

SCENTS AND SENSITIVITY

Did you know that according to the BC Lung Association, 30% of Canadians report that scents adversely affect their health which can contribute to allergic reactions, respiratory irritations, headaches, irritability, nausea, anxiety, fatigue, depression, and etc... ???

There are thousands of products that contain chemical ingredients which provide a “pleasant” scent. They may include the following:

- Shampoo/Conditioners
- Hairsprays
- Deodorants
- Soaps
- Lotions/Creams
- Fragrances/Perfumes
- Potpourri
- Cosmetics
- Candles
- Oils
- Industrial/Household Chemicals
- Air fresheners/Deodorizers
- Colognes/Aftershaves

Unfortunately, the “pleasant” scent isn’t usually the concern, but rather the chemical ingredient that produces the scent itself.

As a general guideline, only use products that:

1. Are labeled either "scent-free, unscented, or fragrance-free" and
2. Remember, your nose is a reliable resource to confirm it.



Thank you for helping us contribute to a
“SCENT FREE” environment.

