



Association pour la santé environnementale du Québec
Environmental Health Association of Québec

ECO-JOURNAL

July 2024
Paul McKay

Embracing Scent-Free Living: Towards a More Inclusive Future

Recently, I had the privilege of attending an event hosted by La Confédération des organismes de personnes handicapées du Québec (COPHAN), which enforced a strict scent-free policy. This initiative was put in place to accommodate individuals with multiple chemical sensitivity (MCS) and other conditions that are exacerbated by chemicals and fragrances. The experience not only opened my eyes but also changed how I approach personal care and cleaning products.

The Importance of Scent-Free Environments

Scent-free policies are grounded in inclusivity and health considerations. Fragrances, which often contain a cocktail of chemicals, can trigger adverse reactions in people with MCS, asthma, allergies, and other sensitivities. Eliminating these triggers makes events and spaces safer and more welcoming for everyone, underscoring the importance of such policies.

The Personal Benefits of Going Scent-Free

Since switching to natural, scent-free products, I've experienced a noticeable increase in my energy levels. For those considering a shift to scent-free living, I'm excited to share how straightforward it is to find unscented, eco-friendly products. Below, I've listed some of my favorite scent-free products that have become staples in my daily routine:





1. **Dr. Bronner's Unscented Pure-Castile Bar Soap:** This vegetable-based soap is free from chemicals, synthetic ingredients, and animal products, making it perfect for nearly any cleaning task—from hair to skin to clothing. Its hypoallergenic properties make it ideal for those sensitive to harsh chemicals. [Learn more about Dr. Bronner's soap.](#)
2. **ATTITUDE Unscented Liquid Hand Soap:** This vegan and dermatologically tested formula is gentle yet effective, crafted with care for people and the planet. [Details on Hand Soap.](#)
3. **ATTITUDE Super Leaves Extra Gentle Unscented Shower Gel:** Also vegan and EWG certified, this shower gel doesn't compromise on safety or environmental impact, providing a clean and gentle experience. [Explore ATTITUDE's Shower Gel.](#)
4. **ATTITUDE Unscented Laundry Detergent:** Formulated with plant-derived ingredients and ECOLOGO Certified, this laundry detergent is another eco-friendly choice. [Laundry Detergent.](#)
5. **Tom's of Maine Unscented Natural Deodorant:** This deodorant is suitable for all genders and is free from aluminum, making it a safe choice for those with chemical sensitivities. It provides effective odor and wetness protection. [Learn more about Tom's of Maine.](#)
6. **DIY Toothpaste:** Mixing white clay with baking soda creates a simple, effective alternative to commercial toothpaste. For those looking for ready-made options, the EcoLiving Guide offers a list of healthy toothpaste brands. [Check out the EcoLiving Guide.](#)

Educate Yourself: Read Labels!

One of the simplest yet most crucial steps in adopting a scent-free lifestyle is to diligently read product labels. Understanding the ingredients and their impacts not only helps protect your health but also promotes environmental sustainability.

For additional guidance on what to avoid, the EcoLiving Guide lists commonly harmful products. [Learn which chemicals to avoid.](#)



Towards a More Inclusive Future

Embracing a scent-free lifestyle transcends personal health; it represents a commitment to fostering more inclusive environments. As more and more individuals and organizations acknowledge the benefits and implement scent-free policies, we move closer to a community where everyone can participate safely and comfortably. Remember, we all breathe the same air.