



PATIENT INFORMATION LEAFLET: Linalool hydroperoxide

Your patch test shows that you have a contact allergy to: Hydroperoxides of Linalool

Synonym(s) (of linalool): linalyl alcohol, linaloyl oxide, p-linalool, allo-ocimenol and 2,6-dimethyl-2,7-octadien-6-ol.

Definition: Hydroperoxides of linalool are formed after the terpene linalool is exposed to oxygen, resulting in auto-oxidation. Linalool is a naturally occurring terpene with a floral odor, present in over 200 different plants, for example in lavender, rosewood, bergamot and jasmine, and is produced by pressing oil from these plants. Linalool by itself has a mild irritant effect on the skin but has no allergenic potential. Hydroperoxides of linalool, however, are strong allergens.

Use and occurrence:

Linalool is used as a fragrance in a wide variety of products:

- It is frequently found in perfumed cosmetics (eg. body lotions and creams, aftershave), in bath products, shampoos and conditioners and in deodorant.
- Cleaning products such as liquid soaps, hand cleansers, dishwashing liquids and laundry detergents.
- A majority of (prestige) perfumes.
- Air fresheners, aroma therapy and natural oils.

It is also present in many professional insecticides and some mosquito repellent products.

Remarks:

- It is important to note that allergic reactions are caused by the hydroperoxides of linalool, not by linalool itself. As exposure to air causes the formation of hydroperoxides, older products that have not been sealed properly are more likely to cause allergic reactions. It might therefore be possible to tolerate linalool containing products as long as there has been no exposure to air.

- leave-on products such as lotions, creams and ointments should be avoided as there is a significant possibility for air-oxidation.

- Labelling of linalool is compulsory when present in cosmetics and detergents, but this depends on its use concentration i.e. when low concentrations are used, it might not be necessarily labelled as such. "Natural" but also 'fragrance-free' cosmetics may contain this substance.

- Be especially wary of natural oils as many contain linalool in high concentrations and these are not always labelled.

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