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Journey to Becoming Scent-Free

Have you ever questioned yourself about the cumulative effect on your body of the different products you're using? Shampoo, makeup, perfume, scented candles, lavender-scented floor cleaners, etc. I hadn't. Perhaps I had fallen for the appealing commercials promoting how scented products add a boost of freshness and well-being. Maybe so. But now I can't help but wonder, at what cost?

I have decided to become scent-free for several reasons:

- **Creating a healthier environment:** Today, we are becoming increasingly aware of the impact and the extent to which we are exposed to human-made chemicals. Whether it's pesticides or PFAS in our cookware, the list is endless. But it also includes all the chemicals contained in our everyday consumer products. Lotions, body wash, shampoo, perfumes—each of these products is specifically designed to have a particular scent and be more efficient. However, this often involves using more and harsher chemicals. I believe that in today's world, development has taken precedence over safety and well-being. In such a world, it's even more important to choose carefully and knowingly what you are exposed to.
- **Environmental justice:** We often see water as a shared resource but rarely think of air in the same way. If your neighbor decides to pollute

your



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water, he'll likely have to face legal consequences. However, if he decides to smoke and the smoke enters your space, would you consider it a violation? Air has the potential to make an individual sick if it's polluted, depending on their sensitivity. Many people, especially those with asthma or multiple chemical sensitivities, can be significantly affected by airborne pollutants, including those from scented products. By going scent-free, I aim to reduce my contribution to air pollution in my home and promote cleaner, safer air.

- **Personal well-being:** I've never considered myself to be sensitive to products or to my environment. However, I do have occasional symptoms (headaches, runny nose, itchy eyes, chest pain, etc.) which I have never really linked to anything. Through this journey, I am hoping it will improve some of my symptoms by minimizing my exposure to potentially harmful chemicals.
- **Evaluating my capacity for healthier choices:** Another reason for this journey is to evaluate my capacity to create a healthier environment for myself through conscious and healthier choices. I want to see if I can effectively reduce the amount of harmful chemicals in my daily life and promote my well-being through mindful decisions.

My first step this month is to assess all the scented products in my home. Using the phone applications Yuka and OnSkin, I will assess the safety level and composition of my everyday products.

Stay tuned for next month's update, where I will share my findings and insights on the safety and composition of these products and delve into the marketing behind them.