



SPONSORED CUSTOMER REFERENCE

# USE CAUTION WITH CANDLES A Healthy Burn

by Brandi Schlossberg

Just like fluffy linens and soothing music, candles can add to the healing, relaxing nature of massage. However, not all candles are created equal. Some of those soft lights may actually be harming you and your clients, rather than helping.

According to the National Candle Association, which represents roughly 90 percent of U.S. candle manufacturers and their suppliers, paraffin wax is used to create the vast majority of candles today.

Paraffin wax is a bleached byproduct of petroleum, and the list of wax suppliers that are members of the National Candle Association includes Chevron, CITGO and Exxon.

“Paraffin wax is processed petroleum residue,” said Tawlia Chickalo, co-owner of Pheylonian Beeswax Candles and a chandler, or candle maker, for more than 37 years. “For those who want to live a holistic, natural life, paraffin isn’t complementary.”

According to California’s Proposition 65: Safe Drinking Water and Toxic Enforcement Act of 1986, paraffin wax contains at least seven known toxins,



including toluene and benzene, both of which are carcinogens.

Few long-term studies have been conducted on the health effects of burning paraffin wax. But for massage therapists, many of whom spend their days in a small session room, burning paraffin candles may not be worth the risk.

“When a client goes for a massage, she’s there for about an hour,” Chickalo said. “The massage therapist, on the other hand, may be exposed to these candles for eight to 10 hours.”

In addition to paraffin wax, many candles also contain synthetic scents, artificial colors and metal. Along with paraffin, these substances affect air quality

when the candle burns.

In order to breathe easy and create a massage space that’s truly safe and healing, it’s important to do a little homework on what your candles contain. This isn’t as simple as looking at labels, however, as chandlers aren’t required to list their ingredients.

A better bet may be to make a beeline for those candles that proudly boast 100-percent beeswax. Used

## Innovative Ideas from the Beeswax Experts

by bees to create and cap their honeycombs, this wax is completely natural and requires no chemicals to ready it for the candle-making process.

“When we get it, we do nothing other than remelt it at a low temperature, add a wick, form it and give it a little TLC,” Chickalo said. “There is absolutely no adulteration.”

Chickalo chooses to work strictly with cappings, the thin sheet of wax bees produce to seal their honey-filled combs. This wax, which tends to be far cleaner than the comb itself, is cut off and sold by the beekeeper.

“Beeswax is renewable and sustainable,” Chickalo said. “It also has its own natural scent, which is very soft and subtle, and aromatherapy-wise, it can help people relax and de-stress.”

Beyond its soft honey scent, the fact that burning a beeswax candle can literally help clear the air may be a big factor in the resulting sensations of relaxation, balance and clarity. When lit, this natural wax emits negative ions, which bond with any positive ions in the air.

From dust, pollen, dander and germs to food odors, mildew and smoke, any particle floating in the air is doing so because it’s positively charged. Negative ions find these positive particles, balance them and drop them to the floor—out of our air supply.

“Generally speaking, negative ions increase the flow of oxygen to the brain, resulting in higher alertness, decreased drowsiness and more mental energy,” said Pierce J. Howard, Ph.D., director of research at the Center for Applied Cognitive Studies in Charlotte, North Carolina. “Negative ions also can protect against germs and viruses, which cause throat irritations, sneezing and coughing, because they decrease various particles floating in the air.”

Even better, all this clean air may result in a better mood. A Columbia University study, published in the *Journal of Complementary and Alternative Medicine* (January 1995), showed that daily exposure to high levels of negative ions decreased the severity of depressive symptoms in subjects with Seasonal Affective Disorder.

To generate negative ions in a manner both affordable and all-natural, burn a few beeswax candles in your session room. Make sure the candles you choose truly are 100-percent pure beeswax, as any other materials in the mix will not emit negative ions—and may emit soot and chemicals instead.

Fortunately, once you find a high-quality brand of 100-percent pure beeswax candles, you’ll also find they last a very long time, offering the most bang—or burn—for your buck, while making your massage sessions safe, relaxing and healthy.

*For more detailed information on negative ions, beeswax quality and cost efficiency, as well as to read testimonials and much more, visit Pheylonian Productions at [www.philoxia.com](http://www.philoxia.com) or call (877) 445-6942 for a catalog.*

## The Halo’d Light of Pure Beeswax

There really is a difference!

As a massage therapist, you’re constantly evaluating the quality of everything you expose your clients to. Candlelight is an important factor in most massage environments, but paraffin candles expose you and your clients to toxins, carcinogens and even fluorocarbons, if you use scented candles.

### When you consider that beeswax...

- emits negative ions, which clean the air of dust, viruses, toxins and odors (environmental and body odors)
- burns much longer than paraffin and soy wax, while costing only pennies an hour to use
- is nontoxic, nonallergenic and completely renewable
- has a natural honey essence and golden halo that help de-stress and relax your clients

... the choice is clearly GREEN.

Pheylonian Productions has produced an extensive line of pure beeswax candles for more than 37 years, utilizing only 100-percent pure beeswax cappings, natural plant fiber wicking and pure essential oils in the aromatherapy line.

**Energetically, the essence of Nature’s natural nectar—beeswax—shines above the crud in the petroleum industry’s paraffin. Think about it!**

**Bee Aware:** Most beeswax candles are not pure beeswax, and by law, they can contain up to 90-percent paraffin, which eradicates any negative ion effect. Your clients will notice the difference when you switch!

*Pheylonian Productions offers therapists a professional discount as well as an innovative program to create more income. Call (877) 445-6942 or send an e-mail to [sales@philoxia.com](mailto:sales@philoxia.com) to request our free therapist kit and samples.*