

HEALING AND INTENTION CANDLES WORKSHOP

Instructor: Meenal

What you will learn:

- About Intention and healing candles..
- Type of wax used.
- Fragrance oils
- Colors
- Crystals and herbs to be used
- Materials and Tools required to make candles
- Wicks
- Dos and Don'ts
- Process
- Using the Candles

What you get:

- Detailed videos.
- Separate video for each type of candle.
- Explained in simple language (Hindi and English).
- A detailed PDF.
- Contacts and other details of suppliers of candle making materials.
- Daily Q&A sessions with the instructor on Whatsapp.
- Invitation to join our Facebook page and be part of a creative community.
- Complete knowledge about making candles, that will equip you to start your own candle making business.

Materials and Tools

Materials Required for Candle Making:

- Wax
- Wicks
- Fragrance
- Color (Optional)
- Glass or Tin Containers
- Embeds such as dried flowers, spices, herbs, crystals etc.

Tools

- Weighing scale
- Digital thermometer
- Container for boiling water
- Container/s for melting wax
- Silicone spatula or a glass rod for stirring
- Heat source (gas, induction)
- Heat gun
- Hot glue gun
- Candle snuffer

Wicks

Ready wicks with sustainers are available in different sizes. Choose the appropriate wick size for the candle you are making. **A separate video demonstrating how to make your own wick, is included.**

Fragrance Oils

Use only the fragrances meant for candle making.

Temperatures at which it is recommended to add fragrance for best results:

- Paraffin Wax - between 80 and 85° c
- Soy Wax - between 79 and 85° c
- Beeswax - between 71 and 74° c
- Gel Wax - 85° c

Wax pouring temperatures

68 - 72° c

Colors

Use colors meant specifically for candles. There are powder and liquid colors available in the market.

Do's

- Add your fragrance at the right temperature.
- Stir constantly for at least 3-5 minutes for the fragrance to mix completely in the wax.
- Cover the container for 1-2 mins after mixing the fragrance.
- Trim your wick to the correct size.
- Use a thermometer.
- If making candles on a large scale for the first time, please test before doing so.

Don'ts

- Do not use crayons to dye your candles. Crayons can clog the wick and cause the candle to burn poorly. Crayons can also affect your scent throw and possibly give off a bad smell.
- Do not use perfume in place of fragrance oils. It will not throw well and it could clog your wick.
- Do not blow your candles to put them out.
- Do not put your candle in the refrigerator to harden. It can cause the glass to crack or shatter, make the wax shrink up and create wet spots or sink holes, and even weaken the scent throw.

Intention Candles -

Intention candles are used to manifest dreams and desires. When it is lit, it illuminates the intention and when we meditate on it, our energy is released into the Universe.

On a symbolic level, lighting a candle represents the five elements: earth, water, air, fire, and spirit. The wick and base signify earth and are vital for keeping the flame steady. The wax, which transforms from a solid to a liquid and then to gas, emulates water. Oxygen, representative of air, keeps the flame lit. The flame is obviously fire (the element of transformation and rebirth). And lastly, spirit is represented when we focus our intention into the candle and infuse it with our energy.

Healing Candles -

New-age healers use the **ancient art of therapy candles to unlock blocked emotions and relationships**. Burning candles vibrate different frequencies within the body. White candles purify the body, and bring peace.

- Soy Wax -
<https://candlemould.com/trending-candle-1/1666-635-soya-wax-niral-industries.html>
- Candle Snuffer -
https://www.amazon.in/gp/product/B09MRRTPYX/ref=ppx_yo_dt_b_asin_title_o01_s00?ie=UTF8&psc=1
- Hot Glue Gun -
https://www.amazon.in/gp/product/B07VYM5JCM/ref=ppx_yo_dt_b_asin_title_o09_s00?ie=UTF8&psc=1
- Heat Gun -
https://www.amazon.in/gp/product/B07NQPM6FN/ref=ox_sc_act_title_11?smid=A1LCGJ4FX4DIAG&th=1

VIDEO 1

Candle 1

Abundance and Prosperity candle with citrine and green aventurine crystals

What you will learn:

- How to melt soy wax.
- Preparing the container and fixing the wick.
- Pouring melted wax in the container.
- Adding crystals and herbs.

