

## Benefits Of Aromatherapy Candles

Mostly we know candles for their lighting or the nice scent they have. Sometimes we also use candles for decoration and for birthdays too. A basket of candles, along with various candle holders & flowers, makes a beautiful gift. But have you ever considered the relaxing affect of aromatherapy candles? Before that let me tell you about Aromatherapy. Aromatherapy is a powerful tool that can help you feel relax & healthier both physically and mentally. Anybody can use it from the very youngest to the old with no worry about harmful effects.

Aromatherapy candles are the most inexpensive way to lighten our mood and it also helps u relax after a tiring day. Aromatherapy is a natural healing alternative that uses the oils extracted from flowers, herbs, fruits other plants and even trees. Aromatherapy candles contain antibiotic, antiviral, and other therapeutic properties. When you inhale the aroma of oils you'll experience the benefits of aromatherapy candles.

Aromatherapy candles are usually blended of Oils & scents to provide relief to a variety of disorders. For example, Cinnamon Clove Mandarin has a very spicy aroma that acts as a stimulant. Perhaps, you don't want to be stimulated. Then, a mixture of Honeysuckle and Chamomile creates a relaxing atmosphere and rejuvenates the body after a long, hard day. If you want to go the completely natural route, try burning scented soy candles, they burn for longer period, they are easy to clean and great if you're environmentally conscious about your candle burning since they're made from 100% soybeans, a renewable resource.

There are more than ninety essential oils different oils have different qualities for the mind, body, and soul. One of the most popular essential oils used in aromatherapy scented candles is lavender. Lavender relieves stress and helps people to relax, and it has a pleasant, sweet aroma. Eucalyptus is another popular essential oil, and it has properties that help breathing and also boost the immune system. Geranium is a popular oil used in aromatherapy, particularly with women, as it helps balance their hormones. Those who suffer from joint pains will enjoy a candle scented with peppermint, as it takes away aches and pains, as well as helps the digestive system. Ylang Ylang is a popular oil used as an antidepressant, and rosemary also has properties that lift the mood. Sage and chamomile are used to help you sleep.

But you need to be very careful while shopping for aromatherapy candle. Watch for good quality wax, coloring and fragrance, natural essential oils, and wicks that are lead free. There are number of scents to choose from, In fact there is an aromatherapy candle for every mood. You just need to know how to use them to get the maximum benefit for you and others, and also because cheap candles use paraffin but expensive candles use soy or bees wax. Manufacturers of aromatherapy candles like **chicago candle shop** take great care in making the finest candle possible with the sweetest fragrance.

## About the Author

ChicagoCandleShop.com was established to cater the requirements of people looking for organic/Natural Body Lotions,(highly) [Scented candles](#) [Aromatherapy Candles](#), Bath Quenchers ( Fizzies), natural body lotions, Dead Sea salts, body scrubs and more. The products are made from natural ingredients and do not include artificial ingredients.

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