



**Part
7D**

Fragrance-Free Products

Acknowledgements

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Research has shown that around 30% of people experience health problems from exposure to fragranced products. Chemical sensitivity is an invisible disability that makes the mainstream environment toxic and creates a barrier to participation in public events.

This task group aims to provide a fragrance-free (FF) environment in order to eliminate (or at least minimize) this barrier for our participants who have chemical sensitivities. Everyone's cooperation is needed to accomplish this. The difficulties mostly come from personal care products used by other participants, including common brands of deodorant, soap, shampoo, laundry detergent, etc., and cleaning/scent products used in facilities.

While it may feel like an imposition to be asked to change your favorite brand of these products, this task group is asking that you view this as an act of compassion and inclusion to enable chemically sensitive people to enjoy our dances.

In hopes that you are willing to be part of the solution to this problem, here are some tips for avoiding scented products and a list of fragrance-free products that have been recommended by dancers with this disability. Please join this task group in transitioning to FF choices and help change the cultural norm of using scented products.

Types of products to check for fragrance ingredients (look for fragrance-free versions and read labels)

(adapted from <https://seriouslysensitivetopollution.files.wordpress.com/2019/02/2019-fragrance-free-checklist-final1.pdf>)

If product names/descriptions use words like fresh, fruity, flowers, spices, herbs, mountains, oceans, breezes, emotions, etc., they definitely have fragrance added. Some products that say unscented or fragrance-free on the front may still contain fragrances when you check the ingredient list. Usually they mask or disguise the smell of other ingredients, but to people who have to avoid fragrances, they are just as harmful.

Some ways fragrances are listed in ingredients (this may not be a complete list):

- Fragrance
- Scent
- Parfum/perfume
- Masking scent
- Aroma
- Essential oils (even certified organic, pure, therapeutic grade EOs are not fragrance-free)

Note: There is no legal requirement to disclose individual fragrance ingredients. Some voluntary disclosures list some but not all the ingredients, and some companies use chemical names instead of disclosing them as fragrance ingredients.

Some of the most impactful chemicals in dance environments:

Body care products:

- Soap—hand soap, body wash/soap, hand sanitizer
- Hair products—shampoo, conditioner, hairspray/gel
- Lotions/moisturizers/creams
- Deodorant/antiperspirant
 - Can be especially prone to off-gassing badly when dancers sweat
- Any cologne, perfume, body spray, essential oils, etc.
- Sunscreen and insect repellent (especially at camps)
- Makeup

Clothing (laundry products and other scent issues):

- Detergent
- Dryer sheets and fabric softeners
 - These are usually highly problematic even when not fragranced, so it's best to skip using them altogether.
 - Even unscented versions are full of toxic chemicals, and they are designed to cling to fabric; very hard to get out once they've been used.
 - Using shared laundry facilities where these have been used can badly contaminate clothing, even if you don't use them yourself! They cling to surfaces inside the machines.
 - If you feel the need for fabric softener, add a quarter cup of baking soda or a half cup of white vinegar to the wash during the rinse cycle.
- Dry cleaning (especially for balls and other costume dances)
 - Dry cleaning solvents are extremely toxic. Please use non-toxic dry cleaners for dance outfits if at all possible. Plan ahead to air out dry-cleaned items significantly after cleaning.
- Febreze
 - It does not remove odors as advertised; it masks them with a (chemically) worse one.
- Cigarette smoke
 - Clings to hair and clothing
- Products that emit fragrances can cling to your hair, body, and clothing like cigarette smoke but worse:
 - Home or car air fresheners—spray, solid, plug-in, etc.
 - Often found in taxis, Lyft/Uber cars, etc.
 - Scented candles or wax melts
 - Incense
 - Diffused essential oils
 - Room sprays
 - Cleaning products
- Mildew
 - Clothing left to sit in a washer too long before being dried can develop an unbearable odor of mildew, which will linger through subsequent washings, and be badly exacerbated when the wearer sweats while dancing. Rewashing in the hottest water the garments will tolerate and trying vinegar and/or baking soda may help. Often the people wearing mildewy shirts are not aware.

What can we use?

Here is a **partial** list of products shared by some chemically sensitive folks as safe or safer for them. It's important to check with individuals, as reactions can vary. This listing is far from complete, there are actually a lot more fragrance-free options than it is possible to list here!

Note: Product formulation, availability, and sources are always subject to change, so make sure to check ingredient lists. Searching “fragrance-free” online is a good place to start, but be aware that some of the results will not actually be fragrance-free. The search algorithms are not reliable, so check each product. And some mainstream products that now make “free and clear” versions, like Tide and Dawn, while better than the scented versions, are still likely to cause problems, so they are best avoided if you can find other alternatives (see list).

