

Candles Can Cause Cancer

We are all used to sensational headlines like the one above alerting us to the latest threat to our health, but the highlighting of this particular issue is welcome news to natural chandlers everywhere, who have for years been trying to educate the public about the consequences of choosing to burn scented paraffin wax candles in their homes.

Scientists from the University of South Carolina have made public it's research on the toxicity of paraffin candles and what has long been suspected by advocates of natural living, has finally been proved. The burning of paraffin wax releases toxic and carcinogenic fumes, such as toluene and benzene, and is not recommended as an everyday indulgence.

Already known as a potential lung irritant and asthma trigger, it seems obvious that the inhalation of paraffin fumes is not exactly desirable, but for some reason people just don't seem to make the connection between the noxious liquid once used for heating in days gone (thankfully) by, and the ubiquitous designer candle of today.

Universally loved by women and hated by men, the 'scented' candle has invaded homes everywhere. But not all candles are created equal and although they are all marketed as a 'well-being' product; it would appear that many of them could actually be harming your health.

The scented candle is supposed to replicate the effects of aromatherapy by fragancing your environment and thus lifting your mood. The trouble is most scented candles are made from paraffin wax loaded with artificial stinks that offer a dizzying (literally) array of aromas from Bubblegum to Pina Colada. These artificial smells are overpowering and sickly and probably the reason they are loathed by men.

Husbands up and down the country will be rejoicing at the news that the toxins emitted by these pungent monsters, have now been deemed unsafe. The proof is out there; paraffin candles are officially toxic.

But lovers of loveliness need not panic that their little indulgences must be banished from their lives, as the answer is simple. Natural wax candles, either beeswax or soya wax have been given a clean bill of health and providing you opt for ones fragranced only with pure essential oils, will actually enhance your space in a truly therapeutic and safe way. There is little point in switching to a natural wax candle only to have it laced with other chemical fragrances. Look for small producers who hand blend their candles. You may have to pay a little more, but soy wax lasts much longer than its paraffin counterpart and is therefore better value for money anyway.

It's time to put paraffin candles back in the cupboard under the sink in case of power cuts and bring out the soy wax alternatives.

For relaxation try Lavender; to lift your mood a combination that includes Bergamot is a must, and if you still want to indulge in a romantic evening with that man who tried to ban smelly candles from your life, go for a candle infused with the aphrodisiac properties of Ylang Ylang or Patchouli.

Websites that stock Soy wax candles fragranced with essential oils

www.juniperwood.co.uk
www.getethical.co.uk
www.ooffoo.com

News articles on paraffin wax.

<http://www.independent.ie/health/latest-news/romantic-candles-could-cause-cancer-say-scientists-1865342.html>

<http://news.bbc.co.uk/1/hi/health/8211543.stm>

<http://www.dailymail.co.uk/health/article-1207726/Candles-release-scents-laced-cancer-chemicals-warn-scientists.html>

<http://www.independent.co.uk/life-style/health-and-families/health-news/cancer-warning-over-paraffinbased-candles-1774322.html>