

Healthy Homes

... & FRAGRANCE SENSITIVITY



WHY IS IT HARMFUL?

Most fragrances consist of volatile organic compounds (VOCs) and chemical phthalates which are readily absorbed through bodily tissue (skin, respiratory system and mucous membranes.) They can remain stored in body fat and have been shown to cause: ^{1, 2, 3}

- asthma attacks
- contact dermatitis, rashes, hives, and eczema
- neurological symptoms: migraines, feeling dizzy and/or drowsy, and short term memory loss
- liver, kidney, and vision problems

Did you know? Terpenes (a type of scent compound found even in some natural essential oils) reacts with the ozone in our air to produce formaldehyde ^{4, 5} - a cancer-causing chemical!

HEALTHY HOME TIPS:

"Unscented" may not mean fragrance-free; these often contain masking agents which block our ability to perceive the odour of the fragranced ingredients.

- Only buy products where all ingredients are listed. Avoid any containing "fragrance", "parfum", "aroma", or "flavour"
- Scan barcodes on personal care products while shopping using the "Think Dirty" app, to learn about potential toxins. You can also check the Environmental Working Group's "Skin Deep" website
- Instead of air fresheners, use an open box of baking soda in a room (out of reach of children!) to remove odours
- Ventilate your home regularly
- Skip store-bought cleaners (especially for your baby or young child) and make your own!



Non-toxic alternative: Body wash

1. Pour 3 tablespoons of unscented liquid Castile soap into a small foaming soap dispenser
2. Fill the remainder with coconut milk
3. Shake gently to combine, and store in a cool place between use (or freeze portions for later)
4. Use daily for healthy, moisturised skin for the whole family!

Note: Castile soap is a vegetable-based soap free of animal fats and synthetic ingredients. Usually made from olive oil, Castile is already gentle and nourishing for skin (it's safe for babies and young children too!) but if you'd like to make your body wash EXTRA luxurious, try adding 1 teaspoon of Vitamin E oil.