



Linalool

Your patch tests indicate you have a contact allergy to Linalool

This means that you should, in general, avoid products containing linalool. Linalool has a floral smell. It can also be present in artificial essential oils such as lavender, geranium and bergamot.

Linalool is a naturally-occurring fragrance and is found in many plant-based substances including more than 200 natural oils, for example:

- lavender oil
- cinnamon oil
- ylang-ylang oil
- bergamot oil
- jasmine oil
- geranium oil
- rosewood oil
- coriander oil
- orange and lemon zest
- basil oil
- laurel oil (bay)

Linalool itself does not often cause reactions. You may find that you can tolerate some products containing linalool, if they are new or recently-opened, when the linalool has not yet been exposed to air. Exposure to air causes linalool to change and it may then trigger an allergic reaction. "Older" products containing linalool which have been in the bathroom for several months, especially if the lid is sometimes left off, will be much more likely to cause an allergy.

Linalool may be found in these perfumed products:

- Almost all prestige perfumes
- Most deodorants
- Many household products

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

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