Materials:

Soy wax

Suitable glass container

Wick

Calendula flower petals, Citrine crystals, Green Aventurine crystals

Calendula Petals -

https://www.amazon.in/gp/product/B07KW821KV/ref=ppx_yo_dt_b_asin_title_o02_s00?ie=UTF8&psc=1

Citrine Crystals -

https://shubhanjalistore.com/product/shubhanjali-citrine-chips-stonesmall-citrine-tumbled-chip/?attribute_pa_weight=50-gm

Green Aventurine crystals -

https://shubhanjalistore.com/product/shubhanjali-green-aventurine-chips-stonetumbled-chip-crushed-stone/?attribute_pa_weight=250-gm

Glass Container -

https://www.amazon.in/RKJ-Tealight-Decoration-Corporate-cm_RKCL23/dp/B09HKG3LNL/ref=sr_1_105?crd=2V75CFDUBW5ZL&keywords=colored+glasses+for+candles&qid=1642902106&srefix=colored+glasses+for+candle%2Caps%2C268&sr=8-105

- **Calendula flowers** are **sacred flowers in India** and have been used to decorate the statues of Hindu deities since early times.
- **Citrine** crystals are known to remove negativity and blockages around money and abundance.. It's spiritual characteristic **induces positive energy** and reduces depression. It leads to psychic growth with enhanced clarity and self confidence. It is the gemstone to bring about success and prosperity.
- **Green Aventurine** provides **strength, confidence, courage, and happiness**. It renews one's optimism for life and pushes us to take action to acquire what we want in this world. This stone urges one to get out of their comfort zone and take on new opportunities.Green Aventurine assists with manifesting wealth, prosperity, abundant opportunities and increased luck.

Color of money and prosperity candles - green

Candle 2

What you will learn:

- How to melt soy wax.
- Preparing the container and fixing the wick.

- Pouring melted wax in the container.
- Adding crystals and herbs.

Materials:

Soy wax

Suitable tin container

Wick

Citrine crystals, Gold flakes, green color

Citrine Crystals -

https://shubhanjalistore.com/product/shubhanjali-citrine-chips-stonesmall-citrine-tumbled-chip/?attribute_pa_weight=50-gm

Gold Flakes -

https://www.amazon.in/gp/product/B08CXQYNR9/ref=ppx_yo_dt_b_asin_title_o00_s00?ie=UTF8&th=1

Aluminum Containers -

https://bizpressions.com/products/aluminium-tin-containers?_pos=3&_sid=0e38dc717&_ss=r

- **Citrine** crystals are known to remove negativity and blockages around money and abundance.. It's spiritual characteristic **induces positive energy** and reduces depression. It leads to psychic growth with enhanced clarity and self confidence. It is the gemstone to bring about success and prosperity.
- **Gold Flakes** The precious metal that brings prosperity and illumination to your life, love, and passions.

Color of money and prosperity candles - green

VIDEO 2

Protection candle candle with smoky quartz and black tourmaline crystals

What you will learn:

- How to melt soy wax.
- Preparing the container and fixing the wick.
- Pouring melted wax in the container.
- Adding crystals and herbs.

Materials:

Soy wax

Suitable glass or tin container

Wick

Smoky Quartz crystals, Black Tourmaline Crystals, White Sage leaves

Smoky Quartz -

https://www.amazon.in/Natural-Crystal-Gemstones-Protection-Gemstone/dp/B08T5X8MY9/ref=sr_1_1_sspa?crid=87F0ODB7Z04I&keywords=smoky+quartz+crystal&qid=1641609045&srefix=smoky+quartz%2Caps%2C728&sr=8-1-spons&psc=1&spLa=ZW5jcnlwdGVkUXVhbGlnaWVyPUEyM0tXUTFRQzNJR1EmZW5jcnlwdGVkSWQ9QTAYODkyOTMxMThQM0s4VU5DMjJLJmVuY3J5cHRIZEFkSWQ9QTAWMjkyODkyVkFMVTIKRDIwNFJJndpZGldE5hbWU9c3BfYXRmJmFjdGlvbj1jbGlja1JIZGlyZWNOJmRvTm90TG9nQ2xpY2s9dHJ1ZQ==

White sage leaves

https://www.amazon.in/ESSENCIO-SHOP-Indian-White-Loose/dp/B09FFR3GZB/ref=sr_1_2_sspa?crid=2DYA0KAMVT3F2&keywords=white+sage+leaves&qid=1641632358&srefix=white+sage+leaves%2Caps%2C424&sr=8-2-spons&psc=1&spLa=ZW5jcnlwdGVkUXVhbGlnaWVyPUEyNkZUUIFKR1IRSTRSJmVuY3J5cHRIZEFkPUEwMDQzMjQ2MUJVVWExINEs2MVNINCZlbnNyeXB0ZWRBZEIkPUEwMTY3OTU3MlIadaSFdaVjllENFg1RyZ3aWRnZXROYW1IPXNwX2F0ZiZhY3Rpb249Y2xpY2tSZWRpcmVjdCZkb05vdExvZ0NsaWNrPXRydWU=

