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Fragrance



Fragrance, perfumes, and other fragranced cosmetics may contain any number harmful chemicals of concern, including those linked to cancer, reproductive toxicity, allergies, and sensitivities. To protect yourself, choose brands that are fully transparent about what's in

their fragrance, or choose products without “fragrance” on the ingredient label. Use our Red List of chemicals to avoid so you know what to look for on labels.

Science

BCPP’s 2018 report **Right to Know: Exposing Toxic Fragrance Chemicals in Beauty, Personal Care and Cleaning Products** found that fragrance chemicals made up most of the chemicals linked to harmful chronic health effects in the beauty and personal care products we tested. Any product containing “fragrance” – a word representing a secret mixture of up to hundreds of ingredients – may contain sensitizers, allergens, respiratory irritants, carcinogens, endocrine disruptors, neurotoxic chemicals, or environmental toxicants. Even products labeled as unscented may have fragrance added to mask the smell of other ingredients. Consumers looking for fragrance free products have limited options. Hair product choices, in particular, are especially problematic: more than 95% of shampoos, conditioners, and styling products contain fragrance.^[1] Without required fragrance ingredient disclosure, consumers can’t choose to avoid problematic ingredients, and researchers and regulators can’t understand the full universe of ingredients being used to formulate cosmetic products.

[Read the Report > \(https://www.bcpp.org/resource/right-to-know-exposing-toxic-fragrance-chemicals-report/\)](https://www.bcpp.org/resource/right-to-know-exposing-toxic-fragrance-chemicals-report/)

[1] Scheman, A., Jacob, S., Katta, R., Nedorost, S., Warshaw, E., Zirwas, M. and Bhinder, M. (2011) Hair products: Trends and Alternatives: Data from the American Contact Alternatives Group. *Journal of Clinical and Aesthetic Dermatology*, 4(7), pp. 42– 46.

Campaign

The CSC-authored California Cosmetic Fragrance and Flavor Ingredient Right to Know Act of 2020 (SB312-Leyva) [passed into law \(https://www.bcpp.org/resource/ca-first-to-force-disclosure-of-secret-toxic-fragrance-chemicals-in-cosmetics/\)](https://www.bcpp.org/resource/ca-first-to-force-disclosure-of-secret-toxic-fragrance-chemicals-in-cosmetics/), making California the first government in the world to require the public disclosure of hazardous fragrance and flavor ingredients.

The CSC-supported Safer Beauty Bill Package in U.S. Congress includes the [Cosmetic Fragrance and Flavor Ingredient Right to Know Act \(https://www.bcpp.org/resource/cosmetic-fragrance-and-flavor-ingredient-right-to-know-act-of-2021/\)](https://www.bcpp.org/resource/cosmetic-fragrance-and-flavor-ingredient-right-to-know-act-of-2021/). Because, while California has taken the first step toward ingredient transparency, we all have the right to know what’s in our products. Take action to make beauty and personal care products safer for all!

[Take Action > \(/action-alerts/support-the-safer-beauty-bill-package/\)](/action-alerts/support-the-safer-beauty-bill-package/)

Products of Concern

- Fine fragrances and perfumes
- Personal care products containing fragrance

Chemicals of Concern

Butylated Compounds (<https://www.safecosmetics.org/chemicals/butylated-compounds/>)

Ethanolamine Compounds (MEA, DEA, TEA And Others)
(<https://www.safecosmetics.org/chemicals/ethanolamine-compounds/>)

Fragrance (<https://www.safecosmetics.org/chemicals/fragrance/>)

Nitrosamines (<https://www.safecosmetics.org/chemicals/nitrosamines/>)

Phthalates (<https://www.safecosmetics.org/chemicals/phthalates/>)

Preservatives (<https://www.safecosmetics.org/chemicals/preservatives/>)

Synthetic Musks (<https://www.safecosmetics.org/chemicals/synthetic-musks/>)

[View all Chemicals of Concern > \(/chemicals/\)](#)

Tips

1. **Read Labels:** Check ingredient labels to avoid the above chemicals of concern found in body care products.
2. **Simplify:** Choose products with simpler ingredient lists and fewer synthetic chemicals. Select products that fully disclose their fragrance ingredients by skipping products with “fragrance” on the label.
3. **Minimalist:** Using fewer products is the easiest and cheapest way to reduce your risk by minimizing your exposure to harmful chemicals in cosmetics.
4. **Use an App:** Get Clearya or Think Dirty to find out whether products are toxic as you shop.
5. **Look Beyond:** Since the beauty industry is largely unregulated, there are no legal standards for personal care products that are labeled “clean,” “pure,” “natural,” or “organic.” Look beyond false marketing claims by reading ingredient labels.
6. **DIY:** Many products are easy and fun to make yourself. Plus, you can customize your recipes to match your specific beauty concerns and favorites. Make your own moisturizer, sugar or salt scrub, body oil, and more using simple, organic ingredients.

Explore other products

- [Anti-Aging](https://www.safecosmetics.org/products/anti-aging/) (<https://www.safecosmetics.org/products/anti-aging/>).
- [Body](https://www.safecosmetics.org/products/body/) (<https://www.safecosmetics.org/products/body/>).
- [Dental](https://www.safecosmetics.org/products/dental/) (<https://www.safecosmetics.org/products/dental/>).
- [Fragrance](https://www.safecosmetics.org/products/fragrance/) (<https://www.safecosmetics.org/products/fragrance/>).
- [Hair](https://www.safecosmetics.org/products/hair/) (<https://www.safecosmetics.org/products/hair/>).
- [Makeup](https://www.safecosmetics.org/products/makeup/) (<https://www.safecosmetics.org/products/makeup/>).
- [Nail](https://www.safecosmetics.org/products/nail/) (<https://www.safecosmetics.org/products/nail/>).
- [Skin Lighteners](https://www.safecosmetics.org/products/skin-lighteners/) (<https://www.safecosmetics.org/products/skin-lighteners/>).
- [Sunscreens](https://www.safecosmetics.org/products/sunscreens/) (<https://www.safecosmetics.org/products/sunscreens/>).

Looking for a Safer Alternative?

Use Clearya's app to find non-toxic products! Clearya alerts you to toxics and helps you find safe products.



[Visit Clearya > \(https://www.clearya.com/\)](https://www.clearya.com/)

Your Action Helps

Together, we can make beauty safer for all.

Take Action Today!

[\(/take-action/\)](#)

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[tips \(https://www.bcpp.org/resources/safe-cosmetics-tips/\)](https://www.bcpp.org/resources/safe-cosmetics-tips/)

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