Do you love candles?

Please take care

**When candles are burned, they release carcinogenic toxins (benzene, toluene, formaldehyde, acetaldehyde, acrolein and) most recognizable, soot into the air**.

The emissions from paraffin candles contain many of the same toxins produced by burning diesel fuel.

Paraffin (petroleum-based) candles and scented/aromatic candles are the worst offenders—and also happen to be the most common candles on the market.

On the personal health side of things, lighting many candles frequently in an unventilated space can [lead to problems](http://www.cnn.com/2009/HEALTH/08/21/candles.air.pollution/) such as aggravating asthma, causing allergy-like symptoms, or irritating the respiratory tract.

**Proper Wick Size.**[Trim the wick](http://www.life.ca/naturallife/9906/candles.htm) to ¼ inch before lighting for the first time. Avoid wicks that are too thick and those with a wire core that keeps it upright. Candle wicks should have thin, braided wicks that curl over when burned. They should also burn down evenly with the wax.

**Avoid Containers.**Containers with narrow mouth openings will cause unsteady air flow and increase flicker. Use free standing candles placed on a plate to avoid wax drippings on your furniture.

**Ventilation.**Only burn candles in rooms with great ventilation, but avoid direct drafts on the candles.

**One Hour Maximum.**Extinguish candles after one hour of continuous burning and allow them to cool before relighting.

If you must use an actual candle, try beeswax or soy candles. These candles burn cleaner than regular paraffin wax. [Beeswax candles clean the air](http://wellnessmama.com/4629/clean-indoor-air/) by releasing negative ions into the air which bind with toxins and help remove them from the air.

