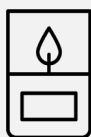


Choosing the Best Candle

Any source of smoke in the home can be a danger to health.
Choosing the right candles can reduce the risk.

CANDLE TYPE	PRICE	SMOKE	BURN TIME	QUALITY
UNSCENTED BEESWAX	\$\$\$	LOW	FAST	HIGH
UNSCENTED SOY	\$\$	LOW	LONG	HIGH
UNSCENTED PARAFFIN	\$	MEDIUM	MEDIUM	MEDIUM
UNSCENTED CANDLE- ANY WAX	\$\$-\$\$\$	MAY CONTAIN HARMFUL CHEMICALS		



Tips for Reducing Candle Smoke



- Trim the candle wick to 1/8 of an inch (the height of 2 stacked quarters).
- Buy unscented candles. The perfumes used can sometimes contain harmful chemicals.
 - This includes candles labeled with 'natural' scents, which can still contain synthetic fragrances.
 - Candles with essential oils can also produce harmful chemicals.
- Use a separate large glass candle holder while burning candles. This prevents the wick from moving and smoking.
- Open windows regularly or use fans to disperse smoke.
- Consider using a candle snuffer to put out your candle, which can reduce smoke.
- Consider using a battery-operated candle to avoid smoke from burning candles.

