

# NATURAL HEALTH

OCTOBER 2008

Natural Beauty | FRAGRANCE-FREE



► **SOOTHE YOUR SKIN:**

Fragrance-free products are usually gentler on your skin, since they're often designed with sensitive skin in mind.

► **PREVENT ALLERGIES:** "As your skin ages, it naturally becomes dry, creating an impaired skin barrier, which makes you more likely to develop reactions to fragrances," says Badreshia-Bansal. Choosing fragrance-free products can help limit your risk of developing an allergy later in life.

► **EASE YOUR CHEMICAL LOAD:**

Few of today's fragrances are natural; almost all are created in a lab using thousands of different ingredients whose health effects are largely unknown. A study published in the *American Journal of Medicine* found that 72 percent of asthma patients had adverse reactions to perfume. To determine if a product has a natural fragrance, look at the list of ingredients. If essential oils are listed, it means the fragrance is natural. If just the word *fragrance* is listed, it usually means a synthetic scent. Buy fragrance-free products and you can avoid the concern altogether. »

**1. TERRALINA FRAGRANCE FREE BODY LOTION (\$8; [terralina.com](http://terralina.com)):** Sandalwood, barley extract, and olive and shea butter moisturize skin. And the size (1.5 fl. oz.) is perfect for travel.

**2. KISS MY FACE MOISTURE SHAVE FOAM (\$4; [kissmyface.com](http://kissmyface.com)):** Contains natural ingredients like antiseptic mint, astringent Lady's lathering soapwort, soothing lemongrass, plus A, D, and E keep skin and smooth.

**3. KATHLEEN LEWIS GOOD PLAIN CREAM (\$22; [solacefound.com](http://solacefound.com)):** Made from 100 percent all-natural ingredients like aloe gel, sweet almond oil, coconut oil, and beeswax, this light lotion penetrates quickly.

**4. CANUS GOAT'S MILK FRAGRANCE FREE MOISTURIZING LOTION (\$6; [drugstore.com](http://drugstore.com)):** Goat's milk naturally moisturizes skin and has a light, milky scent. This fast-drying formula also absorbs quickly.