Most of the listed items can be found on Amazon, vitacost.com, iherb.com, and Swansonvitamins.com, among other sources. Whole Foods 365 products' fragrance-free versions have been okay for many. Local natural groceries/health food stores/co-ops are likely sources for finding safe, locally made products; just be sure to check that they're fragrance-free.

Liquid soap for hand-washing at dances and camps:

- Dr. Bronner's baby mild or other fragrance-free liquid castile soap, as available
- Notes:
 - Be aware that a gallon jug is likely to go rancid before being used up
 - The foaming pumps take a 3:1 ratio of water to soap. When refilling the pump, put the water in first, then the soap, so it doesn't foam up and make a mess/waste soap.
 - Use only pumps that were new or came with fragrance-free soap. Bottles that formerly held scented soaps will always contaminate FF soap with trace chemicals.

Bath soap/shower gel:

- Fragrance-free bar soaps
- Dr. Bronner's baby mild bar and liquid
- Dr. Bronner's baby unscented sugar soap (less drying than the castile)
<https://www.amazon.com/Dr-Bronners-Baby-Unscented-Gift/dp/B075ZZKX82/>
- Jason fragrance-free sensitive skin body wash
<https://www.amazon.com/Jason-Fragrance-Free-Sensitive-Skin/dp/B095XKGJHB/>
- Desert Essence fragrance-free body wash

<https://www.amazon.com/Desert-Essence-Fragrance-Fluid-Ounce/dp/B002G1XA08/>

- Nutri-Biotic fragrance-free shower gel

<https://www.amazon.com/NutriBiotic-Fragrance-Moisturizing-Botanical-Citricidal/dp/B08GXXPRHK/>

Hair products:

- Desert Essence fragrance-free shampoo and conditioner

<https://www.amazon.com/Desert-Essence-Fragrance-Free-Conditioner/dp/B0017QSW92/>

<https://www.amazon.com/Desert-Essence-0428409-Organics-Fragrance/dp/B0019GZCYI/>

- Stonybrook Botanicals oil and fragrance-free shampoo and conditioner

<https://www.amazon.com/Shampoo-Oil-Fragrance-Free-16-oz/dp/B001339RX4/>

<https://www.amazon.com/Stony-Brook-Conditioner-Unscented-Fluid/dp/B000PILH9K/>

- Vanicream Free & Clear hair shampoo; also conditioner, hair spray, hair gel, liquid cleanser

<https://www.amazon.com/Pharmaceutical-Specialties-Shampoo-Sensitive-fragrance/dp/B0006FMK98/>

- CeraVe baby wash and shampoo; also lotions and other products—be sure they're marked fragrance-free

<https://www.amazon.com/CeraVe-30187222001-Baby-Wash-Shampoo/dp/B00JF3S29Y/>

- Plain (no scents added) aloe vera gel makes an excellent hair styling product, and is good for sunburn too; a couple of many options:

<https://www.amazon.com/Raslok-Moisturizing-Hydrating-Soothing-Non-Sticky/dp/B08XVR37TP/>

<https://www.amazon.com/Raslok-Moisturizing-Hydrating-Soothing-Non-Sticky/dp/B0BVRN1MZ3/>

- Jessicurl unscented full range of hair products especially for curly hair

jessicurl.com, select “no fragrance”

Hand sanitizer:

- 3M Avagard D

<https://www.amazon.com/Healthcare-Sanitizer-Hand-Avagard-Moisturizer/dp/B00GG56KZ2/>

Also available in personal sizes

- Babyganics alcohol-free fragrance-free sanitizer

<https://www.amazon.com/Babyganics-Alcohol-Free-Sanitizer-Fragrance-1-69-Ounce/dp/B00G3Y1BX2/>

- CleanSmart hand sanitizer

<https://www.amazon.com/CleanSmart-Antimicrobial-Cleanser-Bottle-Alcohol-Free/dp/B00GX25ZK4/>

- Hydra Pearl hand sanitizer

<https://www.amazon.com/Hydra-Pearl-Hand-Sanitizer-Pump/dp/B08FCTRGDQ/>



Cleaning products (including laundry):

