



# EMERALD KEEPERS

EMERALDKEEPERS.ORG

For an Emerald Green, Ocean Blue Coronado

# BURNING MATTERS

## CHOOSE CANDLES MADE WITH NATURAL INGREDIENTS

**C**andles are an essential part of the holiday season, from the menorah to the advent wreath. While they emanate warmth and tradition, some candles may contain chemicals harmful to your health and the environment. Be sure to look for earth-friendly varieties to reduce toxins and indoor pollution.

### WAX TYPES

Traditional candles are made from paraffin a type of wax made from petroleum as a byproduct from making gasoline. Paraffin releases toxins, including carcinogens, although there is no evidence enough toxins are released to be harmful to human health.

Sustainable candles are made from natural and renewable materials such as soy, beeswax, coconut, or vegetable wax. If your candle doesn't specify the wax type, it is most likely paraffin.

### FRAGRANCE

Many traditional candles have synthetic fragrances, which may contain phthalates and other harmful chemicals. Earth-friendly candles are often infused with natural scents derived from essential oils that are a more subtle and healthy alternative. Beeswax candles emit a sweet honey-like scent when burned.

### FLAMES

When burned, paraffin candles release soot and toxins such as benzene and toluene, which can contribute to indoor air pollution and negatively affect respiratory health. Environmentally friendly candles burn cleaner, minimizing their impact on indoor air quality.

### WICK

In 2003, the U.S. Consumer Product Safety Commission banned the use of lead in wicks. The candle industry voluntarily stopped the use of

lead wicks in the 1970s, but a small percentage still contained lead. If you have old candles, be aware that there might be lead in the wick. Candle wicks should be made from natural materials like cotton or wood. These wicks produce a more stable and even flame so candles last longer.

Next time you shop for a candle, look for one labeled nontoxic. Candles free from harmful additives benefits both the environment and people to help keep Coronado Emerald Green, Ocean Blue.



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