

How To Make Aromatherapy Candle

Perhaps the oldest method of aromatherapy is in the form of candle burning. Nearly six thousand years ago, the ancient Chinese burned joss sticks made from aromatic herbs in temples and shrines to honor their gods and ancestors.

Aromatherapy is the branch of herbal medicine that uses essential oils derived from plant parts, such as flowers, branches, twigs, barks, roots, fruits, leaves, and even stalks. There are several ways to extract these essential oils but the commonest is through a process called distillation. After distillation, essential oils are formed. These are highly concentrated substances that have powerful therapeutic properties that can benefit the healthy and overall well-being.

Essential oils may be used as massage oils or as cleansers, added as key ingredients in various cosmetic products. This practice is again anchored on an ancient custom that dates back to the ancient Egyptian civilizations where herbs were used in baths to improve physical beauty. Many people also use essential oils in baths, allowing a few drops of the substance into the warm water. Carrier oils allow the skin to better absorb these oils so they are sometimes added as well.

Essential oils are also used in aromatherapy candle making. This process is called diffusion where instead of absorbing the therapeutic properties of essential oils through the skin, you absorb them by inhaling them into the lungs. With the number of people burning aromatherapy candles at home, there is great demand out there for aromatherapy candle makings.

Below are some instructions that you will want to follow for aromatherapy candle makings.

Materials for Aromatherapy Candle Making

Candle wax, preferably soy candle for a more natural and environment-friendly effect.

Candle dyes (optional) for a more interesting candle making result.

Candle wicking

Essential oils

Heavy pot for melting wax

A suitable mold for your candle. Either a long tube, hollow at the center, or a bowl. You can even use a cup. Make sure that your candle making molds are flexible so that it will be easier to release the hardened candle.

Aromatherapy Candle Makings: Instructions

Place your required wax amount into the heavy pan and place it on the heat. Allow the pan to heat slowly until all the wax melts. Afterwards, add your dye. In candle making, it is important that you add the ingredients a small amount at a time. Then, dip the wick several times into the melted wax. Next, add a few drops of essential oils into the mixture, stirring gently. Finally, pour the mixture into the mold and wait for it to dry.

Source: <http://www.articlecircle.com>

About the Author

John Hilair provide extensive information on how to make

<http://www.wholesalearomatherapycandless.com/aromatherapy/aromatherapy-of-rome-candle.php> and

<http://www.wholesalearomatherapycandless.com/aromatherapy/anxiety-aromatherapy-candle.php> improve your aromatherapy oil warmer