at [pkrogst@hotmail.com](mailto:pkrogst@hotmail.com).

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