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Menopause, Andropause And Other Hormone Imbalances
Impair Healthy Healing In People Over The Age Of 30!

Evoking The Right Moods With Aromatherapy Candles

By Bryan Josling

For your wedding anniversary this time, you planned a lovely evening, complete with a sumptuous dinner by the candle light. Though everything went right according to your plans, it were the candles that spoiled the evening. First, the table got all dirty with burnt wax all over it. Second, the soot and smoke marred the romantic atmosphere.

The ordinary candles that we get in the market are made out of paraffin. Paraffin is a petroleum-based product and thus results in more soot and smoke when the candle is burnt. So, if you are using these candles, be prepared for the unclean burning. However, if you want to avoid these, go for aromatherapy candles.

Aromatherapy candles are made from essential oils of plants. And lighting the room is only a secondary feature of these candles; the primary use is in stimulating oneself physiologically and therapeutically. It is well known that aromas and fragrances are effective for evoking mood and emotions. So if you are looking forward to romantic evening, just use aromatherapy candles and see how your beau says just the right words.

The market place has a wide range of options for you to choose in aromatherapy candles. Choose from floating, pillars, gel, votive and jar candles. If you are free and want to do something creative then go for designing aromatherapy candles for yourself. It is easy. You must be aware of the basic preparation method and have a knowledge of essential oils. And lo! Your candle is ready.

Lavender is the most popular oil used in the preparation of these candles. Light a candle when you are taking bath. Or place a candle by the dining table. Lavender has stress relieving features and will keep you stress free for the entire day.

You have a large choice in fragrance too. Just understand the mood you want to stir up and make your choice. If you are suffering from sleeplessness, you can use Sage, Chamomile, and Ylang Ylang. Looking for uplifting mood, use Rosemary and Grapefruit induced aromatherapy candles. Similarly, there are candles with aromas of Eucalyptus, Geranium, Peppermint, and many more.

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The wax used for preparation of the candles must preferably be natural. The soot released from paraffin candles has been associated with many diseases. Vegetable based wax like soy, palm and beeswax burn clean and for long. They release less soot.

However, while purchasing aromatherapy candles, one must be cautious. What is sold as aromatic candles may be made of synthetic wax and fragrances. These may be toxic at times. So choose the aromatherapy candles with care.

Bryan Josling is working with the Horticultural Research Station in Adelaide. He has also been involved with research on Plants. To find Aromatherapy essential oils, Aromatherapy Massage Oils, essential oils wholesale visit

<http://www.ndaroma.com>

Add Some Light To Your Life With Candles

By Wendy Yeager

Candles first served as the main source of light for early civilization. They have made many changes through the years. The candles of today are not the same candles from hundreds of years ago.

Before the introduction of wicks, early Egyptians lit their reed torches by soaking them in molten tallow, which is fat from sheep or cattle. Romans later developed wick candles which they dipped into the tallow.

By the Middle Ages, beeswax was being used in the making of some candles. The candles burned cleaner than tallow and had a more pleasant odor than the tallow candles. However, they were more costly and only the wealthy could afford them.

In Colonial times, the settlers found they could boil berries from the bayberry bush to make a sweet smelling and clean burning wax for their candles. Unfortunately, it was tedious work and it took many berries to make just one candle.

By the 18th century, candles were being made from spermaceti, a wax which was crystallized sperm whale oil. These candles had an even better odor and would not bend and soften in warm weather.

In 1834, a machine was invented which mass produced molded candles. By 1850, we were using paraffin wax made from oil and coal shale. It was processed by distilling residues of crude petroleum refinement. Soon after, stearic acid was added to the paraffin wax and these are still the basic ingredients of today's candles.

Today, we have many kinds of candles to choose from. We have candles in all different shapes, sizes, and scents. Not only do candles add soft light to our home décor, they also add tantalizing aromas which can affect our moods. We have many aromatherapy candles to help us feel better. And how about those candles which bring back childhood memories—There's nothing like a deliciously scented

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chocolate chip cookie or apple cinnamon candle to warm up your kitchen on a cold winter day!

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