



Limonene

Your patch tests indicate you have a contact allergy to limonene

This means that you should, in general, avoid products containing limonene. Limonene smells of citrus and is found in many plant based natural oils including citrus oil (from orange, lemon and lime peel), lavender, geranium, bergamot, rosewood and tea tree oils and many other plant oils.

Limonene itself does not often cause reactions. You may find that you can tolerate some products containing limonene, if they are new or recently-opened, when the limonene has not yet been exposed to air. Exposure to air causes limonene to trigger an allergic reaction. For example, 'older' products containing limonene which have been in the bathroom for several months, especially if the product is sometimes uncapped, will be much more likely to cause an allergy.

Labelling of limonene is now compulsory in cosmetics and detergents if it is added in its pure state. It is also present in 'natural' cosmetics and some 'fragrance-free' cosmetics where it will not be labelled. It is important to look out for citrus oils and other natural oils and perfumes such as lavender (*lavandula angustifolia*) and geranium (*pelargonium graveolens*).

Limonene may be found in some of the following products:

- Almost all prestige perfumes
- Personal care products including perfumes, aftershave lotions, bath products, shampoos and conditioners, toothpastes, mouthwashes, and chewing gum.
- Cleaning products such as liquid soaps, hand cleansers and detergents
- Paint stripper and as a fragrant alternative to turpentine (turps).
- Household paints
- Commercial air fresheners
- Deodorants

Always check your products as these lists can never be complete and ingredients change.