



Carvone

What are the aims of this patient information leaflet?

This leaflet has been written to help you understand more about your contact allergy. It tells you what a contact allergy is, what causes this allergy and what you can do about it.

What is contact allergy?

Dermatitis, also known as eczema, describes a type of inflammation of the skin. Contact dermatitis or contact eczema is a term used when this inflammation is caused by direct or indirect skin contact with something in your environment. Allergic contact dermatitis occurs when your immune system causes allergy to a very specific chemical or substance that has been in contact with the skin.

What causes your specific allergy?

Your [patch tests](#) indicate that you have a contact allergy to **Carvone**.

What is Carvone?

This is a natural substance that exists as 2 forms, one derived from spearmint oil and one derived from caraway and dill seed oils. Both types of Carvone are used for their flavour and aroma.

What are some products that contain Carvone?

Carvone may be found as a:

Flavour in:

- chewing gums, mint flavoured sweets, toothpastes and teeth whitening products, liqueurs

Perfume/fragrance in personal care such as

- Lip & makeup products
- Perfumes & fragrance mists
- Haircare (shampoo, conditioner, leave-in products/serums)
- Skincare (serums, creams, masks, lotions)
- Bodycare (shower gels, scrubs, after-sun)
- Deodorants
- Aromatherapy oils

Perfume/Fragrance in household products such as

- Air fresheners

Other products such as

- Insect repellent

Always check the ingredient listing on the product, package or package insert as these lists can never be complete and ingredients change. This is particularly important for any products purchased outside the EU where some allergens may not be banned.

Remember, always check the label, these lists can never be complete and ingredients change.

How can I manage my allergy?

This means that you should avoid putting products containing Carvone onto your skin in the future.

You will need to avoid contact on the skin with products which contain Carvone in the future

If you are allergic to Carvone you may also be allergic to products containing spearmint and caraway:

Spearmint and naturally occurring spearmint and peppermint: *Artemisa Fergamensis*; Bergamot; Cassis; Chamomile Moroccan Wild.; Clove Oil; Eucalyptus Globulus; Ginger Grass; Grapefruit; Juniper berry; Lavender; Lemon; Mandarin; Marjorum; *Mentha Cardiaca* (scotch Spearmint); *Mentha Longifolia*; *Mentha Spicata* (garden Mint); *Mentha Viridis* (common Spearmint); Orange; Tagetes
Caraway and dill containing products

Eating foods containing spearmint and caraway or related foods is very unlikely to cause any significant skin or health problems once eaten or drunk but contamination around the lips/ skin around the mouth may cause a rash/eczema and occasionally may cause symptoms in the mouth. It could potentially cause itching and a rash around the back passage (perianal symptoms).

Self-care (what can I do?)

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