

Fragrance Free Personal Care Products

Shampoos

Walgreen's "Clear & Natural" fragrance free shampoo
Burt's Bees Super Shiny grapefruit and sugar beet shampoo
Magick Botanicals fragrance free shampoo
365 Fragrance Free Shampoo, Herbal Mint

Hair Conditioners

Organics Hair Care: Fragrance Free Conditioner
Free & Clear Hair Conditioner (By Pharmaceutical Specialties)
Free & Clear Hair Conditioner (Magick Botanicals Fragrance-Free conditioner
(for thinning hair and all hair types)
365 Fragrance Free Conditioner
Vitamin E oil is thick like most hair gels and is available at most
drugstores
Cocoa Butter
Mineral Oil

Hair Gel

Alba Botanica, strong hold or medium hold, fragrance free

****BEWARE**** Most all other hair gels contain fragrances

Hair Sprays

****BEWARE**** Most all contain harmful chemicals and fragrances, even those
that say "No Fragrance"

Bar Soaps

Jason brand (at most Whole Foods Stores)
Kiss my Face Olive Oil Soap (Many drug stores and grocery stores)
Dove Sensitive Skin Unscented (Drug stores and grocery stores, Target?)
Plain castile soap

****BEWARE**** Antimicrobial soaps contain fragrances and pesticides

Liquid Soaps

Dr. Bronner's Magic Soaps
Peppermint Pure-Castile Soap
Jojoba Oils
Olive Oil
Kiss My Face unscented hand soap

****BEWARE**** DO NOT USE ANTIMICROBIAL AND ANTIBACTERIAL SOAPS—
they contain pesticides and fragrances

Deodorants

Kiss My Face Unscented

Trader Joe's Unscented

Tom's Deodorant Unscented (at Whole Foods)

Jason is another fragrance free deodorant (at Whole Foods)

****BEWARE**** Many deodorants that say fragrance free in front will show "Fragrance added" on the ingredient list.

Sun Screens and Tanning Lotions

SUN fragrance free sunscreen by Alba Botanica

Many other brands—be sure it says "Fragrance-Free" on the label

Fragrance-Free Laundry Products

****Beware**** DO NOT USE ANYTHING MADE BY BOUNCE—whether or not it says "Free and Clear", Non-Toxic or any of the buzzwords that do not mean fragrance-free.

All Free and Clear

Tide Free and Clear

Seventh Generation Unscented Laundry Detergent

There are many more

***BEWARE:** any products, laundry and others, that indicate they are fragranced with essential oils or "natural" fragrances are not safe.

Unscented Fabric Softeners

Seventh Generation Fabric Softener—is the best—available at Target

There are others; some at regular grocery stores besides Whole Foods stores

****BEWARE**** Bounce says Free of perfumes and dyes—but it is very fragrant** (the ingredients list says there are softening chemicals, and they must contain fragrances).. ****Publix Free & Clear fabric softeners also have fragrance chemicals)****

Hand and Body Lotions

Trader Joe's Moisturizing CREAM, unscented herbal blend with aloe

Neutrogena Body Oil, light sesame formula, fragrance free

Jason Vitamin E hand and body lotion, Fragrance-Free formula

Jojoba Oil

Almond Glow Unscented Skin Lotion, by Home Health

Olive Oil, any brand

Vitamin E oils, in many drug stores

Coconut Oil (in grocery stores in a jar)

Kiss my Face Unscented Lotion

Aveeno Skin Relief moisturizing lotion with cooling methol
Eucerin Calming Crème, dry skin therapy Fragrance-free at bottom
CeraVe moisturizing lotion (choose the one that doesn't say "fragrance" on
the ingredients list)
Almond Glow unscented skin lotion
Regular olive oil makes a great skin lubricant
"365" Conditioner Herbal Mint by Menthe et-Herbes Aromatiques
By (Pharmaceutical Specialties, Inc.)

Nail Polish

"Suncoat" water-based nail polishes, available at some Whole Foods Stores
and Coops

Polish Remover

Suncoat Natural Nail Polish Remover

DO NOT USE:

Antibacterial soaps and lotions: They contain fragrances and pesticides!
They also kill good germs, making users more susceptible to germs in the
long-run.

****BEWARE**** of essential oils, despite clever marketing that claims they are
"natural", "organic", "non-toxic" and so forth, are severe respiratory
irritants to many people—especially asthmatics who should avoid all strong
odors in general. Essential oils chemicals become "terpenes" (turpentine
oils, even though plant-derived) in the milling and distilling process.

Compiled courtesy of:

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