

Make Your Own Massage Candles

Making massage candles is almost the same as making any other type of [container candle](#). Soy wax is one of the safest waxes to use on the skin. It's quite soft so it melts and pools easily, and it won't irritate your skin unless you have a soy allergy (in which case you can use beeswax instead). The soy wax is melted down and combined with various oils and butters that will help the skin absorb it. Without these additions, the wax would cool and harden as it was being massaged into the skin.

Essential oils or cosmetic grade fragrance oils are also added to create a soothing atmosphere. Make sure that the fragrance you choose is safe for both candle making and use on the body.

You will need:

- High quality soy wax
- Candle Jar container or tins
- Proper Size Wick
- Coconut Oil, Olive oil or vitamin E or Shea Butter, jojoba oil or Almond Oil
- Skin-safe essential oil or skin safe fragrance

Directions

1. For every three ounces of wax, you'll add one ounce of liquid oil, and one-quarter ounce of fragrance. You can try making an even softer bar by substituting one ounce of the wax with one ounce of Shea or cocoa butter.
2. Melt the soy wax and oil (and butter, if using) in a double boiler over simmering water, or us a Presto Kitchen Kettle from Southern Scentsations Inc.
3. Add the fragrance and stir gently. Do not add any color as the color dye for candles are not skin safe
4. Once the wax has cooled to 135.
5. Allow several hours for the candles to set up.
6. Trim the wicks to one quarter inch.

Beneficial oil to add:

If you'd like you can add or substituting one of the following ingredients in the original recipe.

- Apricot kernel oil
- Sunflower oil
- Jojoba oil
- Beeswax
- Shea butter
- Cocoa butter
- Sweet Almond Oil
- Grapeseed Oil
- Palm Oil
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Using Your Candle

1. Light the candle and allow some of the wax to melt and pool.
2. Blow out the flame and allow the candle to sit for a minute or two so the wax can cool.
3. Test the wax to make sure it's not too hot, and then pour or scoop some into your hand and apply directly to your skin, or use the mixture as part of a massage.

You can burn as much or as little of the candle as you'd like. Whatever pooled wax you don't use on your skin will re-harden so you can melt it again when you need it.

It's fun to experiment by adding different oils. Massage candles are a wonderful addition to your handcraft product line. The recipe above was provided to us by one of our customers. We love to share recipes so if you have one to share please let us know!