

## **CONTACT DERMATITIS ALTERNATIVES 2026**

\*\*Products are included here based on listed ingredients, and inclusion here is not an endorsement. I have no affiliate relationships with any listed manufacturers. Always shop with caution.

### **Skin care products**

The products below are examples (there are multiple other options) of products that are free of: **Natural and synthetic fragrance additives, formaldehyde, lanolin, and methylchloroisothiazolinone.**

NOTE: These recommendations only apply for the exact products listed. Products that are the same brand and have a similar name may not be a safe choice. While we make every effort to provide up-to-date information, product formulations frequently change, so read labels and use caution.

NOTE: All products contain some potential allergens. Patch testing may be required.

NOTE: While these products have worked well for many of my patients, they are not appropriate for everyone. I have found that individuals may react very differently to the same exact product, so always use caution when using a new product. For those with sensitive skin, I recommend testing on the forearm twice daily for one week before using elsewhere.

The products below contain ingredients that are less common causes of allergy.

- BCL = benzalkonium chloride
- CPB = cocamidopropyl betaine
- IPBC = iodopropinyl butylcarbamate
- P = parabens
- PG = propylene glycol
- TR = trolamine
- V = Vitamin E

### **Facial and Body Cleansers**

#### **Eyelid cleansers:**

- Albolene gentle cleanser

#### **Liquid cleansers:**

- Aveeno baby cleansing therapy wash fragrance-free
- Cetaphil gentle skin cleanser (liquid only) [P,PG]
- Cerave hydrating cleanser [P] and foaming cleanser [P,PG]
- Vanicream liquid cleanser
- Neutrogena hydroboost gentle cleansing lotion fragrance-free

#### **Bar soaps:**

- Aveeno fragrance-free bar soap
- Neutrogena fragrance-free bar soap [TR]
- Vanicream bar soap [PG]

#### **Moisturizers (from less to more greasy)**

- Vichy Mineral 89 hyaluronic acid serum
- Cerave cream [P]
- Aveeno Eczema Therapy cream [BCL]
- Neutrogena Hydro Boost Body Gel Cream, fragrance-free
- Neutrogena Norwegian Formula Hand Cream fragrance-free [P]
- Vanicream cream [PG]
- Cerave healing ointment [V]
- Pure Vaseline petroleum jelly (no added fragrance or flavoring)

#### **Hair Care**

- Cerave gentle hydrating shampoo and conditioner [chlorhexidine]
- SEEN Shampoo and conditioner fragrance-free [V] (available at [www.HelloSeen.com](http://www.HelloSeen.com))
- DHS conditioner
- Vanicream shampoo, conditioner [PG], styling gel, hairspray (products available at some drugstores or 1-800-325-8232 or [vanicream.com](http://vanicream.com))
- Neutrogena T-Sal shampoo for dandruff [CPB] (NOT T-gel)
- Available online: see below f

#### **Product Lines Available Online**

- Avene Hypersensitive Skin Care: Tolerance Extreme Cleansing Lotion, Tolerance Extreme Cream
- VMV Hypoallergenics (212-217-2762): Essence skin-saving superwash hair and body shampoo, Essence skin-saving clarck wash hair and body shampoo (can customize products based on allergen results, or choose from post-patch testing product line free of top 109 allergens)
- Vanicream (1-800-325-8232, [www.vanicream.com](http://www.vanicream.com))

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For more detailed handouts, see [www.kattamd.com](http://www.kattamd.com) [Handouts Button]

### Sun Protection and Sunscreens

A sun protection plan may include sunblock, but always includes caution with sun exposure, along with sunglasses, hats, and clothing. The sunblocks listed below contain ONLY physical sunblock ingredients [zinc oxide and titanium dioxide].

- Banana Boat Broad Spectrum SPF 50 Mineral Based Sunscreen [V]
- Banana Boat Sport Mineral Broad Spectrum SPF 50 [V]
- Cerave Hydrating Mineral Sunscreen SPF 30 with Tint [TR,V]
- EltaMD UV Physical broad-spectrum SPF 41 [IPBC]
- EltaMD UV Pure broad-spectrum SPF 47 [PG,V]
- Neutrogena Mineral UVA/UVB Broad Spectrum SPF 30 Tinted Sunscreen [V]
- Neutrogena Sheer Zinc Kids Mineral Sunscreen Stick SPF 50 [isopropyl myristate]
- Vanicream facial Moisturizer SPF 30 ([www.Vanicream.com](http://www.Vanicream.com) or 1-800-325-8232)

### Laundry detergent

- All Free and Clear, Cheer Free, Tide Free
- Branch Basics

### Lip products

- Stop chapsticks (Burt's Bees, Blistex, Carmex, EOS, and all other lip balms)
- Stop chewing gum, mints, mouthwash
- Use only pure Vaseline petroleum jelly for lips (no fragrance or flavoring) or pure coconut oil
- For toothpaste, may use
  - Cleure Toothpaste Original Without Flavor
  - Pepsodent
  - VMV Hypoallergenics Essence Simple-Gentle Skin-Saving Toothpaste
  - Tom's of Maine Silly Strawberry Children's Fluoride-Free Toothpaste (this flavor only!)

### Deodorant/Anti-Perspirant

- Almay roll-on deodorant (roll-on only)
- Crystal Body Deodorant Stick
- Crystal Roll-On Body Deodorant
- Vanicream Deodorant for Sensitive Skin (Aluminum Free) or Vanicream Antiperspirant/Deodorant
- For stronger protection: CertainDri Clinical Strength Roll-On or Drysol (both may be irritating)

### Hand Sanitizer

- Avagard fragrance-free by 3M
- Suave without fragrance [V]
- Up and Up without fragrance [V]

### Shaving

- Vanicream shave gel
- May shave with Free and Clear shampoo

### Wipes

- Sani-Hands Instant Hand Sanitizing Wipes [PG]
- Seventh Generation chlorine-free baby wipes [benzoic acid]

### Other

- Cerave Itch Relief Moisturizing Lotion with 1% Pramoxine [isopropyl myristate, Vit E]
- Refresh Optive Preservative-Free Drops

### Cleaning Supplies

- Branch Basics ([www.branchbasics.com](http://www.branchbasics.com))

### Nickel

- Nickel test kit (does not harm objects): [nickelsolution.com](http://nickelsolution.com) or [allerderm.com](http://allerderm.com)
- Use a clear nail lacquer (from [nickelsolution.com](http://nickelsolution.com)) to protect against leaching of nickel
- Ask jeweler to apply a coating (thicker than plating) of rhodium or platinum to protect against nickel

### Nickel allergy and jewelry

- Sterling silver and 18K yellow gold are usually OK
- Avoid most white gold (white color achieved by combining gold with either nickel or palladium)
- Always check with jeweler on alloys (even expensive titanium and platinum jewelry may be alloyed with nickel)

### Formaldehyde-Free Clothing

- OK: 100% silk, 100% polyester, most 100% denim
- AVOID: wrinkle-free cotton

### Detailed Handouts (see KattaMD.com)

- Hair Dye Alternatives, Nickel in Jewelry, Shoe Allergy
- Elimination Diets
- Others