

# Why Fragrance-Free Facilities?

Fragrance is the new  
second-hand smoke.



- Some **3,000 chemicals** are used in manufacturing fragrances.<sup>1</sup>
- Fragrance recipes are considered **trade secrets**, so manufacturers are not required to disclose fragrance chemicals in the label's list of ingredients.
- **95%** of the ingredients contained in fragrances are petroleum-based volatile organic compounds (VOCs) that **easily evaporate and disperse into the air we breathe.**<sup>2</sup>
- Of the thousands of chemicals used in fragrances, **most have not been tested** for toxicity, alone or in combination.<sup>3</sup>
- Many of these unlisted ingredients are irritants and can **trigger allergies, migraines, asthma, hives, confusion, dizziness, fatigue, vomiting, and seizures.**<sup>2,4</sup>
- An increasing number of studies have also associated fragrance ingredients with **cancer, neurotoxicity, and hormonal imbalance** among other adverse health effects.<sup>3</sup>
- Although these chemicals affect all of us, there are people who become medically disabled by fragrances including but not limited to those with: asthma, autism, chronic obstructive pulmonary disease (COPD), migraines, and multiple chemical sensitivities (MCS).
- **Together, they represent one-third of the general population.**<sup>5</sup>
- This facility has implemented a **fragrance-free policy to safeguard the health** of its visitors and employees.
- While you visit this facility, we request that all staff and visitors respect the health of others and use fragrance-free personal care products.
- These products include perfumes and eaux de toilette, deodorants, shampoos and conditioners, soaps, creams, cosmetics, and all other personal care products.
- Fragrance-free products are preferred over Scent-free or Unscented. Such products are available at local drugstores/ grocery stores at the same price as their scented versions.

**Thank you for your contribution to our fragrance-free policy. It takes all of us!**

<sup>1</sup>International Fragrance Association (IFRA). (2022). *The IFRA Transparency List*. <https://ifrafragrance.org/priorities/ingredients/ifra-transparency-list>

<sup>2</sup> Kumar, P. & Caradonna-Graham, V. M. (2006). The fragrance allergen free consumer product survey: Fragranced consumer products can cause adverse health effects. *Journal of environmental health*, 68(7), 22-28.

<sup>3</sup> Dodson, R. E., Nishioka, M., Standley, L. J., Perovich, L. J., Brody, J. G., & Rudel, R. A. (2012). Endocrine Disruptors and Asthma-Associated Chemicals in Consumer Products. *Environmental Health Perspectives*, 120(7), 935-943.

<sup>4</sup> Steinemann, A. & Goodman, N. (2019). Fragranced consumer products and effects on asthmatics: an international population-based study. *Air Quality, Atmosphere and Health*, 12(6), 643-649.

<sup>5</sup> Steinemann, A. (2019). International prevalence of chemical sensitivity, co-prevalences with asthma and autism, and effects from fragranced consumer products. *Air Quality, Atmosphere and Health*, 12(5), 519-527.