

FRAGRANCE-FREE PERSONAL CARE PRODUCTS

This is a short list of fragrance-free personal care products that are usually easy to find. They are available from supermarkets (sometimes in the health food section), pharmacies, health food shops and online. Always check the ingredients - some products claiming to be “unscented” have a “masking fragrance” added and this can cause symptoms. Not all fragrance-free products are suitable for all people with MCS. Sometimes other ingredients - either synthetic or natural - cause symptoms. You can find out more about ingredients at www.cosmeticsdatabase.com. If you are looking for products to wear while around someone with MCS, it is best to ask them if particular products will be ok. Although natural, essential oils often cause symptoms so this list doesn't include products that are strongly scented with essential oils. However, it does include a few products with a mild scent from essential oils as these all-natural products are the best choice for some people with MCS. “Mild natural scent” is noted in brackets for people who need to avoid this.

Shampoo and Conditioner

Herbon (mild natural scent)	www.herbon.com.au	health food shops
Simple	www.simpleskincare.com.au	pharmacies
Melrose fragrance-free	www.melrosehealth.com.au	health food shops
Akin Unscented	www.purist.com	health food shops, pharmacies, Priceline
Envirocare Sensitive Body and Hair Cleanser	www.envirocareearth.com.au	health food shops

Soaps

Herbon Botanic Soap	www.herbon.com.au	health food shops
Simple	www.simpleskincare.com.au	pharmacies
Melrose Organic Castile Liquid Soap - Original	www.melrosehealth.com.au	health food shops
Envirocare Sensitive Body and Hair Cleanser	www.envirocareearth.com.au	health food shops
Natural Selections Sorbolene Moisturising Bar Unscented	www.pental.com.au	supermarkets

Hand lotions and other skincare products

Simple products	www.simpleskincare.com.au	pharmacies
Akin Unscented	www.purist.com	health food shops, pharmacies, Priceline

Deodorant

Herbon (mild natural scent)	www.herbon.com.au	health food shops
QV Naked	www.egopharm.com	pharmacies, Priceline
Mum Hypo-Allergenic Unscented Roll On		supermarkets, pharmacies
Mitchum Antiperspirant Roll On Unscented		pharmacies, Coles supermarkets

Shaving

Clinique M Shave Aloe Gel, fragrance-free	www.clinique.com.au	pharmacies
QV Man Shave	www.qvskincare.com.au	pharmacies, Priceline

Sunscreen

Wotnot (mild natural scent)	www.wotnot.com.au	health food shops
Hamilton Sensitive SPF30+ Sunscreen Cream and Lotion	www.hamiltonlabs.com.au	pharmacies, Priceline

Laundry products

Planet Ark Aware Sensitive Skin	www.awareenvironmental.com.au	supermarkets
OMO Sensitive	www.unilever.com.au	supermarkets

Sodium bicarbonate can also be used to wash clothes.

Note: the use of a product name does not constitute a recommendation or endorsement by AESSRA Inc. January 2011

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