Chemicals to avoid:

- 1. sodium hydroxide (aka lye)
- 2. 2-butoxyethenol
- 3. antibacterial soap
- 4. triclosan
- 5. hydrocarbons
- 6. synthetic fragrances
- 7. synthetic pesticides
- 8. perchloroethylene or "perc" (used in the dry-cleaning process)

