

WHAT ARE IFRA APPROVED FRAGRANCES?

CANDLES

AROMA

SAFETY

FACTS

D. KAY BY
Tina Renee
WHIFFS ON WHEELS



Here are the facts! Fragrance has the power to enhance our lives and trigger a wide range of uplifting emotions, bringing enjoyment, relaxation or enhanced self-esteem. The use of fragrance in our soy candles makes the difference!

The IFRA's (International Fragrance Association) Standards exist to provide confidence when it comes to the safe use of fragrance ingredients.

At Whiffs on Wheels, our essential oil infused fragrance oils have been vetted and approved by the IFRA.



Online www.dkaycandles.com

Instagram [@whiffsonwheels](https://www.instagram.com/whiffsonwheels)

The IFRA sets rules that are recognized by government authorities around the world, as they monitor and test fragrance ingredients, setting rules for them to be used safely – This helps Candles Makers like us, and Consumers like you, to feel good about the fragrances that are used in our candle making process.

The IFRA has a long-standing, science-based approach. As a customer-first centered small business, the well-being of you and your families is a top priority to Whiffs on Wheels! The IFRA believes that it is an important part of their self-regulatory role to be transparent about the Standards they apply, which is why all of their Standards are available on their website.

All fragrance oils used in candles manufactured by Whiffs on Wheels are in compliance with IFRA standards and produce the creation of safe candles. The IFRA has created data to show the range of natural fragrance raw materials. To learn more visit them at WWW.IFRAFRAGRANCE.ORG

WILL I GET CANCER FROM BURNING CANDLES?

10/24/22

CANDLES

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AROMA

candles can often times be associated with relaxation and self-care. Although candles are known to bring tranquility and good vibes, there is nothing good about the toxins and carcinogenic compounds that can be found in a lot of popular name brand candles! And, there is absolutely NOTHING warm and inviting about putting the ones we love in contact with the toxic substances that can be found in a lot of household favorite candles.

SAFETY

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Paraffin wax is a byproduct of the oil purification process. Through a dewaxing process that crude oil undergoes, paraffin wax is derived and is then processed further for use in candles. Paraffin wax releases toxic fumes when burn.

In 2009, a study by South Carolina State University found that burning paraffin wax candles give off harmful fumes (toluene and benzene). The International Agency for Research on Cancer's (IARC) goal is to identify causes of cancer. IARC classifies benzene as "carcinogenic to humans," based on sufficient evidence that benzene causes acute myeloid leukemia (AML). IARC also notes that benzene exposure has been linked with acute lymphocytic leukemia (ALL), chronic lymphocytic leukemia (CLL), multiple myeloma, and non-Hodgkin lymphoma.

Soy wax candles are a highly viable alternative and are arguably more sustainable. To date, there have been no known cancer causing chemicals discovered in ALL NATURAL SOY wax based candles.

WHY SHOULD I TRIM MY CANDLE WICK?

10/8/22

CANDLES

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Just like hair, your candle wick needs to and must be trimmed - To have a healthy burn!

If you've been lighting and relighting your scented soy candles, without bothering to uphold any kind of maintenance, you've been doing yourself and your candles a major disfavor. There are a few tiny steps you can take to help ensure your candle has a long and healthy burn time. Come, let's Discover why you should trim the candle wick before each burn!



Yup, you're right, a candle will still burn whether or not you trim the wick, however the small action of trimming the wick can help prolong the life of your candle and keep it looking, smelling and burning nice!

When you neglect to trim your wick, your candle may have a larger flame, which will melt more wax and give your candle more fuel. Having a larger amount of fuel can create more soot, making your candle container black and dirty. Always trim your candle 1/4 of an inch before each burn.

Keeping your candle wick trimmed helps to control the amount of hot wax your candle has access to, this will help to limit the amount of soot it creates. Having a trimmed wick will also help your candle to burn more evenly. Taking the necessary steps to reduce your candle's soot also makes it easier to repurpose your jar when you're done burning.

REMEMBER!! We offer 10% off each returned blemish-free jar!

CAN CANDLES REALLY HELP ME RELAX?

