

On Being Fragrance Free

Fragrances may smell good, but they cause serious problems for some people. For Judy, all scents, particularly florals – natural or chemical – are asthma triggers. The biggest offenders are hair products, lotions, laundry detergents, hand sanitizers and air fresheners.

To be Fragrance Free:

- Look for products labeled "Fragrance Free."
- Check the ingredients list. If "fragrance/scent/parfum" is listed, it's bad news.
- Also on the bad list: "Natural" florals and fruits, including essential oils
- Sources for FF products in the Milwaukee area include: Outpost, Whole Foods, and Health Hut
- Regular grocery stores also carry many FF products (including laundry soaps and dryer sheets)
- At the end of this, there's also a list of things you can make... really cheap.

Companies that make FF Products (still check labels)

Sea Weed Bath Co., Jason, Earth Science, Naturelle, Desert Essence, Kiss My Face and others.
SG-SalonGrafix makes a FF hair spray, available at Walgreens.
Kiss My Face has a nice FF olive oil soap, also a Liquid Hand Soap Pump.
Toms, Clearly Natural.
Neutrogena, Eucerine. Cetaphil.

MakeUp

Usually not a problem unless they jazz it up with fruit and flowers.
(For the record, Clinique has some excellent FF products.)

Deodorant (check labels)

Kiss My Face makes a nice liquid roll on called Liquid Rock. Also, Jason, Tom's, any of the solid crystals. Anything else that says FF.

Astringent, Aftershave, Shave Cream,

Witch Hazel, Witch Hazel + Aloe, Kiss My Face.

Alternative (cheap) Home Recipes and Tips (Collected by Pamela Danby)

For the record, I never tried any of these, but they look like fun.

Fragrance Free & Chemical Free Shampoo (enough to share with a friend)

1/4 teaspoon Olive Oil (Take care after rinsing: May make shower floor more slippery)

1 Egg

1 tablespoon Apple Cider Vinegar

1 tablespoon Lemon Juice

Combine Egg & Oil;

Combine Vinegar & Lemon Juice.

Blend 2 mixtures.

Apply to wet hair

Lather, rinse & repeat if desired.

Optional final rinse:

1 c of Water mixed with either

3 T Vinegar (dark hair), or Lemon Juice (light hair)

Rinse with plain water, 1st warm, then cool (Discard)

Conditioners

After shampoo's final rinse, pour 1 real Beer over damp towel dried hair;

(1 teaspoon (or less) of Jojoba oil can be added to Beer). Work through.

Rinse with plain water, 1st warm, then cool. Or, leave in as immediate setting gel.

For soft shiny hair: 15 minutes to 1 hour before shampoo, work 1 tablespoon (dime sized) mayo into hair, coating every strand.

Or, after shampoo's final rinse:

Mix 1 tablespoon Honey into 5 tablespoons plain Yogurt

Beat 1 Egg White

Fold Honey Yogurt into Egg White

Massage into clean, damp towel dried hair; Wrap in plastic 15 minutes. Rinse.

Moisturize skin in shower, after turning water off while wet, with any or combination of:

Olive Oil

Almond Oil

Shea Butter

Jojoba oil

Wheat germ oil

Avocado Oil

Grapeseed Oil

Peanut Oil

Sesame oil for oily skin

Apricot kernel oil for fragile, older skin

Deodorant

Combine Corn Starch & Baking Soda

After rinsing armpits with Apple Cider Vinegar + Water and drying, dab well steeped black tea onto armpits.

When dry, fluff on Corn Starch and Baking Soda.

(Okay. This one doesn't sound like that much fun to me.)

Citrus Hair Spray

Juice & Chop 1-2 Lemon(s) & / or Orange (for dry hair), including peels

Boil slowly in 2 cup water until reduced to 1 cup.

Strain. Keep in Spray bottle in refrigerator.

Lemon and Cucumber: Favorite Shampoo (and Shaving Cream) for 4

Peel Lemon & Cucumber: Blend in blender

Oily: Use more (cleansing) Lemon

Dry: Use more (conditioning) Cucumber

Pour into jar

Mix into hair, massaging well. Rinse thoroughly.