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?

<table>
<thead>
<tr>
<th>Household cleaner, deodorizer</th>
<th>Moisturizer, cream, lotion, oil</th>
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</thead>
<tbody>
<tr>
<td>Scented candles, plug-ins, incense</td>
<td>Bath oil or gel</td>
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<tr>
<td>Cooking and baking flavorings</td>
<td>Make-up, concealer, powder</td>
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<td>Waxes, polishes</td>
<td>Mascara, eye shadow</td>
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<td>Metalworking fluid, cutting oil, corrosion inhibitor</td>
<td>Blush, bronzer</td>
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<tr>
<td>Paint, paint thinner, turpentine</td>
<td>Lipstick, lip liner, balm, gloss</td>
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<td>Insecticide, insect strips</td>
<td>Make-up remover, toner</td>
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<td>Beverages, including cola, bitters, vermouth</td>
<td>Shaving cream, gel, depilatory</td>
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<td>Some medications, including inhalants</td>
<td>Aftershave, cologne</td>
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<tr>
<td>Sometimes circulated in ventilation systems</td>
<td>Perfume, body mist</td>
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</tbody>
</table>

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.
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**
- Lyral (hydroxy-isohexyl 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 sassafras. 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.

**Lyral** 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.