Black Tourmaline Crystals

https://shubhanjalistore.com/product/shubhanjali-black-tourmaline-chips-stones-small-tumbled-chip/?attribute_pa_weight=100-gm

- **Smoky quartz** is considered a grounding stone and may help you feel rooted to planet earth. This is a powerful stone that helps you to release fear and anxiety and aids harmony and balance, said to be a calming stone for children
- **Black tourmaline** stops bad energy from entering your space. One of the best -protection and grounding stones. It is known to protect from negative energies or any destructive forces. It helps in neutralizing one's own negative thoughts and inner conflicts.
- **White sage** is the most common and popular herb for smudging. It is associated with purity and has a strong and heavy presence. It's definitely useful for when you need a major space cleansing.

VIDEO 3

Positivity / Positive Energy Candle (1)

What you will learn:

- How to melt soy wax.
- Preparing the container and fixing the wick.
- Pouring melted wax in the container.
- Adding crystals and herbs.

Materials:

Soy wax

Suitable glass or tin container

Wick

Lemongrass essential oil / Candle fragrance, smoky quartz, clear quartz and dried rose petals

Clear Quartz -

https://shubhanjalistore.com/product/clear-quartz-points/?attribute_pa_weight=50-gm

Smoky Quartz -

https://www.amazon.in/gp/product/B08T5X8MY9/ref=ppx_yo_dt_b_asin_title_o00_s00?ie=UTF8&psc=1

Dried Rose Petals -

https://www.amazon.in/Nutri-Desire-Dried-Petals-Gulab/dp/B08JHDD687/ref=sr_1_2?crid=2JDTGFC9IHQLW&keywords=dried%2Brose%2Bpetals%2Bfor%2Bcandles&qid=1641695605&srefix=dried%2Brose%2Bpetals%2Bfor%2Bcandles%2Caps%2C412&sr=8-2&th=1

Lemongrass Essential Oil -

https://candlemould.com/soap-perfume-and-oils/1036-63-lemon-grass-essential-oil-niral-industries.html#/40-essential_oil-10_ml

- A **lemongrass** scented candle may **help calm your nerves**, may help sleep better,
- **Clear Quartz** - It's said to amplify energy by absorbing, storing, releasing, and regulating it. It's also said to aid concentration and memory. Physically, clear crystals are claimed to help stimulate the immune system and balance out your entire body.
- **Smoky quartz** is a powerful stone that helps you to release fear and anxiety and aids harmony and balance.
- **Dried Rose Petals** are known to have a relaxing, calming effect on the mind

Positivity / Positive Energy Candle (2)

What you will learn:

- How to melt soy wax.
- Preparing the container and fixing the wick.
- Pouring melted wax in the container.
- Adding crystals and herbs.

Materials:

Soy wax

Suitable glass or tin container

Wick

Lavender essential oil / Candle fragrance, amethyst, clear quartz

Amethyst -

https://www.amazon.in/Rocksmins-Amethyst-Cleaning-Tumbling-Meditation/dp/Bo8PK7RST3/ref=sr_1_33?crid=2KOPCXJ3D75CL&keywords=amethyst+crystals+for+healing&qid=1641694716&srefix=amethyst+crystals%2Caps%2C588&sr=8-33

Clear Quartz -

https://shubhanjalistore.com/product/clear-quartz-points/?attribute_pa_weight=50-gm

Lavender Fragrance -

https://candlemould.com/candle-perfume/1126-220-lavender-candle-perfume-fragrance-oil-niral-industries.html#/candle_perfume-25_ml

- **Amethyst** crystals are one of the world's most popular gemstones and have been in use for thousands of years. The believed healing properties of the stone are rather impressive and trace back to ancient Greek beliefs. Believed benefits of amethyst include the ability to alleviate sadness and grief and dissolving negativity. The color of this gem is also connected to activating spiritual awareness, welcoming intuitive energies and enhancing one's psychic abilities. This purple gem is also thought to have wonderful, positive effects of creativity and imaginative powers by enhancing intuition. It empowers its bearers to embrace new ideas and to put their thoughts into action.
- **Clear Quartz** - It's said to amplify energy by absorbing, storing, releasing, and regulating it. It's also said to aid concentration and memory. Physically, clear crystals are claimed to help stimulate the immune system and balance out your entire body.
- The most commonly known benefit of burning a **lavender** candle is that it reduces stress, depression and anxiety. It is also known to alleviate headaches and help mild insomnia.

