

Less added scent. A clearer household plan.

Start with one routine. Record the product, why you use it, and what information you need. A product inventory is not an exposure test or a medical diagnosis.

- ☐ **Laundry:** List detergent, softener, scent beads and dryer sheets. Mark products used mainly to add scent.
- ☐ **Room fragrance:** List plug-ins, sprays, candles and diffusers. Identify any odor source that needs cleaning or maintenance.
- ☐ **Personal care:** Gather perfume, body spray, deodorant, hair products, lotion and skincare with their original labels.
- ☐ **Labels:** Check fragrance/parfum, masking scent and botanical scent ingredients. Ask the maker when a claim is unclear.
- ☐ **Family routines:** Note who uses each product and how often. Keep any clinician-provided allergy instructions handy.
- ☐ **Visitors and baby spaces:** Write a short fragrance preference caregivers and visitors can actually follow.
- ☐ **One practical change:** Choose an optional scent product to stop buying or a normal replacement to compare. Do not mix cleaners.
- ☐ **What remains unclear:** Record the ingredient, intended use or research question that needs a better answer.

My first priority: _____

Product or question to review: _____

Want help making the plan?

Text FRAGRANCE and your city to 504.296.9696
chemicalwellness.com/knowledge-center/fragrance/

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