- CleanSmart—all products are the same stuff, multipurpose use. Also available in small spray bottles for personal hand sanitizer. Good general disinfectant; skin and fabric safe.
<https://www.amazon.com/stores/CleanSmart%E2%84%A2/page/26720F9D-B0A8-4FDD-BC88-B07C10A2FB89>
- Ecover Zero fragrance-free products—dish soap, dishwasher tablets, laundry products (more available in UK than US)
<https://www.ecover.com/ecover-products/ecover-zero/>
- Bon Ami unscented powder cleanser
<https://www.amazon.com/Bon-Ami-Polishing-Cleanser-Powder/dp/B01LWSJR02/>
- EnviroKlenz laundry deodorizer, helpful for stripping scents out of fabrics and machines
<https://enviroklenz.com/laundry/>
<https://www.amazon.com/s?k=enviroklenz+laundry>
- SilverWorks laundry deodorizer sheets—fragrance-free and help remove odors from fabrics
<https://www.amazon.com/Laundry-Odor-Eliminator-Strong-Deodorizer/dp/B0BLD39388>
- Baking soda—helps get odors out of clothing, and reduces/eliminates static so replaces fabric softener
- Hydrogen peroxide—use in place of bleach
- White vinegar

Dish soap for kitchens:

Please do not use scented dish soaps. Dawn (especially Dawn Powerwash/Fairy in the UK) cause awful reactions to most sensitive folks.

- Ecover Zero
<https://www.amazon.com/Ecover-Zero-Dish-Fragrance-Ounce/dp/B00Q70Q2DG/>
- ECOS
<https://www.amazon.com/ECOS-Dish-Soap-Hypoallergenic-Biodegradable/dp/B00K0AU9DS/>

Deodorants/antiperspirants:

Do not get Arm & Hammer “unscented,” which lists fragrance as an ingredient. Deodorants are an especially important place to check the ingredients of products labeled “unscented” for fragrance.

- Kiss My Face fragrance-free
<https://www.amazon.com/Kiss-My-Face-Deodorant-Fragrance/dp/B0000532YB/>
- Nutribiotic
<https://www.amazon.com/dp/B00013Z1KU/>
- Trader Joe’s currently has a fragrance-free one (early 2024)
- Most crystal stone deodorants are fragrance-free
- Vanicream
<https://www.amazon.com/Vanicream-Aluminum-Free-Deodorant-Sensitive-Gluten-Free/dp/B07BKCL-9RR/>

Lotion/moisturizer:

- Lubriderm fragrance-free
<https://www.amazon.com/Lubriderm-Moisture-Lotion-Fragrance-Free-Normal/dp/B075G3RJDZ/>
- Aveeno fragrance-free
<https://www.amazon.com/Aveeno-Moisturizing-Soothing-Emollients-Fragrance-Free/dp/B001459IEE/>
- Desert Essence fragrance-free
<https://www.amazon.com/DESERT-ESSENCE-HAND-BODY-FRAG/dp/B001E14P3W/>
- Vanicream fragrance-free
<https://www.amazon.com/Vanicream-Sensitive-Fragrance-Parabens-Formaldehyde/dp/B003XWG880/>
<https://www.amazon.com/Vanicream-Moisturizing-Sensitive-Preservative-Dermatologist/dp/B01MUQDBOL/>
- Eucerin fragrance-free (travel size linked; there are larger sizes too)
<https://www.amazon.com/Eucerin-Original-Healing-Soothing-Fragrance/dp/B019VK0NJM/>
- Alba Botanica fragrance-free
- Trader Joe’s sometime has fragrance-free products (in early 2024, there’s a fragrance-free body butter)

Sunscreen:

- Alba Botanica sensitive fragrance-free spray
<https://www.amazon.com/Alba-Botanica-Fragrance-Sensitive-Sunscreen/dp/B00UTLTC1S/>
- Alba Botanica Mineral Face fragrance-free
<https://www.amazon.com/Alba-Botanica-Sunscreen-Fragrance-Free-Biodegradable/dp/B0BM5D9SQ9/>

Insect Repellent:

This one is obviously tricky. Chemically sensitive folks will probably react badly to DEET. For some people, the essential oils used in non-DEET “natural” products may be very problematic, but for others may be ok. As always, try to ask the sensitized people in your community what they can best tolerate in situations where bug repellent would be problematic or dangerous to do without, e.g. high tick risk. There are a number of odorless products available now using Picaridin as the active ingredient. It claims to be odorless and as effective (or more effective) than DEET. Here is an article and some products:

<https://www.outdoors.org/resources/amc-outdoors/outdoor-resources/picaridin-vs-deet-which-is-the-best-insect-repellent/>

- Sawyer Products picaridin lotion
<https://www.amazon.com/dp/B00VV5KRD8>
- Ranger Ready picaridin spray
<https://www.amazon.com/dp/B07T9JFK2S/>