



How to be Scent/Fragrance-Free

Empowering Community and Removal of Barriers (ECRoB)

Creating scent/fragrance-free environments is crucial for ensuring equal access and inclusion for everyone, in particular those with disabilities. By being mindful of the products we use and the chemicals we emit, we can contribute to a more accessible and accommodating society that is healthier for all. Let's work together to create spaces where everyone can thrive and participate fully!

Here are some tips on how to be scent/fragrance-free:

Personal Care Products:

Choose scent/fragrance-free personal care products such as soaps, shampoos, deodorants, and lotions. Choose ECOCERT products as scent-free products may still contain masking chemicals to hide the odour of fragrances and private companies use greenwashing, or the appearance of 'health' or 'ecological responsibility' to market consumer products.

Laundry:

Use scent/ fragrance-free laundry detergents, fabric softeners, and dryer sheets. Avoid products with added fragrance, as they can leave residue on clothes and bedding. Choose products with certified ecologos.

Cleaning Products:

Opt for scent/fragrance-free cleaning products. Avoid using air fresheners, scented candles, and other artificially scented household items.

Communication:

Educate others about the importance of being scent/fragrance-free. Communicate your needs and sensitivities to friends, family, coworkers, and public spaces to promote a scent/fragrance-free environment.

Remember, being scent/fragrance-free is a small change that can make a big difference in the lives of individuals with disabilities.