

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 as this can cause health problems as well.

Most Offensive (avoid completely)

- Cologne/Perfume/Body Spray (if you use this regularly your clothes may still contain the scent)
- Scented Dryer Sheets
 - Alternatives: Hang dry or [Wool Balls](#)
- Air fresheners
 - Alternatives: Vinegar, Coffee Grounds, Charcoal, Air Purifiers
- Scented candles
 - Alternatives: Unscented candles, battery-powered candles (unscented)

Moderately Offensive (avoid when possible)

- Scented laundry detergents
 - Alternatives: Fragrance Free detergents like Seventh Generation [Liquid](#) or [Packs](#), [Soap Nuts](#), [Nellie's](#), [ECOS](#) *Some detergents labeled as "fragrance-free" still may contain harmful chemicals.
- Fabric softeners
 - Alternative: Vinegar and [Wool Balls](#)
- Scented deodorant
 - Alternatives: [Schmidt's](#) or [Kopari](#)

Least Offensive (But this can vary based on the product)

- Shampoo/Conditioner
 - Alternatives: [Free & Clear](#), [Botanical Therapeutics Shampoo](#), [Carina Organics Conditioner](#)
- Lotion (though some may be moderately offensive)
 - Alternatives: [Puracy](#) or [Shea Butter Lotion](#)
- Aftershave
 - Alternatives: [PhL Naturals](#) or lotion
- Hand soap
 - Alternatives: Clearly Natural [Glycerin](#), Dr. Bronner's [Castile](#) liquid or [Bar Soap](#)
- Body wash/Bar Soap
 - Alternative: [Unscented Bar Soap](#), [Vanicream](#)
- Hairspray/Gel
 - Alternatives: Free & Clear [Hair spray](#) or [Gel](#)
- Sunscreen – Alternatives: [Badger 30 SPF](#) or [Babo Botanicals 50 SPF](#)
- Hand Sanitizer – Alternatives: [Babyorganics](#) or handwashing with soap and water
- Makeup - [Rejuva](#)

Are your products fragrance-free?

Personal Care

- Check the labels and ingredient lists of products in your bathroom and when you shop.
- Feminine products may also contain fragrance and other harsh chemicals. [Washable cloth liners](#) and [menstrual cups](#) are healthier alternatives.
- 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 as well as a pollutant.
- 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 does not mean it is always Fragrance Free)
- Replace detergents and disinfectants with safer alternatives such as vinegar, baking soda and castile soap. [Make your own cleaning products](#). 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; wet cloth with soap, [microfiber cloth](#)
- 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>