**Safe Products for Chemically Sensitive People**

Check the ingredient list of the product(s) you are using. If the word “fragrance” or an essential oil is listed then they aren't fragrance free. And there also may be other chemicals included that are not suitable.

Kristin Clark compiled this list of products that are usually safe. Always choose the fragrance-free version. There are probably others not on this list.

**Soap:** Dr. Bronner's Baby Mild, Sappo Hill/unscented, Kiss My Face Olive Oil/unscented, Tom’s of Maine/unscented, natural glycerin soap

**Deodorant:** Schmidt's Fragrance Free, Kiss My Face Active Enzyme/unscented, Tom’s of Maine/unscented, Jason Aloe Vera, Lafe’s Natural Hemp Oil Roll-On

**Shaving Lotion:** Kiss My Face Unscented Gel

**Shampoo/Conditioner:** Earth Science Pure Essentials Fragrance-Free, Dr. Bronner’s Baby Mild, Magick Botanicals ([www.magickbotanicals.com](http://www.magickbotanicals.com/)), Karen's Naturals ([www.karensnaturals.com](http://www.karensnaturals.com/)), and Tijeras Unscented (Vitamin Cottage). Homemade conditioner: water and lemon juice, or water and apple cider vinegar.

**Hair Gel:** Aubrey B5 Design Gel, Magick Botanicals, Kiss My Face, coconut oil

**Moisturizer:** organic oils (jojoba, sesame, olive, sunflower), Alba Very Emollient Unscented Original Kiss My Face, Magick Botanicals, Jason, MyChelle Dermaceuticals ([www.MyChelleusa.com](http://www.mychelleusa.com/))

**Sunblock:** Alba Fragrance Free, Aubrey, Vanicream ([www.Alerg.com](http://www.alerg.com/)), Jason Chemical & Fragrance-free, Think Sport, Badger

**Cosmetics:** [www.CanaryCosmetics.com](http://www.canarycosmetics.com/)

**Cleaning Products:** The most inexpensive, safe cleaning products are baking soda and water (for cleaning and deodorizing), white vinegar (great for windows when mixed with water and a little soap), Bon Ami (for scrubbing) and hydrogen peroxide (for disinfecting). Dr. Bronner’s Baby Mild soap and Borax are other good all-purpose cleaner, and Seventh Generation makes a convenient line of cleaning products that work well.

**Laundry detergents and products:** Seventh Generation, Biokleen, Ecos, Mountain Green

\*\*\* Be prudent because even if the label advertises “unscented,” some manufacturers use “masking agents” that block olfactory receptors (and thus odor perception); therefore not only is fragrance still in the product, but even more chemicals are present. Check that “fragrance” is not listed in the ingredients or call the company directly and request accurate information. There are no legal definitions for “natural,” “nontoxic,” and “hypoallergenic,” so those markers do not always signify a healthier product. If unsure, call the company.