

### **Fragrance-free Personal Products**

Many people have sensitivities to fragrances (including herbals) and perfumes, and some have severe allergies to a range of chemicals. When these substances are present, they can seriously impact the experience of those on retreat.

Please do not bring or use perfumes or scented shampoos, ointments or lotions; we suggest that you purchase unscented, fragrance-free products before you come, if possible. We stock a small selection of such items that can be purchased on arrival, or during your retreat. Unscented shampoo and conditioner are provided.

Please consider washing any items you bring with unscented laundry detergent and softener before you come.

If you are acutely chemically sensitive, please advise our office.