9/25/22

CANDLES

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WHIFFS ON WHEELS



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Instagram [@whiffsonwheels](https://www.instagram.com/whiffsonwheels)

Resource www.themeltco.com

AROMA

We all have times when it can be extremely difficult to transition into sleep mode. Let's face it, restless and sleepless nights happen to the best of us, and they can be caused by a number of things like too much time in front of our phones or just one caffeinated drink too many.

There are a number of essential oils that have been scientifically proven to calm and relax our central nervous system, promoting slow-wave sleep. This means a longer and better sleep time!

SAFETY

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RELAX



Here are a few essential oils we have researched and found to aid in a good night's rest!

♥ Let's talk Lavender! The smell helps activate the brain in such a way that it helps slow the heart rate and can help muscles relax to prepare for a better slow-wave sleep, also called delta sleep or N3 stage.

♥ Next, is Neroli! The deep flora aroma is complex! This scent is often noted for its properties to help with anxiety and can enhance your mood.

♥ Unknown to many, Sandalwood is actually quite a unique fragrance and similarly to lavender this scent can help you stay in slow-wave sleep longer. Sandalwood is commonly known for its rich, woody, and earthy scent and has long been used for the purposes of relaxation and anxiety relief.

CAN CANDLES REALLY HELP ME RELAX?

9/25/22

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RELAX



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WHAT IS PROPER CANDLE CARE?

9/12/22

CANDLES

AROMA

SAFETY

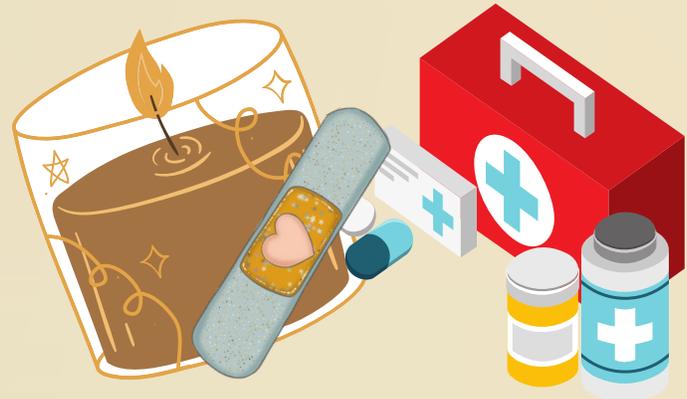
FACTS

D. KAY BY
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WHIFFS ON WHEELS



Believe it or not, there is more to burning a candle than simply lighting the wick & letting it go. Sure, you can do that, but that's very dangerous & you might end up with a few complications like: carbon collection on the wick, resulting in an unstable candle. This can lead to a dangerously large flame, smoke and soot.

We know everyone aspires to be THE BEST candle parent they can possibly be, so let's prepare your candle for its best burn! EVER!!



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Our candles are made from: All-natural hydronated soybean oil, International Fragrance Association (IFRA) Standard met (essential oil infused) fragrance oils, and eco-friendly, lead-free cotton wicks – A 100% homemade vegan candle!! We have conducted several hours of research, and determined that our 8oz candles should not burn for more than 3 hours at a time!

Over burning your candle could cause your vessel to overheat, potentially crack, and cause a fire! Once you get past the THREE-HOUR burning mark, TRIM YOUR WICK 1/4 inch before each burn. We advise trimming wicks *only* on cooled candles, to prevent wick debris from falling into hot wax.

It is important that your candle burns liquid all the way across the surface with each burn (this can take 2 to 4 hours).

REMEMBER - It is perfectly okay to babysit your candle!

NEVER leave your candle alone, or fall asleep with it burning!

NATURAL VS. SYNTHETIC FRAGRANCE OILS

8/19/22

CANDLES

D. KAY BY
Tina Renee
WHIFFS ON WHEELS



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Instagram [@whiffsonwheels](https://www.instagram.com/whiffsonwheels)

Resource <https://vetiveraromatics.com/>

AROMA

SAFETY

FACTS

When it comes to essential and natural fragrance oils, it's not that one is inherently better than the other. There are benefits to using fragrance oils, as they are sometimes more sustainable than essential oils (sandalwood, for example, is harvested by killing the entire tree). Fragrance oils will often last longer, and the scent will be stronger, than with essential oils. There are also benefits to using essential oils, as they are all natural and have therapeutic properties.



