Visiting a Fragrance-Free Home

A friendly note for guests, helpers and visitors

Someone in this home reacts to fragrances and other everyday chemicals. Thank you for helping us keep the air comfortable. Small changes make a big difference.

Before you visit, please

- Skip perfume, cologne, body spray and scented aftershave.
- Choose fragrance-free lotion, deodorant and hair products if you can. Even some products labeled “unscented” may contain fragrance ingredients [2].
- If possible, wear clothes washed without scented detergent, fabric softener or dryer sheets.
- Please don’t smoke or vape just before your visit or while you’re here.

Please don’t bring

- Scented candles, air fresheners, incense or essential oils
- Scented gifts such as soaps, bath products or potpourri

For helpers, cleaners and repair workers

- Please use the fragrance-free products we provide, or ask before using any spray, cleaner or solvent.
- If a product is needed, open windows or run an exhaust fan while you use it, and follow the label directions [3].
- Please give us notice before painting, pest treatments or other work with strong-smelling products.

If you forget

No problem. We may ask to visit outside, open a window, or reschedule. It isn't personal. Thank you for understanding.

Our specific requests

Why this matters

In a 2016 U.S. survey, people with multiple chemical sensitivity most often named fragranced products, air fresheners and scented laundry products as triggers [1]. Air fresheners, cleaners and other household products release volatile organic compounds (VOCs) indoors [3].

General information, not medical advice. Anyone with symptoms should talk with a licensed clinician. If someone has trouble breathing or signs of a severe allergic reaction, call 911 or your local emergency number.

Sources

1. Steinemann A. National prevalence and effects of multiple chemical sensitivities. J Occup Environ Med. 2018;60(3):e152-e156. PMID: 29329146. https://pmc.ncbi.nlm.nih.gov/articles/PMC5865484/
2. U.S. Food and Drug Administration (FDA). Fragrances in Cosmetics. Content current as of February 28, 2022. Accessed October 31, 2026. https://www.fda.gov/cosmetics/cosmetic-ingredients/fragrances-cosmetics
3. U.S. Environmental Protection Agency (EPA). Volatile Organic Compounds' Impact on Indoor Air Quality. Accessed October 31, 2026. https://www.epa.gov/indoor-air-quality-iaq/volatile-organic-compounds-impact-indoor-air-quality

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