

## IMPORTANT NOTICE

**Our journey group and shamanic events are going fragrance-free for accessibility, to protect human health, and to care for our environment!**

We will need your help to make sure these shamanic events go well for everyone. We are asking 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.

### **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

**Clothing:** 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.