Note to CUPE Local 1936 Members,

Recently I was asked to represent a member who had severe environmental sensitivities, also referred to as scent allergies. I was educated and became aware of how harmful exposure to scents can be for some people.

Environmental sensitivities can be mild or they can be severe, resulting in extremely painful and debilitating reactions to scents such as migraines. Some people are allergic to all artificially scented products while others may only experience a reaction to certain products.

I am asking CUPE Local 1936 members to please refrain from using scented and fragrant products, such as unscented shampoo, unscented body and hand soap and unscented lotion. Please refrain from bringing scented products such as scented candles and mist diffusers into the workplace. People who live with severe scent allergies may experience extremely painful reactions to these products. It is everyone’s responsibility to ensure that our co-workers do not have to endure severe reactions to scented products.

In order to help you and your co-workers begin the journey towards using scent-free products, you will also find a list of unscented products to choose from at the end of this list. Please feel free to share this list.

Please share this note with your co-workers and your Employers. Please be a part of creating scent free workplaces so that our members who live with scent allergies can come to work without risk of a severe allergic reaction.

I appreciate all of your efforts in this regard.

Sheryl Burns

President

CUPE Local 1936



Many scent-free products are available at your local supermarket and pharmacy. Others are available in specialty stores and do tend to be a bit more pricey. However, many of the specialty items are of high quality, and are effective in smaller quantities than the scented products.

As you look into scent-free alternatives to scented personal-care products, it's important to be aware that the terms 'fragrance-free', 'scent-free' and 'unscented' are used virtually without  
restrictions. They may only mean that the product has less scent than the scented version of the same product from that manufacturer.

Nonetheless, choosing products with these labels is still safer than choosing the scented versions.

**Scent-Free Products List**

The following list offers only a small sample of the scent-free products available and is not meant to be all-inclusive.

**General Merchandise**

**Anti-Acne**

Noxzema Complete Care for Sensitive Skin — fragrance-free Oxy Daily Cleaning Pads for Sensitive Skin — fragrance-free

**Body Wash**

Aveeno Skin Relief Body Wash — fragrance-free Dove Moisturizing Body Wash — unscented  
Goat's Milk Moisturizing Body Wash — fragrance-free Oil of Olay Moisturizing Body Wash — unscented

Our Compliments Moisturizing Body Wash — unscented

Information taken from http://www.dal.ca/~scentfre/faq.shtml

**Cream**

Cetaphil Moisturizing Cream — fragrance-free  
Dermal Therapy Hand, Elbow & Knee Cream — fragrance-free Jergens — unscented  
Neutrogena Facial Cream — fragrance-free  
Neutrogena Hand Cream — fragrance-free  
Oil of Olay Complete Care — fragrance-free  
Oil of Olay Total Effects — fragrance-free  
Vaseline Intensive Care Hand Cream — unscented

**Deodorant**

Arm & Hammer Anti-perspirant — unscented Arrid XX Roll-on — unscented  
Arrid XX Solid Stick — unscented  
Degree Original — unscented

Dove Invisible — fragrance-free Dove Sensitive Skin — unscented Dove Silk Protection — unscented Dry Idea Roll-on — unscented Just the Goods basic - unscented

Lady Speed Stick Gel — unscented Lady Speed Stick Invisible — unscented Mitchum Clear Stick — unscented Mitchum Solid — unscented  
No Name Solid Stick — unscented Secret Platinum — unscented  
Secret Roll-on — unscented  
Secret Sheer Dry — unscented

**Gel**

Alberto European Extra Hold Gel — unscented Dep 10 Sport Endurance Gel — fragrance-free Dep 10 Sport Extreme Hold — fragrance-free

Dippity-do Sport Gel — unscented

**Hairspray**

Alberto European Extra Hold Hairspray — unscented Clairol Final Net Ultimate All-day Hold — unscented Clairol Regular All-day Hold — unscented