Fragrance compounds can be nature-identical (the chemical structure is exactly the same as its essential oil counterpart), or completely human-made (this chemical compound does not exist in nature). It is synthetic when it is synthesized in a lab - i.e., made, not extracted. An all natural fragrance oil is one that is made entirely from natural isolates and essential oils. A natural isolate is a molecule removed & isolated from a natural fragrance material, which contains the isolate. It all boils down to how the isolate is made, and what it is made from. The reason a lot of people steer clear of fragrance oils is because so many fragrance oils are made from petrochemicals, then diluted with dipropylene glycol or isopropyl myristate. Natural fragrance oils, however, are NOT. Natural fragrance oils are blends of isolates that are derived through many of the exact same processes that are used to get essential oils. The difference is in whether you are extracting an entire compound (essential oil) or a single molecule (natural isolate).

NATURAL VS. SYNTHETIC FRAGRANCE OILS

8/19/22

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CANDLE CARE TIPS

Believe it or not, there is more to burning a soy candle than simply lighting the wick & letting it go. Sure, you can do that, but you might wind up with a few complications

Our candles are made from: All-natural hydrogenated soybean oil, International Fragrance Association (IFRA) Standard met (essential oil infused) fragrance oils, and eco-friendly, lead-free cotton wicks – A 100% homemade vegan candle!!

EXTINGUISH YOUR CANDLE AFTER THREE CONSECUTIVE HOURS OF BURNING!

Don't burn your candle for more than 3 hours at a time.

Once you get past the THREE-HOUR burning mark, your candle could collect carbon, leading it to "mushroom" (wick starts to absorb the wax which creates a buildup of carbon particles on the wick.) The wick can become unstable and produce a dangerously large flame. At that point, your candle will start to smoke & release soot.

more TIPS!

Never leave a burning candle unattended or lit while sleeping.

TRIM YOUR WICK!
Trim the wick to one-quarter inch before each burn

Give the candle enough time to burn evenly, all around, before snuffing out. Allow 1 hour to cool before trimming

Not doing so can cause your candle to burn unevenly, resulting in tunneling

QUESTIONS

If you have questions regarding Wick Care, email us at wecare@dkayhomegoods.com



@WhiffsonWheels



@GoodWhiffs

THANK YOU FOR SHOPPING SMALL!

Tips | Safety | Aroma | Facts

CANDLE TALK

IT'S NOT JUST CANDLES, IT'S AN EXPERIENCE!

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Tina Renee poses with student in candle making class

Believe it or not, there is more to burning a candle than simply lighting the wick & letting it go.

Sure, you can do that, but that's very dangerous & you might end up with a few complications like : carbon collection on the wick, resulting in an unstable candle. This can lead to a dangerously large flame, smoke and soot.

ALWAYS EXTINGUISH YOUR CANDLE AFTER THREE CONSECUTIVE HOURS OF BURNING!

Don't burn your candle for more than 3 hours at a time!

Once you get past the THREE-HOUR burning mark, **TRIM YOUR WICK** to one-quarter inch before each burn. Give the candle enough time to burn evenly, all around, before snuffing/blowing out. Not doing so can cause your candle to burn unevenly, resulting in tunneling.

If you have questions regarding Wick Care, email us!

wecare@dkayhomegoods.com

 @WhiffsonWheels

 @GoodWhiffs

Keep It Clean!

THE OFFICIAL NEWSLETTER OF WHIFFS ON WHEELS BY TINA RENEE



WHAT IN THE WORLD IS A VEGAN CANDLE?

Without even realizing it, you may be burning toxic candles throughout your home, while exposing yourself to the health hazards associated with it. If burning candles is a part of your daily routine, it's time to educate yourself on their history, the harms of toxic wax, and why you should discontinue using candles made from toxic materials.

