

## **Fragrance-free Checklist**

Being fragrance-free is about more than not using perfume or cologne. It's also not about skipping deodorant, as some people seem to think.

Fragrances have been added to so many products these days that it's impossible to list them all, but a basic list of commonly used products that are usually fragranced and are also available fragrance-free is provided below.

For starters, if the products mention fresh, fruity, flowers, spices, herbs, mountains, oceans, breezes, emotions, etc., they definitely have fragrance added.

Not only that, but some products that say unscented or fragrance-free on the front actually contain fragrances when we 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.

### **Ways that fragrances are listed in the ingredients:**

Fragrance  
Scent  
Parfum/perfume  
Masking scent  
Aroma

Essential oils - even certified organic, pure, therapeutic grade, EOs are not fragrance-free

(p.s. There's no legal requirement to disclose individual fragrance ingredients, and some newer voluntary disclosures do not list all the ingredients either, but some companies are now being sneaky and using chemical names instead of disclosing them as fragrance ingredients.)

**These are the most obvious fragranced products we apply to our bodies, but they're not the only ones:**

Cologne  
Perfume  
Body Spray  
Essential Oils

*seriously "sensitive" to pollution*

**Fragrances are added to so many other products:**



**Please check the products you use for fragrance ingredients:**

Shampoo  
Conditioner  
Hairspray/Gel  
Hair colour, perms, and straighteners

Body wash/soap  
Hand soap  
Sanitizer

Lotion, moisturizers, creams

Deodorant, antiperspirant

Shaving cream  
Aftershave

Lip products  
Toothpaste

Make-up

Sunscreen

Dryer Sheets  
Laundry detergents  
Fabric softeners

Dryer sheets and fabric softeners are usually highly problematic even when not fragranced, so it's best to skip using them altogether.

Other personal care or laundry products you use that are not listed could also have fragrance.

**Any kind of insect repellent** will be problematic, not just due to the fragrance, but due to the repellents themselves.

### **Do you use any of the following products at home?**

These emit fragrances that will adhere to your body and clothing the same way smoke does:

air fresheners  
scented candles or wax melts  
incense  
diffused essential oils  
room sprays

**Some other products that usually contain fragrances** that stick to you and your clothing:  
(there are more, these might be a few of the most common ones)

carpet cleaners  
floor cleaners  
dish detergent  
window cleaners  
garbage bags  
kitty litter

There are a growing number of fragrance-free AND non-toxic (or less toxic) products available in every category. Choosing those will benefit everyone, including wildlife living downstream.

You can check EWG's [Skin Deep](https://www.ewg.org/skindeep/) and [Cleaning Guides](https://www.ewg.org/guides/cleaners) to find products with better ratings, as some fragrance-free, unscented products (like Tide for instance), are still very toxic (they score an F instead of an A) and will harm those who are vulnerable to disabling adverse effects from pollutants. Be sure to check the individual A products too, to make sure they don't contain ingredients that rate C or D. And don't believe them when they give some 'clean' fragrances an 'A'. Clean has no smell. Despite these drawbacks, there's some very useful information there.

You can also look for products that have the EPA's "[Safer Choice Fragrance Free](https://www.epa.gov/saferchoice)" label.

When more of us ask our favourite stores and the manufacturers of our favourite products to provide non-toxic and fragrance-free products, they will do so sooner. We deserve nothing less!

<https://www.ewg.org/skindeep/users-guide-to-skin-deep/>

<https://www.ewg.org/guides/cleaners>

<https://www.womensvoices.org/2016/04/04/safer-choice-64-cleaning-products-now-carry-epas-fragrance-free-label/>

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