

MCS, Multiple Chemical Sensitivities Rental Information

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Almost all soaps, softeners, lotions, makeup, deodorant etc are allergens (problems for MCS people). Even items that are labeled as scent-free are imperfect. Below is a list of products that are good, and a list of items that are not allowed. To illustrate the importance of scent-free, small amounts of fragrant shampoo, even months later in a shower, can be problematic and make a bathroom unusable by an MCS person. This house has been made without paints or chemicals specifically for MCS people and the walls are absorbent and are more problematic when bad products are used. We appreciate your efforts in keeping the house "clean" for these sensitive people.

THE PRODUCTS TO USE:

Dish soap: Dr. Brauners unscented – One is Baby Mild Liquid Soap; use the All Free and Clear Liquid Laundry soap for dish soap if you'd like, it's inexpensive; Unscented 7th Generation dish soap; 365 brand from Whole Foods unscented dish soap. Or check with Ed.

Dishwasher soap: 365 brand unscented from Whole Foods, or equivalent. Check with Ed.

Laundry soap: All Free and Clear liquid laundry (HE, high efficiency soap, or just use less of a non HE soap). Or the 7th Generation scent free. Available at groceries, Walmart, now 7th Generation is at Target (not Walmart yet) etc. Or check with Ed.

Fabric Softener: None. Or check with Ed.

Cleaning supplies: BonAmi for sinks, tubs, toilets, baking soda, and All Free and Clear for mopping

Bath soap: Glycerin (Ed will supply blocks of it) for a sample, purchase at www.soapcrafters.com ; Glycerin Melt and Pour Soap Base Supplies <http://www.soapcrafters.com/node/1> All who have tried it have adopted it full time. Be sure to tell Soapcrafters NOT to ship samples along with your soap because scented samples will contaminate the shipment. Have your own unscented?--check with Ed.

Shampoo/Conditioners/spray/gel: Magic Botanicals unscented, 1-800-237-0647, <http://www.magickbotanicals.com/> ; Some short haired people use the glycerin bar soap; Dr.Brauners unscented, Baby Mild; A shampoo called Free and Clear; 365 brand, unscented only from Whole Foods;

Deodorant/antiperspirant: Unscented, and NO sprays. Unscented Ban, Toms Unscented, Crystal Stick natural mineral www.thecrystal.com

Plastic Garbage Bags: Check with Ed for indoor use. These are often made from recycled plastics and have residual fragrances. Certainly no scented bags.

Lotions: Eucerin hand cream (not the pump lotion), Magik Botanicals unscented; 365 brand from Whole Foods unscented, 1-800-237-0647, <http://www.magickbotanicals.com/>; other lotions that you like that are unscented, please run by Ed. Thanks!

Sunscreen: This is a tough one--use unscented. Please apply outside and store outside. Recommendations: Neutrogena unscented; Wallgreens zinc oxide unscented (goes on clear).

The serious NO list:

No sprays. No cologne/perfume, body oil, body lotion, body sprays, scented sunscreen, lipstick, flavored chapstick, gum. No "natural" scents either, no patchouli. No dryer sheets in the washing machine. No laundry detergent with scents). No hairspray. No scented deodorant/antiperspirant (Old spice, powderfresh—all not good). No sprayed antiperspirant (Right Guard sprayed, for example, will ruin a room for months, if not years).

No candles, no air freshener, no glade plug-ins, no unscented air fresheners either.

Could there be more rules? Yes a few...

1. No smoking on the property. No friends smoking on the property. No smoking on the property! No smoky clothes in the house—wash 'em and hang them to dry.
2. No air fresheners, or scented candles. Please use unscented laundry soap.
3. No pets. No fur, feathers or scales. Sorry ...this is a hard one, but we are trying to keep allergens to minimum for future renters. Check with Ed for variance/questions.
4. No solvents or waste oil stored on property. No painting on property without permission.
5. No 'garage' activities in house. Such as don't work on your bicycle or motorcycle in the kitchen.
6. No gasoline stored
7. No 'spills' on the ground. Please contain your oil and chemicals. If you spill, then dig it up.
8. Dispose of garbage properly. No rotting vegetables or meat; javalina-proofing is necessary—we'll provide details.
9. If you're not sure, ask anytime. The rules are here for the comfort of neighbors and future renters/occupants.
10. Yes, we appreciate your understanding, and will do all we can to make your renting experience a good one.

Thank you, Ed Mosimann, 505-360-3223, and Charlene Anderson 505-326-9139
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