

Love is in the air

Love is in the air and nothing says romance like the soft, mesmerizing glow and gentle fragrance of a candle.

By Cathy Minz

It takes just a few to transform any room into a sensual retreat, to add warmth to a banquet hall and elegance to a table set for two. Candles can be found almost everywhere but not all are created equal.

When purchasing candles, be sure to read the label, as some candles contain chemical additives that may be released into the air and inhaled when burned. Hardly the stuff of romance!

"At PartyLite, we choose high-quality materials – from highly refined wax to lead-free wicks – to ensure a clean burn and maximum performance. Those are important qualities to note when people are buying candles," says Alana Gormley, Marketing Manager of PartyLite Canada. "Also, consumers should look for candles that aren't faded, cracked or warped, which could be the result of light or temperature damage."

Another tip: make sure the wick doesn't contain lead, advises Becky Atkinson, Assistant Manager of Clair de Lune in the Oshawa Centre. When the wick burns, potentially-harmful lead vapours and dust are released into the air. "If your candles are giving off black smoke, that's bad, too," says Ms. Atkinson. "Clair de Lune candles are made from mineral oil and paraffin wax with lead-free wicks."



Candles set scene for romance

Available at PartyLite

For Ginny VanVeghel, owner of Elemi Organics in Uxbridge, the road to opening her eco-savvy shop began with her search for a non-toxic candle she could purchase locally. Following a fruitless search, she decided to make her own.

The result: candles with enticing names like BE Sensual and BE Joyful. Soy base wax and beeswax are natural options.

Only soy wax can be scented because the natural scent of the beeswax overpowers or alters any added fragrance, Ms. VanVeghel explains. Elemi's Eco Soy Wax Candles are individually hand poured, biodegradable and free from pesticides and herbicides. Clean burning without soot build-up, soy wax burns longer and at a lower temperature, is environmentally safe and made with 100 per cent cotton core wicks.

There are so many ways to use candles and so many colours, fragrances and accessories to choose from. "You can use candles to add ambiance (scented or unscented), fragrance and colour to a decorative scheme or tablescape," explains Ms. Gormley. PartyLite accessories include tea light and votive holders, lanterns and hurricanes perfect for pillar candles or fresh flowers. "You can also layer candles by mixing different types, such as votives and pillars," she adds. >>

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Candles containing blends of essential oils are believed to influence body organs and systems, as well as induce specific emotions.

Here are some scents to consider when choosing aromatherapy candles:

- Rosemary:** Contentment, improved cognitive performance and mood
- Lavender:** Contentment, improved cognitive performance and mood, calming
- Peppermint:** Increase alertness and memory
- Ylang-Ylang:** Promotes calmness, reduces stress
- Lemon:** Mood enhancement and stress relief

Couples looking to create ambiance at their reception often choose unscented candles in a colour that complements their reception décor, says Ms. Atkinson. "Floating candles and votives are popular," she says. Want to set the scene for romance? Ms. VanVeghel recommends her BE Sensual aromatherapy scented candles and BE Sensual massage

bars, which melt as they glide along the skin for a massage without the mess.

Disappointed that your favourite candle seems to have lost its fragrance? "This is due to the interaction with air that creates a surface barrier and traps fragrance inside," Ms. Gormley notes.

"To release it, just rub the candle gently with a mesh cloth or fine mesh stocking and it will smell like new. This will also heighten the gloss and remove scratches, so it looks like new, too." ✨

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