

Allergy to Fragrance Mix

What am I allergic to?

You have been found to be allergic to **Fragrance Mix**.

What is Fragrance Mix?

Fragrance Mix detects about 75% of perfume-allergic patients. It contains eight individual fragrances which occur commonly in scented products in Europe and the USA (one or several of them at once). Perfume is encountered in thousands of situations in our daily lives.

What must I avoid?

You may not be allergic to all fragrances but you will need to be very careful with all perfumed products in the future because fragrance ingredients are not separately listed. You may be exposed to perfumes in two ways: by **direct contact** (eg applying scent, aftershave or fragrance-containing moisturiser to the skin); by **airborne contact** (eg from other people's perfumes, air fresheners etc).

Use fragrance-free soap, shampoo and cosmetics (eg Neutrogena, Simple or Almay fragrance-free products). Unscented and hypoallergenic products may not be safe as they may contain 'masking perfumes' to hide the unpleasant smell of the basic ingredients. When perfume is present, it is listed as **parfum** on the ingredients label: this is compulsory in European products. Plant oils will contain fragrance substances, so avoid these too.

Where can perfumes be found?

Remember: anything that smells nice contains a perfume. This includes:

- Perfumes, soaps, shampoos, conditioners, lipsticks, bath/shaving foams
- Creams, cleansers, wet wipes
- Air fresheners
- Washing powder, fabric conditioner, household cleaning products, polishes
- Insect repellents
- Candles
- Air conditioning systems
- Metalworking fluids
- Barrier creams, sun block
- Paints
- Traditional Chinese herbal preparations
- Talcum powder

This list is not exhaustive.

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