



## Fragrance mix I and II

Your patch tests indicate you have a contact allergy to fragrance. This means that you are allergic to one or more fragrances. Fragrance may be labelled as parfum, perfume, fragrance or aroma. Fragrances are commonly found in everyday household products and personal care products. Allergic reactions may occur when a fragranced product touches the skin or is carried in the air. When carried in the air you could have a reaction affecting your face or eyelids.

'Fragrance free' toiletry and cosmetic products are now widely available. Some will contain plant essential oils which by their very nature will contain fragrance chemicals. They may be labelled as having 'no added fragrance', 'unscented', 'hypoallergenic' or 'organic'. Avoid these plant extracts – often denoted by a Latin botanical name such as '*pelargonium graveolens*' oil.

Choose fragrance free products as far as possible. Cosmetics used by a partner may be an overlooked source of fragrance. If you have a contact allergy to one fragrance only it is reasonable to avoid this chemical alone. But if you react to two or more fragrances, or if you continue to experience problems with your skin, then it is usually best to avoid all fragrances.

If you wish to wear a fine fragrance/perfume, you may be able to find one that does not contain the fragrance compound to which you are sensitive. Try a usage test of different fragrances (one at a time). Apply it to a 2cm square, twice a day, for 2 weeks in the same place on your forearm. If there is no reaction then it should be safe to use.

Sources of fragrances include:

- **Personal products** including fine fragrances, perfume, aftershaves, cosmetics, hair products and deodorants, bath oils and shower gels.
- **Sanitary products** including moist toilet wipes, sanitary towels and toilet paper
- **Household sources** include plug in air fresheners, scented candles, diffusers, bathroom sprays and cleaning products, insect repellents, washing powders, fabric conditioners, ironing sprays.

- **Medications** including haemorrhoid creams, ointments, creams, barrier creams such as Sudocrem, Flexitol heel balm, Balneum bath oil, Eurax cream and lotion, T Gel shampoo, some Aveeno products and Polytar
- **Work systems** including cutting oils and coolants, paints, air conditioning systems, toilet fresheners, hand soaps and barrier creams

**Fragrance mix I** is a mixture of 8 individual fragrances:

- Amyl Cinnamal
- Cinnamal
- Cinnamyl alcohol
- Eugenol
- Oak moss (*Evernia prunastri*)
- Geraniol
- Hydroxycitronellal
- Isoeugenol

**Fragrance mix II** is a mixture of 6 individual fragrances:

- Citral
- Citronellol
- Farnesol
- Coumarin
- Alpha-Hexyl-Cinnamal
- Hydroxyisohexyl-3-cyclohexene carboxaldehyde (Lyrals™)

**Other fragrance allergens** which are not in either Fragrance mix I or II but which have to be labelled in cosmetics are:

- Alpha-isomethyl ionone
- Amylcinnamyl alcohol
- Anisyl alcohol
- Benzyl alcohol
- Benzyl benzoate
- Benzyl cinnamate
- Benzyl salicylate
- Butylphenyl methylpropional (lilial)
- *Evernia furfuracea* (tree moss)
- Limonene
- Linalool
- Methyl 2-octynoate