

Becoming SCENT Sensitive

What does “scent” really mean?

Scent is in reference to fragrances, aromas or perfumes... anything that adds a smell to something else.

Where are they found?

- **Personal care products** (perfumes, aftershaves, cologne, shampoo/conditioner, soaps, lotion, deodorants).
- **Household items** (air freshener, candles, laundry detergent, cleaning products).
- **Workplace** (cleaning products, adhesives, caulking).

Scents & Sensitivity



HEADS UP! “Unscented” or “fragrance-free” does NOT necessarily mean there is no fragrance!

Products labeled as unscented may actually contain ingredients used to mask or hide the smell of other ingredients (Health Canada, 2014)



Please be
“scents-ible”
with the air we
share!

What ingredients are in scents?

The problem isn't so much the smell itself but **the chemicals that produce the smell!** There are several toxic chemicals that constantly turn into vapour in the air, permeating into your hair, clothing and lungs.

A common chemical is **diethyl phthalate** which is used to make scents last longer. It can cause allergic skin reactions and is classified as a skin sensitizer and reproductive toxin (National Institute of Health, 2014).

Source: <http://hazmap.nlm.nih.gov/index.php>,
<http://www.lung.ca>