VIDEO 4

Rosemary + Calendula Petals Healing Candle (1)

What you will learn:

- How to melt soy wax.
- Preparing the container and fixing the wick.
- Pouring melted wax in the container.
- Adding crystals and herbs.

Materials:

Soy wax

Suitable glass or tin container

Wick

Rosemary essential oil, Calendula flower petals

Calendula flower petals -

https://www.amazon.in/gp/product/B07KW821KV/ref=ppx_yo_dt_b_asin_title_o02_s00?ie=UTF8&psc=1

Rosemary essential oil -

https://www.amazon.in/Organix-Mantra-Essential-Conditioner-Therapeutic/dp/B06XX4DTV8/ref=sspa_1_2_sspa?crd=35OVCFK08H6L6&keywords=rosemary+essential+oil&qid=1641787704&smid=A2D7N3KMKR65KH&srefix=rosema%2Caps%2C548&sr=8-2-spons&psc=1&spLa=ZW5jcnlwdGVkUXVhbGlmaWVyPUEyUFRBWjJUS0g3V1AmZW5jcnlwdGVkSWQ9QTA4MzE2NjYyNkRaMUUpNOVI3Q1RKJmVuY3J5cHRIZEFkSWQ9QTA3Mjg1MDNVSzJVR1VPTEQ4MTAmd2lkZ2V0TmFtZT1zcF9hdGYmYWN0aW9uPWNsaWNrUmVkaXJlY3QmZG9Ob3Rmb2dDbGljaz10cnVl

- **Rosemary Essential Oil** is believed to relieve rheumatic and muscle pain, relax nerves and improve digestion and appetite.
- **Calendula** has been used to treat a variety of ailments affecting the skin as well as infections and fungus. Research suggests that calendula may be effective in treating diaper rash, wounds, vaginal yeast infections, and other skin conditions. Calendula has also been used as a pain reducer and inflammation reducer.

PEPPERMINT SCENTED HEALING CANDLE (2)

There is no better way to bring warmth to your home than with an invigorating peppermint candle. A whiff of the green, brisk, minty scent will charge your space with positive energy.

What you will learn:

- How to melt soy wax.
- Preparing the container and fixing the wick.
- Pouring melted wax in the container.
- Adding crystals and herbs.

Materials:

Soy wax

Suitable glass or tin container

Wick

Peppermint essential oil, Dried Peppermint Leaves

Peppermint Leaves -

https://indianjadibooti.com/Jadistore/peppermint-leaves?language=en-gb¤cy=INR&gclid=CjwKCAiArOqOBhBmEiwAsgeLmR-Z-euMbWOI6MwzA_R7fWWiE7ZJ2jl-v1WJn0AFIfPx6Yv3SpaYrBoCZWwQAvD_BwE

Peppermint Essential Oil -

https://candlemould.com/soap-perfume-and-oils/1035-61-peppermint-essential-oil-niral-industries.html#/40-essential_oil-10_ml

Peppermint candles are known to help ease muscle pain, relieve headaches, aid digestive problems, decongest the nasal passage and help those who suffer with nausea.

In aromatherapy, peppermint oil is promoted for treating coughs and colds, reducing pain, improving mental function, and reducing stress.

VIDEO 5

Love Intention Candle

What you will learn:

- How to melt soy wax.
- Preparing the container and fixing the wick.
- Pouring melted wax in the container.
- Adding crystals and herbs.

Materials:

Soy wax

Suitable glass or tin container

Wick

Rose quartz, clear quartz, dried rose petals

- **Rose quartz** is the universal love stone, restores trust and harmony in relationships, encouraging unconditional love. Rose Quartz purifies and opens the heart at all levels to promote love, self-love, friendship, deep inner healing and feelings of peace, it helps to comfort in times of grief. Dispels negativity, encourages self forgiveness and acceptance invoking self trust and self worth.
- **Clear quartz** is considered a “master healer.” It's said to amplify energy by absorbing, storing, releasing, and regulating it.

