

FRAGRANCE SENSITIVITY AWARENESS

What smells good to some may be a health hazard to others



How Fragrances can affect your Body

- Fragrance can cause shortness of breath or asthma-like symptoms.
- Most fragrance chemicals consist of volatile organic compounds, which are respiratory irritants.
- Inhaling fragrances causes circulatory changes and electrical activity in the brain. These changes can trigger migraine headaches, an inability to concentrate, dizziness, and fatigue.
- Skin reactions to fragrance chemicals can produce rashes, hives, dermatitis or eczema. Other symptoms can include watery eyes, nausea, sore throat, cough, and chest tightness.

What makes up Fragrances?

Ninety-five percent of the chemicals used in fragrances are petroleum based synthetic compounds.

Listed below are some principal chemicals and health risks associated with scented products, including perfume, household cleaners, skin and hair care products and laundry detergents. This list was compiled from various environmental hazardous waste lists.

Acetone	When inhaled, it can cause mild central nervous system disturbances such as dizziness, nausea, loss of coordination, slurred speech, and drowsiness. It can irritate the eyes, nose, throat and skin.
Alpha-Pinene	It can be a moderate irritant to skin, eyes and mucus membranes
Alpha-Terpineol	It can be highly irritating to mucus membranes and can also cause excitement, loss of muscular coordination, hypothermia, central nervous system and respiratory depression, and headache.
Benzyl Acetate	The vapors from this chemical can be irritating to the skin. Eyes and respiratory passages
Benzyl Alcohol	It can be irritating to the upper respiratory tract, skin, eyes, and mucus membranes. It can cause headache, nausea, vomiting, dizziness and drops in blood pressure.
Benzaldehyde	It may cause irritation to the mouth, throat, eyes, skin, lungs and GI tract. It may also cause nausea, abdominal pain, depression and contact dermatitis.
Camphor	Since it is readily absorbed through body tissues, it can irritate the eyes, nose and throat. It is recommended to avoid inhalation of the vapors because it can cause dizziness, confusion, nausea, twitching muscles and convulsions.
Ethanol	One of its symptoms can be fatigue and it can irritate the eyes and upper respiratory tract. It can also cause a central nervous system disorder
Ethyl Acetate	Repeated or prolonged contact can cause drying and cracking of the skin
g-Terpinene	Can be found in cologne, perfume, soap, shaving cream, deodorant and air freshener. It can cause asthma and central nervous system disorder
Limonene	Its vapor can irritate the eyes, mucus membranes and upper respiratory tract. It also can cause an allergic skin reaction.
Linalool	The most abundant chemical in perfume and fragrance products, it is known to cause lethargy, depression and life threatening respiratory effects.

For more information about fragrance-related allergies visit The Fragranced Products Information Network website or the WebMD Allergies Health Center. For more information about asthma visit the American Lung Association. For more information on cosmetic product ingredients and labeling visit the U.S. Food and Drug Administration and search for 21 CFR 701.3.