

Some unscented products may contain a strong-smelling natural product, e.g., an essential oil like mint. Avoid such products.

## 2. CHOOSE A FRAGRANCE-FREE PRODUCT SERIES

Use unscented product lines, which include, e.g. Erisan, Lidl Sensitive-tuotteet, Kiilto Airi and LV.

## 3. MARKED PRODUCTS

Only "Yhteistyössä Allergia-, iho- ja astmaliiton kanssa" (in cooperation with the Allergy, Skin and Asthma Association) label requires that the product is fragrance-free.

### GENERAL INFORMATION

Perfume usually consists of hundreds of different fragrant molecules and auxiliary substances, e.g., of phthalates.<sup>1</sup> For example, the fragrance limonene forms more than 530 new toxic chemicals in indoor air with ozone.<sup>1</sup> Therefore, switching to unscented products can greatly reduce the concentrations of many harmful chemicals in indoor air.

Those who are hypersensitive to perfumes will experience symptoms from even small amounts of perfumes.<sup>2</sup> Abnormal activity levels of the enzymes needed for detoxification have been measured in their blood and odors do not leave their body normally.<sup>3</sup>

Fragrance chemicals are mainly fat-soluble and bioaccumulative.

Some of the perfumes you use end up in sewage sludge in fields and from there in food and groundwater, while some end up in discharged water from water treatment plants and from there to waterways.<sup>2</sup>

References: 1. Nørgaard AW. et al. Environ Sci Technol. 2014 Nov 18;48(22):13331-9.

2. Ennari, Hajuste- ja Kemikaaliyliherkkyys - Selviytymiskeinot, Auditorium, 2015.

3. De Luca C., Toxicol Appl Pharmacol. 2010 Nov 1;248(3):285-92

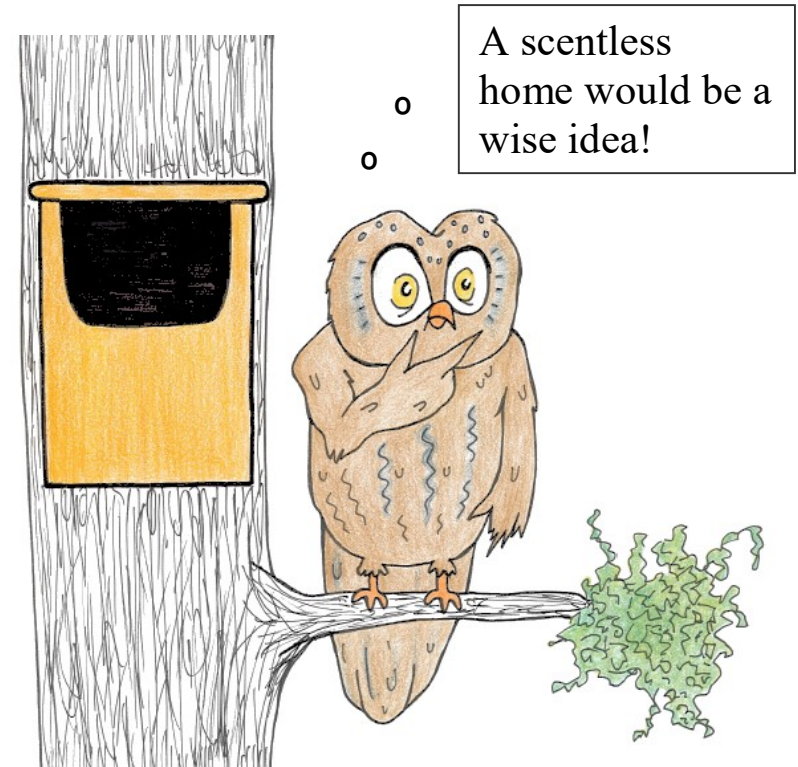
### LISÄTIETOA:

Suomen Hajuste- ja Kemikaaliyliherkät ry.

[www.hajusteyliherkkyys.com](http://www.hajusteyliherkkyys.com)

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# How to achieve a non-scented home?



Kuva: Moona Viskari

In Finland, about half a million people suffer because of perfumes and scents. Typical symptoms are breathing difficulties such as worsening of asthma, headaches such as migraines, burning or itchy eyes, lips or skin, rash, and nausea. A small proportion can get anaphylaxis from perfumes, which is a life-threatening sudden hypersensitivity reaction.

Many people dream of a fragrance-free home. Many would also like to buy or rent a fragrance-free home. This brochure explains how you can make your home fragrance-free.

## HOW TO ACHIEVE A NON-SCENTED HOME?

### STEP I

Remove all indoor air freshener products from your home, such as:

- room and sauna fragrances, e.g., scent sticks and air and toilet fresheners
- scented items such as scented candles
- vacuum cleaner perfume.

### STEP II

Start to use only fragrance-free chemicals for home care. For example, choose unscented floor, dish, window and general detergents, use chemical-free cleaning methods such as using a microfiber cloth, and avoid smelly material conditioners.

Do not use perfume bottles or spays or scented aftershave or shaving products. Choose unscented products for personal hygiene and beauty care, or at least change your laundry detergents, shampoos, soaps and greases to unscented ones. Throw unnecessary scented products away so that their smell does not linger in storage.

### STEP III

Switch to unscented products. Fragrances can be in, e.g.:

- tissues and toilet paper
- sanitary napkins
- garbage bags and dog poo bags
- office supplies, e.g., in erasers.

### STEP IV

Remove previously used perfumes from your home. For example, wash surfaces and textiles previously cleaned with scented substances with unscented substances, vinegar or baking soda and rinse them well. Use a steam cleaner to remove smelly detergent residues from the bathroom and kitchen, e.g., from sinks.

## HOW DO I RECOGNIZE FRAGRANCE-FREE PRODUCTS?

The product description on the product's packaging shows the ingredients used in its manufacture. The product description is also called "ainesosat", ingredients or INCI.

The product descriptions of scented products have one of these words:

- parfum
- fragrance
- hajuste
- aroma.

Correspondingly, if these words are not found, the product is unscented. Other words in the product description do not matter.

## HOW TO MORE EASILY FIND A FRAGRANCE-FREE PRODUCT?

### 1. FRAGRANCE FREE IS MENTIONED ON THE PACKAGING

The manufacturer can make it easier to find a fragrance-free product by stating on the package that the product:

- is fragrance free
- "ei sisällä hajusteita" (does not contain perfumes)
- is "hajusteeton" (fragrance free).

The product may be unscented even if these phrases are missing from it. Please note that other terms such as "sensitive", "herkälle iholle sopiva" (suitable for sensitive skin) or "kehitetty tai testattu ihotautilääkäreiden valvonnassa" (developed or tested under the supervision of dermatologists), do not mean that the product is necessarily fragrance-free. "Tuoksuton" (not smelly) product may have a masking fragrance that blocks the smell of another fragrance, but a hypersensitive person will still react to perfumes because the mechanisms of hypersensitivity and smelling are different. Always check the ingredient lists of products.