



PATIENT INFORMATION LEAFLET: fragrance mix I

Your patch test shows that you have a contact allergy to: fragrance mix I

Definition: Fragrances can be found in most products, they are used to add scent or flavor in everyday personal care and house hold products. Fragrance may be labelled as “parfum”, “perfume”, “fragrance”, “colognes” or “aroma”. Fragrance mix I is a mixture of eight perfume ingredients:

- Amylcinnamaldehyde (amyl cinnamal)
- Cinnamaldehyde (cinnamal)
- Cinnamyl alcohol
- Eugenol
- Oak moss
- Geraniol
- Hydroxycitronellal
- Isoeugenol

Use and occurrence:

- Personal products including perfume, aftershaves, cosmetics, hair products, sun products, deodorants, bath oils, shower gels, toothpaste, mouth wash and dental floss
- Sanitary products including moist toilet wipes, sanitary towels, toilet paper, disposable diapers
- Medications eg ointments, suppositories and topically applied creams based on Chinese herbs
- Household products including cleaning products, washing powders, air fresheners, scented candles, additives in air-conditioning water, insecticides and herbicides
- Foods such as ice cream, chewing gum, bread, cakes and pastry, soft drinks, pudding, jelly, sauces, candy and fillings for chocolate products
- Flavoring agents that also can be used in tobacco
- In industrial liquids, paints, rubber and plastics
- Clothing can sometimes contain fragrance, particularly before they are washed or if treated with a fabric softener

Remarks:

- The most important cause of fragrance allergy is highly concentrated perfumes, toilet waters and after-shave lotions (many other fragrance components other than those in the fragrance mix can be responsible!). Contact with scented products used by a partner, friends or colleagues can also provoke skin reactions.

- Allergic reactions may occur when a scented 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.

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