

IMPORTANT NOTICE

Our journey group and shamanic events are going fragrance-free for accessibility, to protect human health, and to care for our environment! Here's how you can help.

We ask that people **use only fragrance-free products for your hair, body, and clothing** immediately before and for the duration of every journey session/event. We ask that you plan ahead so you don't use products with fragrance in them that cannot be washed off your skin before you get to the workshop.

Some of the biggest offenders are

- laundry products (detergents, fabric softeners, dryer sheets);
- cosmetics and hair products (scented shampoos, conditioners, gel, mousse);
- scented moisturizers; and
- incense, essential oils.

NOTE: "Natural" and "organic" products are still loaded with fragrance. Please avoid these, too.

EASY CLOTHING TIP! If you don't already use a non-scented detergent with "free and clear" on the label, many people find it simplest to set aside clothes to wear here:

1. put these clothes through a special wash of 1 cup baking soda OR one cup of vinegar (don't use both in the same washload) to remove the worst of the fragrance. Use just baking soda and water, no detergent, unless it's labeled "Free and Clear", and no softener or dryer sheets. Some scent will still be present, as it takes many washings to remove the fragrance, but it's usually good enough.
2. Once washed with the soda or vinegar, you can store the clothes in a tightly closed box or plastic bag away from fragrant clothes or in the trunk of your car if you have one.

EASY HAIR TIP!

- Wear a scarf, turban, bandana, or shower cap that completely covers your hair and contains the fragrance within.

Most Common Toxic Products

Here is a sample list of things to avoid, and you may think of more products.

Hair: creams, oils, gels, mousses, sprays, shampoos or conditioners

Body: essential oils, perfume, body or facial moisturizers, hand creams, sun

screen, scented face products like lipstick or gloss, and most make-up

More Clothing Info: scented soap/fabric softener/dryer sheets/etc. A commonly used alternative is Dr. Bronner's Unscented Baby Mild Liquid Castile Soap. Many other brands for detergents, fabric softeners, lotions, deodorants, etc., now have "fragrance-free" or "free and clear" product lines. Laundry product fragrances can linger in your clothes for weeks. If you don't regularly use fragrance-free products, please wash the clothes you plan to wear with a box of baking soda, preferably in hot water. That should remove a lot of the chemicals.

Here's Why

Today's fragrances are not just pretty smells. Most fragrances contain chemicals that damage our bodies and the environment. For example, a recent study revealed that the fragrance in fabric softener has 500 different chemicals, including 28 known to contribute to cancer and 19 that damage the brain. All of us are harmed by these chemicals.

Chemical sensitivity is an illness that people struggle with because of growing amounts of toxins in our environments. When chemically sensitive people are exposed to fragrances and other synthetic chemicals they can experience severe reactions - headaches, fatigue, muscle and joint pain, dizziness, nausea, difficulties in breathing and swallowing, difficulties thinking, slurred speech, asthma attacks, and seizures.

Thank you for taking the time to read all the way to this point. This is another opportunity to care for ourselves, each other, and the environment.