

How to Become Fragrance Free

This list will help anyone who wants to become fragrance free. It is not easy to go from using fragrances to non-fragrances many of us have had to go through this process. But if you can just start with eliminating one item/week soon you will feel comfortable living a more fragrance free and HEALTHIER life.

- ❖ In general, stop using any scented products on your body and on your hair, in your clothes, in your home, and personal work or living space. 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.,)
- ❖ Allow approximately 2 weeks for any scented products to leave your system - the body will detox these chemicals but it may take time.
- ❖ Be aware of your travels and your shopping surroundings. 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. Be aware and be willing to wash your hair and clothes more often, or change clothes more frequently.
- ❖ Be an aware shopper! 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.
- ❖ Refrain from the use of perfumes or essential oils. Essential oils, though natural, still have a scent that can cause a reaction of some kind.
- ❖ Wash all clothing, new and old, in a safe laundry product repeatedly. You can 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. In this case, it's time for new clothes!
- ❖ Refrain from wearing any dry cleaned clothes if possible. There are chemicals used in the cleaning process that may cause a reaction in your body.
- ❖ 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. Scented sheets or softeners in the dryer are a not healthy for you and yours.
- ❖ Suggestions for deodorants are to use a deodorant Crystal, liquid rock, or even baking soda patted under the arms.
- ❖ Suggestions for shampoo and conditioner are Magick Botanicals (available on the Magick web site).
- ❖ Suggestions for hairspray and gel are Clinique and Magick Botanicals.
- ❖ Suggestion for body soap – Ivory, non fragrant glycerin soap, or other non fragrant soaps, or shampoo from the above list.
- ❖ Shaving products and lotions – Kiss My Face, Body Time fragrance free lotion, and other non-fragrant products.
- ❖ 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. They are fun fabrics!