

Scent Test

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.**