

FRAGRANCE

_____ Name

_____ Date

also called...parfum, essential oil, masking fragrance, or cologne.

What is it?

Fragrances are natural or synthetic substances used to impart an aroma to a product. Most perfumes are made of many fragrances. Fragrance may even be used in an “unscented” item to mask odor. Sometimes added fragrance is not listed among the ingredients if the substance is added for its benefit as a preservative, oil, or emulsifier.

Where might it be found?

Liquid and bar soap, cleansers
Moisturizer, cream, lotion, oil
Bath oil or gel
Make-up, concealer, powder
Mascara, eye shadow
Blush, bronzer
Lipstick, lip liner, balm, gloss
Make-up remover, toner
Shaving cream, gel, depilatory
Aftershave, cologne
Perfume, body mist
Deodorant, antiperspirant
Anti-aging cream, brightener
Sunscreen, sunless tanner
Body powder, talcum powder
Shampoo
Hair conditioner, tonic, oil
Hair gel, mousse, spray
Massage oil, aromatherapy
Surgical scrub solution
Wound care ointment
Medicated cream, spray
Chinese or cassia oil remedy
Foot powder, spray
Toothpaste, mouthwash
Dental floss, dental materials
Breath freshener, mint, candy
Chewing gum, bubble gum
Sanitary napkins, light pads
Feminine hygiene spray, rinse
Baby wipes, moistened tissues
Facial tissue, toilet paper
Dish or laundry detergent
Fabric softener, dryer sheets
Air freshener, potpourri sachet

Household cleaner, deodorizer
Scented candles, plug-ins, incense
Cooking and baking flavorings
Waxes, polishes
Metalworking fluid, cutting oil, corrosion inhibitor
Paint, paint thinner, turpentine
Insecticide, insect strips
Beverages, including cola, bitters, vermouth
Some *medications*, including inhalants
Sometimes circulated in ventilation systems

How to avoid it:

Avoid using any product with a scent or fragrance. Check the complete ingredient list of each product you use for fragrance or *parfum*. For products already at home with no ingredient list, go to the store and inspect the original box or package. Some products' ingredient lists are available on the internet at the manufacturer's website, the store's website, or at websites such as <http://householdproducts.nlm.nih.gov>, <http://www.cosmeticsdatabase.com>, or <http://www.drugstore.com>.

Your exposure to fragrance may be from contact with a partner who uses fragranced products. Alert your dentist, doctor, nurse, hairdresser, masseuse, and others not to use products containing fragrance in your care.

To identify possible workplace exposure, check the complete ingredient list of each product. Sometimes a small amount of fragrance is present even though *not* listed. You may need to contact the manufacturer to learn if a product contains fragrance. Substitute fragrance-free alternatives, or wear rubber or vinyl gloves.

(continued)

ADDITIONAL INFORMATION

your doctor may wish to use:

Fragrance Mix I

Oak moss absolute
Cinnamic aldehyde
Cinnamic alcohol
Alpha-amyl cinnamic alcohol
(amylcinnamaldehyde)
Geraniol
Hydroxycitronellal
Isoeugenol
Eugenol
[Sorbitan sesquioleate 5% as
emulsifier]

Fragrance Mix II

Lyr al (hydroxy-isoheptyl
cyclohexene carboxaldehyde)
Citral
Farnesol
Citronellol
Hexyl cinnamic aldehyde
Coumarin

Balsam of Peru

(*Myroxylon pereirae*)

Benzyl acetate
Benzyl alcohol
Cinnamic acid
Cinnamic alcohol
Cinnamic aldehyde
Eugenol
Isoeugenol

You may also need to avoid:

anisyl alcohol, benzyl
salicylate, musk ambrette,
ethylene brassylate,
sandalwood oil, wood tar,
methoxycitronellal, cassia oil
(and related senna laxative),
tiger balsam, cajeput oil, tea
tree oil, lavender oil, jasmine
absolute, ylang-ylang oil,
tincture of benzoin, propolis,
and colophony.

GLOSSARY

Alpha amyl cinnamic alcohol is a synthetic essential oil with an intense jasmine aroma, used in soaps, cosmetics, and toothpaste.

Cinnamic alcohol has the odor of hyacinth. Its ester occurs in natural fragrances like balsam of Peru, storax, cinnamon leaves, hyacinth oil, and propolis. It flavors many beverages, gums, toothpastes, and mouthwashes.

Cinnamic aldehyde is used as a flavor in sweets, ice cream, soft drinks, chewing gums, and cakes. It is present in the hyacinth plant; spices; oils of cinnamon, Ceylon and cassia; and balsam of Peru and Tolu.

Citral, from oil of lemon grass gives citrus notes to floral fragrance blends and is in verbena and orange oils.

Citronellol, derived from citronella oil, along with geraniol comprises geranium oil, and is used in perfume production.

Coumarin can be derived from several plants or made synthetically. It smells like newly mown hay, tastes like vanilla, and is used for perfumes, soaps, and flavorings.

Eugenol has a clove or carnation fragrance, and is found in oils of clove and cinnamon leaf, as well as in roses, carnations, violets, and hyacinths. It is prevalent in dental analgesics, impression materials, and periodontal packings. Used in producing vanillin, it is also present in bay, patchouli, pimento, calamus, cananga, camphor, nutmeg, and saffras. It can be a meat preservative.

Farnesol is an ingredient found in orange blossoms, rose, jasmine, or linden flowers. Because of biocidal activity, it is useful in anti-odor products.

Geraniol has a sweet floral rose odor. It is used to make peach, blueberry & raspberry flavors. It constitutes much of the oils of palmarosa, lavender, geranium, rose, jasmine, and citronella.

Hexyl cinnamic aldehyde, with its waxy jasmine-like scent, is found in cleaners, detergents, lotions, fabric softeners, anti-perspirants, deodorants, bath bubbles, bleach, soaps, and shampoos.

Hydroxycitronellal is a synthetic lily of the valley fragrance found in perfumes, aftershaves, cosmetics, soaps, antiseptics, and insecticides.

Isoeugenol with its clove-like odor is in perfumes, dental materials, deodorants, and food flavors. It is a by-product in the production of vanillin, and is found in oil of nutmeg, clove, tuberose, jonquil, and ylang-ylang.

Lyr al is a synthetic delicate lily-like scent, commonly found in fine fragrances, antiperspirants and deodorants, detergents, fabric softeners, surface cleaners, shampoos, and soaps.

Oak moss absolute is an essential oil extracted from lichen, which is used in colognes and aftershaves for its woody masculine odor.