

# How to be Scent-free at Public Events

If you know that you will be going someplace that has a fragrance/scent-free policy, or you would like to accommodate friends and family who are chemically sensitive, but you are unsure what to do, here is a quick information sheet that will help you be fragrance-free.

## 1. Use no perfume, cologne, aftershave, scented lotion or scented deodorant.

### Safe alternatives:

Deodorant:

- \* The Deodorant Stone with no aluminum chlorhydrate
- \* Tom's of Maine Unscented roll-on
- \* Baking soda and cornstarch (pat it onto clean damp skin)

Body/Moisturizing Lotion:

- \* Nature's Gate Fragrance-Free Moisturizing Lotion
- \* Trader Joe's Unscented Moisturizing Lotion or Cream
- \* Alba Botanical Very Emollient Unscented Body Lotion

**2. Don't use hairspray.** Also avoid gel, mousse, and other leave-in hair products. Be sure your hair is dry--not re-wetted or still wet from washing, especially if it has been colored, permed, or has residual styling products from recent days' application. Don't visit a hair salon within 24 hours before event.

Safe alternatives:

Hair gel or holding mist: look for alcohol free, no scent formulas

- \* KY Jelly (without nonoxynol)
- \* KMS Puritives fragrance free, alcohol free non-aerosol hair mist
- \* Organic Essence

**3. Don't wear clothing just-laundered with scented detergent (Tide, Cheer, etc), liquid fabric softener, or dryer sheets (Bounce, etc).** Switch to a biodegradable alternative with no phosphates or bleach.

Safe alternatives:

- \* Choose biodegradable, phosphate- and chlorine-free formulas
- \* Trader Joe's "...Next to Godliness Environmentally Sound Concentrated Laundry Detergent" in liquid or powder
- \* All Free Clear (works well for dishes and hand soap)
- \* Bi-O-Kleen All Temperature Laundry liquid or powder
- \* Natural Value Fragrance & Dye Free Laundry Detergent
- \* Add washing soda to your wash loads to soften the water—and your clothing—without using liquid fabric softener or softener sheets in your dryer.

**4. Minimize makeup.** In particular, do not wear foundation. Most cosmetics (lipstick, blush, eye makeup) have scents. Don't apply nail polish today.

**IF**

- \* on other days you tend to wear fragrances
- \* you smoke or live with a smoker
- \* your clothing was laundered with scented detergent and/or dryer sheets
- \* your outfit was worn in a hair or nail salon or other place with strong smells
- \* your usual surroundings have incense, air freshener solids or sprays, potpourri, or scented candles
- \* your clothing is brand new or has been dry cleaned

**THEN** before getting dressed, hang your outfit outdoors for 10-30 minutes to help reduce residual odors. Or, put it in the clothes dryer *\*without\** any dryer sheets and tumble on *\*cool\** air for 10 minutes.

**IF** today you have smoked tobacco or spent more than a few minutes in a supermarket, drug store or department store

**THEN** air yourself outdoors for at least 5 minutes before entering the room.

**IF** you're concerned that your clothing, hair or skin may have a lingering scent

**THEN** please sit near the rear of audience and avoid moving about so odors will not waft around.

**Please** do not bring to the event any non-essential items such as handbags, sweaters, or jackets that may have previously been exposed to fragranced products or dry cleaned.

**Thank you** for your awareness and effort to be nonscented so that everyone can enjoy the event.