

Deodorant

- Avon OnDuty – unscented roll-on
- Baking soda
- Crystal rock deodorant
- Dr. mist™ – fragrance-free
- Dry Idea® – unscented roll-on
- Kiss My Face® Liquid Rock®
- Routine. Bonnie N Clyde – unscented
- Schmidt's® Fragrance-Free Natural Deodorant
- Tom's of Maine® Long Lasting – unscented

Hairspray, gel, mousse

- Carina Organics hairspray and gel – unscented
- Dippity-Do® Sport Gel – unscented
- Magick Botanicals hairspray and gel – fragrance-free
- Puff.Me volumizing powder spray – scent free
- Salon Grafix® – unscented

Hair dye

- Herbatint® – fragrance-free
- Tints of Nature®

Note: If you are sensitive to scents, use scent-free shampoo and conditioner instead of the products included in the hair dye package.

Shaving

- Aloe vera aftershave
- Any unscented soap that lathers (makes bubbles) well
- Aveeno® Skin Relief Shave Gel
- Electric razor
- Gillette® Fusion Pure & Sensitive
- Thayers® Astringent After Shave Witch Hazel

Looking for more health information?

Find this pamphlet and all our patient resources here:

<https://library.nshealth.ca/PatientEducation>

Contact your local public library for books, videos, magazines, and other resources. For more information, go to <http://library.novascotia.ca>

Connect with a registered nurse in Nova Scotia any time:

Call 811 or visit <https://811.novascotia.ca>

Learn about other programs and services in your community:

Call 211 or visit <http://ns.211.ca>

Nova Scotia Health promotes a smoke-free, vape-free, and scent-free environment.

Please do not use perfumed products. Thank you!

www.nshealth.ca

Prepared by: Integrated Chronic Care Service

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The information in this pamphlet is for informational and educational purposes only. The information is not intended to be and does not constitute health care or medical advice. If you have any questions, please ask your health care provider.

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The information in this pamphlet is to be updated every 3 years or as needed.

Approved Scent-free Products

Integrated Chronic Care Service (ICCS)

No Scent is Good Sense



The following products have been approved as not having any added scents or fragrances. These products can be found in the health food section of grocery stores or in health food stores. **Please only use scent-free products before coming to ICCS for your in-person appointments.**

See pamphlet 1933 — *Integrated Chronic Care Service (ICCS) Scent-free Information* www.nshealth.ca/sites/nshealth.ca/files/patientinformation/1933.pdf for instructions on becoming scent-free for your appointments.

Laundry

- Borax or baking soda
- Down East®
- ECOS™ Free & Clear
- Kirkland Signature Free™ & Clear Ultra Clean
- President's Choice® Free
- Seventh Generation™ Free & Clear
- The Soap Company of Nova Scotia Ltd. Choice™ Laundry Powder (unscented)
- Sunlight® Sensitive Skin
- Tide® Free & Gentle™

Shampoo and conditioner

- Botanical Therapeutic (made by Carina Organics) – unscented
- Carina Organics – unscented

- Currelle – Hydra
- Desert Essence® Organics – fragrance-free
- Druide® – Pur & Pure
- Earth Science® – fragrance-free
- Green Cricket™ Sky – fragrance free
- Live Clean® Sensitive – hypoallergenic
- Nature Clean® – Pure-Sensitive
- Oneka – unscented
- Scentuals – scent-free

Body wash

- Aveeno® Fragrance-Free
- Desert Essence® Organics
- Druide® – Pur & Pure
- Green Cricket™ Sky – fragrance-free
- JÄSÖN® – fragrance-free
- Kiss My Face® fragrance-free – sensitive type
- Oneka Shower Gel – unscented

Soap bars

- Aveeno® Moisturing Bar – Fragrance-Free
- Dove Sensitive Skin Beauty Bar
- Goat milk soap – unscented
- Kiss My Face® – pure olive oil soap
- Nature Clean® Sensitive Face-Body-Bath Bar

- The Soap Company of Nova Scotia Ltd. unscented soap bar
- The Soapworks pure glycerine soap bar

Body and hand lotions

- Aveeno® Fragrance-Free
- Desert Essence® Organics – Fragrance-Free Hand and Body Lotion
- Druide® – Pur & Pure Face & Body Lotion
- Jergens® Ultra Care – Fragrance-Free
- Kiss My Face® – fragrance-free
- Lubriderm® Daily Moisture Lotion – fragrance-free
- Nature's Gate® – fragrance-free
- The Soap Company of Nova Scotia Ltd. – unscented cream

Cosmetics (makeup)

- Clinique™ – full line of cosmetics
- Ecco Bella
- La Roche-Posay® – sensitive skin makeup
- Marcelle® – full line of cosmetics
- Pür™ Minerals – pressed mineral makeup
- Suncoat