Paraffin Wax is the main ingredient in a lot of candles. Unfortunately, paraffin alone is too soft to make an effective burning candle so, most paraffin wax candles also contain stearic acid to harden. Stearic acid often comes from animal fat. It is scraped out of oil refineries, and it is usually bleached by adding dioxin; texturized with acrolyn (a known carcinogen); and then mixed with animal-based stearic acid (a nasty byproduct of the meatpacking slaughterhouses). The toxins released from paraffin candles are the same as those found in diesel fuel fumes and are linked to asthma and lung cancer.

At Whiffs on Wheels, we use all-natural hydronated soybean oil. Soy wax is both natural, biodegradable and burns more cleanly than paraffin wax with less of a soot build up - As it comes from plants as opposed to crude oil (a fossil fuel). We carefully research ingredients, and as one of our cherished customers, you can rest assure in knowing, Whiffs on At Whiffs on Wheels, we use all-natural hydronated soybean oil. Soy wax is both natural, biodegradable and burns more cleanly than paraffin wax with less of a soot build up - As it comes from plants as opposed to crude oil (a fossil fuel). We carefully research ingredients, and as one of our cherished customers, you can rest assure in knowing, Whiffs on Wheels will forever remain vegan & eco-friendly!

Tips | Safety | Aroma | Facts

CANDLE TALK

WINTER / 2022 | VOL # 21

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Tina Renee - Aromatherapist 1

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Sure, you can do that, but that's very dangerous & you might end up with a few complications like : carbon collection on the wick, resulting in an unstable candle. This can lead to a dangerously large flame, smoke and soot.

ALWAYS EXTINGUISH YOUR CANDLE AFTER THREE CONSECUTIVE HOURS OF BURNING!

Don't burn your candle for more than 3 hours at a time!

Once you get past the THREE-HOUR burning mark, let your candle cool & become solid before **TRIMMING YOUR WICK** one-quarter inch (1/4) before the next burn.

REMINDER: Give your candle enough time to burn evenly, all around, before snuffing/blowing out. Not doing so can cause your candle to burn unevenly

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CAN I BURN CANDLES AROUND MY PETS

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D. KAY BY
Tina Renee
WHIFFS ON WHEELS



The short answer is, it depends on the type and placement of candles. This is as true of burning candles as it is of diffusing essential oils, burning incense, and so on. Avoid paraffin candles. Before you purchase and light one, make sure it's not made of paraffin or any unknown synthetic wax types. When it comes to paraffin candles or typical low-quality, mass-produced candles, they are almost always bad for both YOU and your pets.



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We can agree that paraffin candles are bad for everyone in the household. But even if you're using a cleaner organic candle, like ours, you'll want to avoid burning your candle at all if you have pets with asthma, bronchitis, or other respiratory issues.

Even if your cat or dog doesn't have respiratory issues, keep an eye out for the following symptoms that may indicate your pet has a specific sensitivity to candles: sneezing, coughing, watery eyes, runny nose, itching, skin redness/rashes and respiratory distress.

Opt for organic/vegan wax candles, such as candles that are made from soy, vegetable wax, or coconut wax. Not only are these candles better for you and your pet, they're better for the environment!

WHAT MAKES A CANDLE VEGAN?

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Simply, most candles are not vegan. Often candles use Stearic Acid or Beeswax in order to harden the candle and improve the scent throw. Vegan Candles will be made from Soy, Coconut or Rapeseed Wax or a blend of those natural vegetable waxes. The quickest way to find out if your candle is vegan is by checking the ingredient list.



The two main ingredients in candles which you should actively look out for are animal fats and beeswax. Though they're added to harden the wax and provide opacity, they're anything but vegan-friendly.

Although, beeswax is a natural wax, it uses bee labor in production. Bees produce beeswax in their hives and in order to forage this, the honeycomb within the hive is also removed. Not only are the bees an unpaid labor force, but they also lose their source of food. That's why candles with beeswax in it are not vegan friendly.

Animal-derived ingredients in candles include Stearic acid. Stearic Acid is a fat derived from pigs, cows, sheep and more. Somewhat confusingly, it can also be derived from coconuts (vegan friendly), but if it's not explicitly stated, then we'd steer clear.

So, what makes a candle vegan? Super simple: plant based wax, lead-free wicks, essential oils/chemical-free fragrances, approved by the IFRA

CAN CANDLES BOOST THE MOOD?

