

## Fragrance Oils vs. Essential Oils

Fragrance oils and perfumes are a blend of synthetically derived chemicals that impart aroma and odor to products. The synthetic fragrances that are used in cosmetics and household cleaning supplies can consist of many undisclosed ingredients. The chemicals used in fragrances do not have to be listed separately from the other ingredients. For instance, fragrance oils that contain a variety of synthetic chemicals does not have to list any of those on the ingredient list, the label simply reads “fragrance” or “perfume” or “parfum.” The consumer is being deceived into believing that one harmless ingredient is in their product and not made aware of the cocktail of dangerous artificial fragrance chemicals that they are putting onto their skin. Phthalates are just one of the many of the problematic ingredients in most fragrance oils that have been linked to many degenerative diseases. You may smell good but at what cost.

Synthetic fragrance oils are used because they are more affordable than pure unadulterated essential oils. The majority of adverse reactions to a cosmetics or toiletries are caused by fragrance chemicals. Most hypoallergenic forms of cosmetics are fragrance free because the chemical cocktails are known irritants and allergens. The consumer has such negative reactions to cosmetic fragrances because each artificial fragrance typically contains one hundred or more chemicals to produce just one fragrance. Over 5000 aroma chemical are available for creating synthetic fragrances.

Listed below is the recipe for Raspberry Fragrance Oil, one of the few fragrance oils that contain less than 20 fragrance chemicals.

### Raspberry Fragrance and Flavor Recipe

#### **100 PARTS      4-(4-Hydroxyphenyl)-2-butanone:**

Irritating to eyes, respiratory system, and skin. Risk of serious damage to eyes. In case of contact with eyes, rinse immediately with plenty of water and seek medical advice.

#### **30 PARTS      3-Hydroxy-2-methyl-4-pyrone (Maltol):**

Irritating to eyes, respiratory system, and skin. In case of contact with eyes, rinse immediately with plenty of water and seek medical advice.

#### **20 PARTS      4-Hydroxy-3-methoxybenzaldehyde (Vanillin)**

Harmful if swallowed. Irritating to eyes. Risk of serious damage to eyes. Wear suitable protective clothing, gloves, and eye/face protection.

#### **8 PARTS      3-Ethoxy-4-hydroxybenzaldehyde (Ethylvanillin)**

Harmful if swallowed. Irritating to eyes. Wear suitable gloves and eye/face protection. Wear suitable protective clothing, gloves, and eye/face protection.

#### **1 PART      $\alpha$ -Ionone**

May cause sensitization by inhalation and by skin contact. Do not breathe dust.

#### **1 PART      Methyl sulfide**

Irritating to eyes, respiratory system, and skin. May cause sensitization by inhalation and by skin contact. Risk of serious damage to eyes. Wear suitable protective clothing, gloves, and eye/face protection. Do not breathe dust. Wear suitable protective clothing. Do not breathe vapor. Keep away from sources of ignition – No smoking. Harmful if swallowed.

#### **1 PART      2,5-Dimethyl-N-(2-pyrazinyl) pyrrole**

Wear suitable protective clothing. Keep away from sources of ignition – No smoking.

Essential Oils are highly concentrated and potent oils extracted from plants, leaves, flowers, roots, buds, twigs, rhizomes, heartwood, bark, resin, seeds and fruits. According to the International Organization for Standardization, essential oils are a natural "product made by distillation with either water or steam or by mechanical processing of citrus rinds or by dry distillation of natural materials. Following the distillation, the essential oil is physically separated from the water phase." The water phase, which is the by product is then sold as hydrosols or distillate waters. Each essential oil comes from just one source, a living plant. There are no chemicals involved. For the safest essential oils it is best to buy organic or wild craft essential oils so that no chemicals or pesticides ever entered the life cycle of the plant source of the essential oil.

It is unhealthy to buy products that contain anything other than pure unadulterated essential oils or distillate waters, no matter how attracted to the synthetic fragrance that you may be. By law you can claim that you use "essential oils" even if you use "reconstitutes, nature identicals, isolates, perfume compounds, aromas, synthetic fragrance or diluted essential oils." It is legal to claim that you only use essential oils, when in fact you add synthetics in your product, but it is unscrupulous. Read your labels carefully and make sure that only Essential Oils, Distillate Waters or Hydrosols are listed in the ingredient list and never "Fragrance", "Fragrance Oils", "Perfume" or "Parfum". The best way to know the difference, so that even a poorly labeled product will not sneak past you, is to educate your nose by smelling essential oils next to fragrance oils. Once you smell the difference you will never be misled again. Nothing man made smells as perfect and just like the fresh cut plant as a true essential oil or distillate water. And many well known companies sell products that claim to be natural but are then scented with synthetic fragrances. Just be careful when you shop.

Below is a common list of fragrance oils often called essential oils:

Almond Biscotti	Fresh Mango	Oakmoss	Sweetgrass
Almond	Gardenia	Oatmeal, Milk and Honey	
Angel Delight	Ginger	Ocean Rain	Tangerine Smoothie
Applejack Peel	Ginger Lime	Orange Spice	Tramp
Applemint	Ginger Bread	Orchard	Tropical Vacation
Apricot Freesia	Ginger Orange	Orchid	Tuberose Moss
Arabian Spice	Ginger Souffle	Patchouli	Vanilla Bean
Banana	Gingerlily	Peach	Vanilla Coconut
Basil Lime	Gingersnap	Pearberry	Vanilla
Bay Rum	Grapefruit Lily	Pearly Pear	Vanilla Select
Beach Breezes	Grass Stain	Pineapple	Vetyver
Berrywine	Green Tea	Pineapple-Cilantro	Violet
Blueberry	Harvey	Pink Grapefruit	Watermelon
Bonsai	Hazelnut	Plum Spice	White Tea and Ginger
Chai Tea	Heather and Hyacinth	Plumeria	
Chamomile Bergamot	Herbal Essence	Pumpkin Spice	Among many
China Rain	Holiday Candy	Red Apple	others...
Chocolate Mint	Honey	Relaxing	
Christmas Forest	Honeysuckle	Rise and Shine	
Cool Water	Hot Java	Rosehip Jasmine	
Cranberry Sweet	Jasmine Dreams	Rooster	
Cranberry Fig	Juniper Sage	Rum Nut Cake	
Cranberry Realistic	Lavender	Santa Spruce	
Cucumber	Lettuce	Sensuous Sandalwood	
Cucumber Melon	Lilac	Sex	
Demon	Lime	Sleeping Angels	
Dewberry	Mango Mango!	Sleigh Ride	
Drakkar	Mayan Gold	Soapy Clean	
Earth Musk	Melon Tea	Spearmint Eucalyptus	
Energy	Moroccan Mint	Special Order Pear	
English Rose	Mulberry	Stargazer Lily	
Fig	Mulled Cider	Strawberry	
Frankincense and Myrrh	Musk	Summer Fling	
Freeze	Nag Champa	Sun Ripened Raspberry	
Fresh Cucumber			