**Laundry Detergent**

All Free Clear – fragrance-free  
Arm and Hammer Free of Perfumes and Dyes – unscented Charlie’s Soap Laundry Powder – fragrance-free  
Ecover Liquid Laundry Detergent – fragrance-free  
Free & Clear  
Nature Clean – Unscented  
Tide Free and Gentle Liquid Laundry Detergent – fragrance-free Tide Free and Gentle Pods - unscented

**Lotion**

Aveeno Daily Moisturizing Lotion — fragrance-free  
Cetaphil Moisturizing Lotion — fragrance-free  
Curel Moisturizing Body Lotion — unscented  
Curel Therapeutic Moisturizing Lotion — fragrance-free  
Dermal Therapy Extra Strength — fragrance-free  
Exact — unscented  
Goat's Milk Lotion Moisturizing — fragrance-free  
Keri Lotion Deep Conditioning — unscented  
Keri Lotion Fast Absorbing — unscented  
Keri Lotion Original — unscented  
Keri Lotion Skin Renewal SPF 15 — fragrance-free  
Lubriderm Body Lotion — unscented  
Lubriderm Lotion — unscented  
Lubriderm Seriously Sensitive — fragrance-free  
Neutrogena Body Emulsion — fragrance-free  
Neutrogena Body Moisturizer — fragrance-free Nivea Body Lotion — fragrance-free  
Oil of Olay Sensitive Skin — fragrance-free PHisoderm — unscented  
Vaseline Intensive Care Body Lotion — unscented

**Shaving Cream**

Aveeno Therapeutic Shaving Gel — unscented  
Nivea for Men Sensitive Aftershave Balm — unscented Nivea for Men Shaving Gel — unscented

**Soap**

Aveeno Balancing Bar — fragrance-free Aveeno Clear Skin Bar — fragrance-free Aveeno Moisturizing Bar — fragrance-free Dove — unscented

Goat's Milk Soap — fragrance-free Jergen's Naturals — unscented Neutrogena — fragrance-free  
Oil of Olay — unscented

**Sunscreen**

L'Oreal Ombrelle Suncare Research SPF 15 & 30 — unscented

**Specialty Store Items**

**Conditioner**

Botanical Therapeutic Tree Essence — fragrance-free Nature Clean Organic Conditioner — fragrance-free  
Phillip Adam Apple Cider Vinegar Shampoo - fragrance-free

**Cream**

Earth Science Almond-Aloe Facial Moisturizer — unscented Earth Science Beta Ginseng Hydrating CrÏme — fragrance-free

**Deodorant**

DSA Crystal Deodorant Stone — unscented  
Earthwise Baking Soda — unscented  
JASON Natural Cosmetics Clearly Fresh and Natural — unscented Kiss My Face Liquid Rock Roll-on — fragrance-free  
Kiss My Face Solid Stick with Baking Soda and Clay  
Naturally Fresh Deodorant Crystal — fragrance-free  
Nature's Gate Crystal — fragrance-free  
Nature's Gate Winter Clean Roll-on  
NutriBiotic, The Original with Witch Hazel and Aloe Vera — unscented Tom's of Maine — unscented

**Lotion**

JASON Vitamin E Natural Hand & Body Lotion — fragrance-free Kiss My Face — Olive & Aloe Oil Free Moisturizer — fragrance-free Nature's Gate — Herbal Moisturizing Lotion — fragrance-free

**Shampoo**

Botanical Therapeutic Tree Essence — fragrance-free  
Druide Shampoo Hypoallergen, Horsetail & Proteins — fragrance-free Earth Science Pure Essentials Shampoo — fragrance-free  
Nature Clean Herbal Shampoo — fragrance-free  
Phillip Adam Apple Cider Vinegar Shampoo - fragrance-free

**Shaving Cream**

Kiss My Face Natural Moisture Shave — fragrance-free

**Soap**

Kiss My Face Liquid Soap — fragrance-free  
Kiss My Face Pure Olive Oil Soap — fragrance-free Nature Clean Pure Soap — fragrance-free

**Sunscreen**

Alba Botanical Sun Protection, Water Resistant SPF 15 — fragrance-free  
You can also try searching Health Canada's drug product database for other products.

Information taken from http://www.dal.ca/~scentfre/faq.shtml