Rose Quartz Crystals -

https://shubhanjalistore.com/product/rose-quartz-tumble-stones/?attribute_pa_weight=50gm

Clear Quartz Crystals -

https://shubhanjalistore.com/product/shubhanjali-natural-clear-quartz-tumble-stones/?attribute_pa_weight=50-gm

Dried Rose Petals -

https://www.amazon.in/Dhawak-Sun-Dried-Rose-Petals/dp/B07RVBTHV9/ref=sr_1_5?adgrpid=61663996471&ext_vrnc=hi&gclid=Cj0KCQiAuP-OBhDqARIsAD4XHpd1NtliEgR_vtfuyOQc_F93AERjO_HzCH2n-Lji6_IxVCZKV_W7akaArAdEALw_wcB&hvadid=381512845848&hvdev=c&hvlocphy=9300430&hvnetw=g&hvqmt=e&hvrnd=17287611124438307725&hvtargid=kwd-231630734&hydadcr=1441_1954819&keywords=dried%2Brose%2Bpetals&qid=1642119441&sr=8-5&t_h=1

VIDEO 6

Money Candle

What you will learn:

- How to melt soy wax.
- Preparing the container and fixing the wick.
- Pouring melted wax in the container.
- Adding crystals and herbs.

Materials:

Soy wax

Suitable glass container

Wick

Green Aventurine, Citrine, Cinnamon powder, Cinnamon sticks, Bay leaves,

For the process - Incense stick or white sage, a few coins, a currency note, Piece of paper, pen

To be done in the waxing moon phase for best results.

- **Green Aventurine** assists with manifesting wealth, prosperity, abundant opportunities and increased luck. An abundance crystal, whether it be more love, more freedom, more time, more confidence, or more spiritual healing.
- **Citrine** is the gemstone to bring about success and prosperity.
- Cinnamon, ginger, bay leaves are all prosperity herbs.

Nagchampa incense -

https://www.amazon.in/Original-Satya-Champa-Incense-Insence/dp/B00GQIVLX0/ref=sr_1_5?crid=1O0M4O4UUWJSL&keyword*s=nag+champa+incense+sticks&qid=1642045364&srefix=nagchampa%2Caps%2C532&sr=8-5

Green Aventurine -

https://shubhanjalistore.com/product/shubhanjali-natural-rough-green-aventurine-raw/?attribute_pa_weight=250-gm

Citrine -

https://shubhanjalistore.com/product/shubhanjali-citrine-chips-stonesmall-citrine-tumbled-chip/?attribute_pa_weight=50-gm

VIDEO 7

Candle 1

Orange and cinnamon happiness candle

What you will learn:

How to melt soy wax.

Preparing the container and fixing the wick.

Pouring melted wax in the container.

Adding crystals and herbs.

Materials:

Soy wax

Suitable glass bowl

Wick

Orange Fragrance, Cinnamon powder

Orange is a mild sedative that can help you relax.

Orange is a natural remedy for anxiety.

Orange aroma promotes happiness and positivity.

Orange can be good for fighting cold and flu symptoms.

Cinnamon helps in Detoxifying air, eases painful muscles and reduces headache. It helps improve your brain functioning and concentration.

Orange Fragrance -

https://candlemould.com/candle-perfume/1130-230-orange-candle-perfume-fragrance-oil-niral-in-dustries.html#/35-candle_perfume-25_ml

Candle 2

Lavender Candle

What you will learn:

How to melt soy wax.

Preparing the container and fixing the wick.

Pouring melted wax in the container.

Adding crystals and herbs.

Materials:

Soy wax

Suitable glass bowl

Wick

Lavender fragrance, Lavender dried flowers

Lavender is one of the most popular scents for relaxing and falling asleep, and with good reason. This fragrance oil has many calming properties, and it can help release tension, soothe racing thoughts and help you unwind

Lavender Fragrance -

https://candlemould.com/candle-perfume/1126-220-lavender-candle-perfume-fragrance-oil-niral-industries.html#/35-candle_perfume-25_ml

Lavender Dried Flowers -

https://www.amazon.in/VY-VedaYug-Lavender-Flowers-Fragrance/dp/B085MSPSKS/ref=pd_lpo_2?pd_rd_i=B085MSPSKS&pvc=1

NOTE: Always burn candles within sight. Keep candles away from flammable objects. Keep away from children and pets.

Trim the wick to 1/4" before lighting. Only burn on a level, fire resistant surface. Stop use when 1/4" of wax remains.

Disclaimer: These statements and products have not been evaluated by the FDA. Candles, Herbs, Crystals and essential oils are solely energy work and should not be completely substituted with conventional medicines and it is advised to consult a doctor if you have serious health issues.

Instagram - https://instagram.com/arali.skincare?utm_medium=copy_link

Facebook - <https://www.facebook.com/aralibeautyskincare>