

Have you taken the scent test? How many of the following products may have scent and which ones do you use? Put a check mark beside the products which you use.

- 1. Perfumes and colognes*
- 2. Hair shampoos
- 3. Bath soaps
- 4. Body washes
- 5. Conditioners
- 6. Hairsprays
- 7. Hair gels
- 8. Make-up (especially lipstick and nail polish)
- 9. Deodorants
- 10. Hand soaps, hand creams, lip balms
- 11. Dish Soaps and dishwasher soap
- 12. Laundry Soaps
- 13. Fabric softeners
- 14. Dryer sheets
- 15. Bathroom and household cleaning products, including bleaches
- 16. Diapers and baby wipes
- 17. Air fresheners (spray)*
- 18. Plug – in air fresheners*
- 19. Car air fresheners*
- 20. Static guard sprays
- 21. Most Dry cleaning (ask them for scent free)
- 22. Scotch Guard for upholstery*
- 23. Felt markers
- 24. Hand wipes (moist wipes)
- 25. Liquid hand soap dispensers
- 26. Scented candles*
- 27. Shoe deodorizers*
- 28. Insect repellants
- 29. Sun screen and sun block
- 30. Aroma therapy oils*

Most brands of the above have scent added **AND** if you use even one of the proceeding products which does not say scent free (fragrance free), you are not scent free and ***you are wearing the equivalent of perfume.*** **ALL** of the above products except those followed by an asterisk can be purchased **perfume free (fragrance free).**

Perfume is added to at least 30 categories of products and sensitive people react to all and to any of them and ***if you use more than one of them you double the scent impact by each additional one you use.***

Take the ***perfume free challenge*** and spend the time to find and to purchase scent free (fragrance free) products which even exist with industrial strength products – for the sake of your own health and for those of us who are allergic to these chemicals. All of them are available in all major supermarkets and **do not cost any more than their smelly cousins.**