







The Hidden Face of Perfumes

Fragrance-free is not just a matter of preference. It's a matter of health.

What's Really in your Perfume

Fragrance is more than just a pleasant smell. Most perfumes contain dozens or even hundreds of chemicals, many of which:

-  **Are derived from petroleum**
-  **Are not listed on product labels**
-  **Include known allergens and sensitizers**
-  **Can contain phthalates and volatile organic compounds (VOCs) linked to health issues**



Fragrance ingredients are considered "trade secrets" under Canadian law, so companies are not required to disclose them.

Health Impacts of Fragrances

Who is affected—and how?

Fragrance chemicals don't just stay on the skin. They enter the air and affect those nearby.

For many people, especially those with Multiple Chemical Sensitivity (MCS), these exposures trigger serious symptoms.



Headaches or migraines



Breathing difficulties or asthma-like symptoms



Fatigue and brain fog



Dizziness and nausea



Skin irritation and rashes

Children, seniors, pregnant people, and those with asthma or other chronic illnesses are especially vulnerable.



The Bigger Picture

Fragrances are everywhere, and it is a public health issue.

Scents are used in:



Personal Care Products

Such as perfumes, hair care products, and deodorant



Household Items

Such as laundry products and household cleaners



Public Spaces

In air fresheners, hand soap, scents used in heating, ventilation and air conditioning systems

Exposures to fragrance chemicals are linked to:

- + Asthma and respiratory conditions
- + Endocrine disruption
- + Neurological symptoms
- + Increased risk of developing MCS

What Can You Do?

Make a difference. *Go fragrance-free*



Choose fragrance-free products at home and at work



Support scent-free policies in schools, hospitals, workplaces, and public transit



Educate others about the health risks of scented products



Speak up when spaces are not healthy or inclusive

Fragrance-free is not a preference, it is an accessibility need.

Let's create environments where breathing is safe for everyone.

Learn more at aseq-ehaq.ca.

Together, we can build safer, healthier, more inclusive environments.

aseq-ehaq.ca



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