CANDLES

AROMA

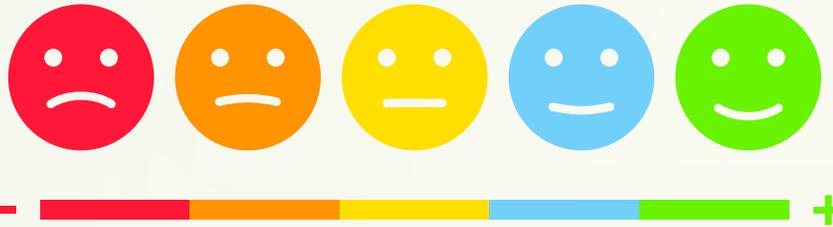
SAFETY

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It is scientifically proven that scented candles can play a role in the physiological effects of one's mental health. The soothing effect that candles have is based on how the brain processes smells. The smell of scented candles stimulates our limbic system, the part of the brain that is home to our memory and emotions.



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Hormones like serotonin and dopamine can be produced to help regulate mood. Therefore, our emotional state is influenced by the relationship that exists between scents, memories, and emotions.

You might be attracted to certain scent, because of the memories you have in association with them. Aromas, like geranium, lavender, and peppermint, have proven to be useful for the treatment of various psychological and physiological disorders.

While ylang ylang "promotes feelings of joy and ease," jasmine "improves positive feelings and energy levels. Peppermint and spearmint "wake up your mind...enhance focus...and improve memory, but if you're looking for something to calm your anxiety, rosemary and lavender are for you.

For those struggling to maintain a positive outlook, the use of citrus-scented candles, which are proven to "lift your spirits and boost your energy are for you!

WHAT IS AROMATHERAPY?

CANDLES

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In short, aromatherapy is the art and science behind the use of nature to promote an emotionally balanced life! The pure essential oils used in our candles should be seen as a complementary therapy and is non-diagnostic. When burning our candles regularly, they can aid in the natural *emotional* healing process.



Humans have used aromatherapy for thousands of years. Ancient cultures in China, India, Egypt, and elsewhere incorporated aromatic plant components in resins, balms, and oils. These natural substances were used for medical and religious purposes. They were known to have both physical and psychological benefits.

Essential oils are made from flower, herb, and tree parts, like bark, roots, peels, and petals. The cells that give a plant its fragrant smell are its "essence." When an essence is extracted from a plant, it becomes an essential oil. It takes a lot of plant product to make essential oils. More than 200 pounds of lavender flowers are used to make just 1 pound of lavender essential oil.

Aromatherapy activates areas in your nose called smell receptors, which send messages through your nervous system to your brain. The oils may activate certain areas of your brain, like your limbic system, which plays a role in your emotions. They could also have an impact on your hypothalamus, which may respond to the oil by creating feel-good brain chemicals like serotonin.

WILL MY CANDLE EXPIRE?

CANDLES

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All in all, no candles don't expire in the same way that food products do. The lifetime of a candle mainly depends on the type of wax used, as well as how it's stored. Our candles are made by blending Essential oil infused fragrance oils with a veggie (soy) wax. This means, our candles are more prone to breaking down over time, due to their chemical-free & organic nature. For the best results, burn your candles within 12 to 18 months of purchase.



Scent dissipation is when an unlit candle gradually loses its original fragrance. This happens because molecules of fragrance oil are slowly but constantly evaporating from the wax into the air, even when the candle isn't burning.

You can take certain steps to lengthen the life of your candle! The first step is to keep it out of direct sunlight. This is because, radiation that is emitted by the sun, breaks down candle materials over time, causing discoloration and the scent to dissipate. You may have noticed that objects left directly in the sun or window will fade over time, and improperly stored candles follow the same principle. Keep your soy candles unexposed them to sunlight, and remember to relocate them to a shaded area once you are finished burning them.

Here are a few reminders to keep your all-natural soy candles preserved

- Keep your unlit candles stored in a dark and cool place
- For best results, burn your candles within 12 to 18 months of purchase
- Avoid areas with high humidity or moisture (e.g. restrooms)