

Make your own candles

Burning candles made of synthetic materials may emit small amounts of toxins in to the air. Instead of using candles made of paraffin—a by-product of petroleum refining—you can make your own!



STEP 1: MELT WAX

- Measure wax according to package directions. One cup will melt down to ½ cup of pourable wax.
- Melt wax in the microwave or on top of a double boiler. Heat wax to 66–82° C (150–180°F) or follow instructions on package.
- In microwave, heat in 1-minute increments, stirring between melts (do not microwave your thermometer!). Let wax cool to 52° C (125° F).



STEP 2: MAKE WICK

Thread a piece of cotton wicking through a metal disc, tie a knot in the bottom, and pinch the sides of the disc to hold the cotton wick in place. Craft stores also sell ready-made wicks.

STEP 3: SECURE WICK

Pour a dab of melted wax in the centre of the bottom of the container. Press the metal disc (with the cotton wick tied on) into the wax puddle.



Materials (check hobby or craft stores)

- Soybean wax flakes or beeswax (grated)
- 15 drops essential oil (optional)
- Braided cotton wick
- Metal wick disc
- Stick to set up the wick (chopstick, pen, etc.)
- Candle container (glass jar, metal tin, seashell, etc.)
- Scissors
- Food thermometer
- Glass measuring cup
- Newspaper for work area



STEP 4: CENTRE WICK

Tie the wick to a pencil or chopstick once the wax around the disc has hardened. Centre it and brace it across the top of the container.



STEP 5: POUR WAX

When the wax has cooled to 52°C (125°F), add 15 drops of essential oil and stir.

Pour more melted wax into your container slowly, to avoid air pockets or bubbles. Don't fill to the top of the container because you need room for the wax to melt when the candle is burning.



STEP 6: COOL WAX

Let the candle cool. If there is a sunken area of wax around the wick, do a second pour.



STEP 7: TRIM WICK

When the wax has hardened, trim the wick to ¼-inch for optimal burning.

For more information, go to queenofgreen.ca.

Facts on wax and wicks

- Many scented and slow-burning candles use lead in their wicks. Lead in this form is banned in Canada, but check the wicks of store-bought candles anyway (especially imports); if there is any shiny metal in the wick core, don't buy it. Cotton wicks are the best choice.
- Beeswax is a naturally-occurring, renewable resource (made by bees!) that burns long and clean and is biodegradable. Avoid refined beeswax; the real stuff smells like honey. Beeswax is the only naturally-occurring wax on planet Earth!

