

## How to Become Fragrance Free

This list will help anyone who wants to become fragrance free and is specifically for **clients** coming for appointments and **people** who work at A Healing Place.

- ❖ Stop using any scented products on your body and on your hair, in your clothes, in your home, and environment. That means all scented products like lotions, hair spray, shampoo, deodorants, powders, and makeup. Stop using fragrant chemical cleaning products like (ammonia, Clorox, Pledge etc, carpet cleaners, air fresheners, window cleaners, fragrant dishwashing soap, chemically strong toilet and tile cleaning products (Tilex, etc.,)
- ❖ To begin to be fragrance free, allow 2 weeks for any scented products to leave your system.
- ❖ Be aware of your travels and your surroundings immediately prior to coming to A Healing Place center. Often odors will stay on your clothing, and hair, or cling to your body, i.e., second hand smoke, a hug from a friend wearing perfume, the lingering scent from a store where you just picked up something, a gasoline stop, car repair shop, etc.
- ❖ Purchase products that do not have the word 'fragrance' **listed in the ingredients**. You have to be careful because many products say that they are 'unscented', when in fact they do have fragrance listed as an ingredient.
- ❖ Do not use perfumes or essential oils. Essential oils, though natural, still have a scent that can cause a person to react.
- ❖ Wash all clothing, new and old, in a safe laundry product repeatedly before wearing to the center. You may also ozonate clothing to help it become free of odors. Many times scent remains in clothing after it has been washed with a scented detergent and/or fabric softener and the scent can never be removed. If you are not sure, do not wear that clothing to the center.
- ❖ Do not wear any dry cleaned clothes. They contain chemicals used in the cleaning process.
- ❖ Suggestions for laundry detergent are Bi-O-Kleen, baking soda, or vinegar.
- ❖ For fabric softeners use 1 or 2 cups of baking soda when washing clothes. Do not use any scented sheets or softeners in the dryer.
- ❖ Suggestions for deodorant are a deodorant Crystal, liquid rock (available at Whole Foods and AEHF store), or baking soda
- ❖ Suggestions for shampoo and conditioner are Magick Botanicals (available on the Magick web site, at the AEHF Store, or special order through Whole Foods)
- ❖ Suggestions for hairspray and gel are Clinique (available at Foley's & Nordstrom) and Magick Botanicals (available at AEHF store)
- ❖ Suggestion for body soap – Ivory, non fragrant glycerin soap, or other non fragrant soaps, shampoo from above.
- ❖ Shaving products and lotions – Kiss My Face, Body Time fragrance free lotion, and other non-fragrant products available at Whole Foods. Read the labels. If there are too many chemicals listed find another product.
- ❖ Wear natural fibers or fabrics if you can tolerate them like cotton, linen, and silk.