

**(PARTIAL) LIST OF PRODUCTS FOR CHEMICALLY SENSITIVE PEOPLE AND
THEIR ALLIES/FRIENDS**

compiled by Diana Lion*

The products listed below are tolerated by many chemically sensitive people (though please note that individual tolerances vary) and are available in many local stores, such as food coops, Farmers' markets, natural foods stores, grocery stores, drug stores, Whole Foods, Trader Joe's, online distributors (listed at end of article), etc.

Please note that many products are made by manufacturers who also make scented products. Be sure to buy the unscented or fragrance-free variety!

Many products are mistakenly marked "unscented" or "fragrance-free" for a variety of reasons (beyond the scope of this list to explain). It is important to test each product with your nose (if you have a good sense of smell and are not chemically sensitive yourself) or ask a friend with a good sense of smell. That will be a better determinant of whether a product is scent-free than anything a manufacturer writes on packaging.

Finally, don't be afraid to trust your naturally occurring pheromones!

BAR SOAP

Clearly Natural Unscented Glycerin Soap
Dr. Bronner's Pure Castille Unscented Baby Mild Soap
Green Mountain Soap Co. Soap
Kiss My Face Pure Olive Oil Bar Soap
Magick Botanicals Simmons Special Unscented Soap
Nature Clean Face and Body Bar Soap
Neutrogena Original Unscented
Pangea Organics Pure & Scentless
Tom's Unscented Natural Moisturizing or Deodorant Body Bar

LIQUID SOAP

*African black soft soap (traditional, unscented) available from James Quartey (who is a direct distributor for women and children in his native Ghana; cell is 713-703-0241 – I've been buying his soap for 2 years and love it!).

Birch Hill Happenings Unscented Liquid Hand Soap
Clearly Natural Unscented Glycerin Soap
*Dr. Bronner's Pure Castille Unscented Baby Mild Soap
Green Mountain Soap Co. Liquid Soap
Kiss My Face Fragrance Free Moisture Soap
Magick Botanicals Cleanser and Body Wash Unscented
Nature Clean Au Naturelle Liquid Soap
Organic and Nature Natural Liquid Hand Soap
Tom's of Maine Natural Moisturizing Hand Soaps – Unscented

* = my two favourite products in this category

HAIR CARE

Druide Pur and Pure Shampoo
Logona Free Shampoo
Magick Botanicals Oil Free / Fragrance Free Shampoo and Conditioner

Magick Botanicals Fragrance Free Hair Spray
Magick Botanicals Fragrance Free Styling Gel
Magick Botanicals Fragrance Free Hair Detangler and Shine
Unicure Natural Shampoo Sensitive Skin Formula
Unicure Hair and Skin Conditioner

Homemade body and hair cleaner: pour 1 cup boiling water over one tablespoon baking soda. It's watery, but works well and removes odors.
Homemade hairstyling gel: dissolve 1 teaspoon gelatin in 1 cup warm water and chill.

LAUNDRY DETERGENT

Arm & Hammer – Free of Perfumes & Dyes
Baking or Washing Soda
Borax
ECOS Free and Clear Laundry Detergent
Shaklee Basic H – order through local Shaklee distributor
Seventh Generation Free & Clear (of Perfumes & Dyes)
Tibetan soap rocks
White vinegar

FABRIC SOFTENER

Fragrance-free, chemical-free, fume-free reusable dryer sheets (reusable 500 times)
available through www.needs.com
Vinegar or baking soda in the rinse cycle

BLEACH (or ALTERNATIVE)

Borax
Hydrogen peroxide
Oxy-Clean Powder Form
Seventh Generation Chlorine Free Bleach

LOTIONS/MOISTURIZERS

Aveeno Daily Moisturizing Lotion with Natural Colloidal Oatmeal Fragrance Free
Kiss My Face Fragrance Free Olive & Aloe Moisturizer
Wise Ways All Heal Salve
pure aloe gel
pure vegetable oils: almond, olive, avocado, apricot kernel, jojoba, coconut,
Vitamin E oil

SHAVING PRODUCTS

Kiss My Face Fragrance Free Moisture Shave

DEODORANTS

Almay Fragrance Free Clear Gel Anti-Perspirant and Deodorant
Kiss My Face Fragrance Free Active Enzyme Natural Stick Deodorant
Kiss My Face Fragrance Free Liquid Rock Roll-On Deodorant
Nature's Gate Winter Clean Unscented Stick Deodorant
Sure Anti-Perspirant Deodorant Clear Gel Unscented
Sure Clear Dry Solid Unscented
Sure Roll-On Unscented

Unscented Crystal or Stone Deodorants by various manufacturers

SUNSCREEN

Alba Botanica Fragrance Free Sunscreen

Banana Boat Kids – Big Y unscented

Kiss My Face Sun Screen With Oat Protein Complex

SHOWER GELS / BATH SALTS, etc.

Batherapy 100% Natural Colloidal Oatmeal Bath

Epsom Salts

Masada Unscented Dead Sea Mineral Bath Salts

Pangea Organics Pure & Scentless Moisturizing Herbal Shower Gel

HOUSECLEANING PRODUCTS

Seventh Generation Free & Clear: Be sure to buy their Free & Clear (unscented) products, since they also sell scented ones.

- All purpose cleaner, glass & surface cleaner, plus laundry liquid and powder, and dishwashing liquid for handwashing and dishwasher.

Simple, Pure, Clean: Be sure to buy their unscented products, since they also sell scented ones.

- All purpose cleaner, glass cleaner, bathroom cleaner, hardwood floor cleaner, dusting spray, fabric softener, bleach alternative, abrasive cleaner, scouring powder. www.simplepureclean.com/buy_natural_cleaning_products.html
1-800-870-1697

MISCELLANEOUS

Now Cocoa Butter

Now Lanolin

Now Shea Butter

Queen Helene Cocoa Butter Stick

Spectrum Coconut Oil

(SOME) ONLINE DISTRIBUTORS

www.needs.com/

www.alerg.com/

<http://birchhillhappenings.com/baseprod.htm>

www.refreshinglyfree.com/

www.elysiandream.com/

www.terressentials.com/

www.simmonsnaturals.com/index.html

** Gratitude to Margi Gregory and Anraku from Northampton, MA as well as others for their help in compiling this research.*