



Fragrance Free Living

Do you find that you feel unwell while around chemicals, perfumes and fragrances? Do you experience headache, fatigue, dizziness, allergic reactions or other symptoms that improve or resolve when you are in a fragrance free environment? You are not alone! Studies shows that over 35 million people in the United States experience hypersensitivity to chemical laden, fragranced products. Follow these simple tips to achieve cleaner air and begin living fragrance free today!

Ventilate

Regularly open doors and windows to increase air flow and clear out fragrances, chemicals and gasses and other indoor air pollutants. Remember to naturally ventilate your automobile too!

Filter

In areas where there is a concern over exterior air pollutants and toxicants, such as exhaust, neighboring smoke and dryer exhaust fumes, implement mechanical air purification.

Consider portable purifiers and whole house systems to determine what solution is best for you. According to the World Health Organization, outdoor, or ambient air pollution accounts for an estimated 4.2 million deaths per year due to stroke, heart disease, lung cancer, acute and chronic respiratory diseases. Assess your area to determine what is applicable to you.

Replace

Look for, and remove, all sources of fragrance within your home, automobiles and office such as candles, plug in fragrances, make-up, personal care products, and trash bags. Purchase fragrance free products. Note that "unscented" is NOT the same as "fragrance free" on product labels.

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Free & Clear

Replace your detergents and cleaning products with non-toxic and chemical free (often called "Free and Clear") disinfectants, cleaning often to keep dust to a minimum.

Go Natural

Look for non-toxic furnishings, finishes and fabrics made of natural materials free of sealants, sprays and varnishes. Wear natural untreated fabrics. This includes fire retardant applied to certain children's pajamas.

Ditch the Sheets

Use plastic free dryer balls in place of synthetic, fragranced dryer sheets for all laundered items, especially bedding and clothing.

Reduce

Avoid major exposures when possible, such as stepping away from the pump while filling up at the gas station and avoiding poorly ventilated indoor spaces.

Advocate

Advocate for yourself and others by asking businesses you frequent to designate their space as a fragrance free zone. Send this guide for additional information.

Celebrate

Congratulations! Fragrance free is better for you and for the planet. Awareness is key.

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