



THE CLEAN CANDLE-MAKER'S GUIDE:

HOW TO CREATE SAFER CANDLES AT HOME



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Meet Your Guide, **KATIE VELDKAMP**

Hi Earthie!

Some of my favorite memories are lit by candlelight—family dinners, cozy evenings, quiet prayers, and even a few power outages where we all huddled together and told stories. Candles bring beauty, calm, and meaning into our lives. But when I learned how many store-bought candles release harmful chemicals into the air, I started making my own.

Now, I want to help you do the same. This guide will walk you through the basics of candle making, share a few of my favorite recipes (including one that helped inspire our DIY Blessings Candle Kit), and show you just how simple and fun it can be to create candles with meaning. Whether you're crafting a quiet moment for yourself or a heartfelt gift for someone you love—you're in the right place.

Let's get glowing,



Katie

Katie's Author Bio: Katie Veldkamp is a co-founder of Simply Earth, the pure essential oil company that teaches you how to use essential oils at honest prices. She's a certified aromatherapist and loves teaching people how to make their own products using essential oils. Her super power is cutting through the confusing and overwhelming misinformation about essential oils on the internet. She brings people confidence and clarity on how to use essential oils to make their own products. Her essential oil journey started with trying to solve her stinky feet problem. Now she teaches thousands of people to make their own recipes each month with the Simply Earth Essential Oil Recipe Box, Essential Oil Hero Course, and her Essential Oil Recipe Books.



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Table of Contents

- Page 5:** Why Make Your Own Candles?
- Page 6:** 5 Common Candle-Making Mistakes (and How to Fix Them)
- Page 7:** Best Essential Oils & Safer Fragrance Oils for Candle Making
- Page 8:** What Are Safer Fragrance Oils?
- Page 9:** Best Ingredients & Tools For Candle Making
- Page 10:** Your DIY Candle Shopping List
- Page 12:** DIY Candle Recipes
- Page 17:** #iMadeThis
- Page 18:** Get Everything You Need in One Box
- Page 19:** DIY Candle Kit Sale Page

Why Make Your Own Candles?

Most store-bought candles are made with paraffin wax and artificial fragrances that can release questionable chemicals into the air when burned—things you wouldn't knowingly want floating around your home.



WHEN YOU MAKE YOUR OWN CANDLES, YOU GET TO:

- Choose clean-burning waxes like soy or beeswax
- Customize beautiful scents using essential oils or our Safer Fragrance Oils—formulated without the toxins found in conventional fragrance blends
- Add special touches (like writing a wish on the wick!)
- Save money and reduce packaging waste
- Make thoughtful, handmade gifts



Our Blessings Candle Kit and monthly Recipe Box give you everything you need to start—no guesswork, just natural ingredients and feel-good creations.

TYPES OF CANDLES YOU CAN MAKE

SOY CANDLES: Clean-burning, plant-based, and beginner-friendly.



BEESWAX CANDLES: Naturally honey-scented with a beautiful golden hue—great for pillar or taper styles.



FLOATING CANDLES: Made with a base of carrier oil scented with essential oils, these simple candles float beautifully in water. Just add a wick and a decorative bowl for an instant centerpiece or spa-like bath vibe.



WAX MELTS: No wick needed! Use in a wax warmer to fill your home with fragrance—fast.



5 Common Candle-Making Mistakes (and How to Fix Them)



They're free from harsh chemicals but offer a scent throw closer to what you'd expect from store-bought candles.

Essential oils give a clean, natural scent—but they won't fill a room the way synthetic fragrances do. If you're looking for a stronger aroma, try our Safer Fragrance Oils.



2. NOT MIXING IN THE OILS PROPERLY

If your candle smells weak or uneven, or looks like it's sweating, it could be that the oils weren't fully mixed into the melted wax. Stir gently but thoroughly for at least 1–2 minutes to help the scent bind to the wax.

3. TUNNELING

Tunneling happens when the wax burns straight down the middle, leaving unused wax along the sides. To prevent this, always let your candle burn until the entire top layer is melted (usually 1–2 hours for smaller candles) during the first burn.



4. USING THE WRONG WICK SIZE

Too small? Your candle may tunnel or flicker out. Too large? It can burn too hot and fast. Always match your wick size to your container diameter and wax type. (Don't worry—our Blessings Candle Kit takes the guesswork out!)

5. POURING WAX TOO HOT (OR TOO COOL)

Pouring wax at the wrong temperature can cause sinkholes, frosting, or poor scent throw. Follow your wax's recommended pouring temperature, and be patient—slow and steady really does win here.



Best Essential Oils & Safer Fragrance Oils for Candle Making



✨ Single Oils We Love:



BERGAMOT

Uplifting and citrusy, perfect for daytime candles



CITRONELLA (JAVA)

Naturally repels insects—ideal for outdoor and patio candles



CASSIA

Warm, spicy, and cozy—like cinnamon, but with a stronger personality



CEDARWOOD (ATLAS)

Grounding and woody, great for earthy blends



ORANGE

Sweet and cheerful



LAVENDER

Soothing and soft, perfect for relaxing spaces



LEMONGRASS

Bright and clean, perfect for kitchen or summer blends

☁️ Simply Earth Blends We Recommend:



AUTUMN AIR

Crisp, spiced, and cozy—like sweater weather in candle form



HOMEBODY

Comforting and calm—perfect for winding down



TIMBER

Deep and rugged, with woody, masculine notes—great for cabin-inspired or nature-scented candles



What Are Safer Fragrance Oils?

Our Safer Fragrance Oils are designed to give you long-lasting scent throw without the toxins found in typical fragrance oils. They're free from phthalates, parabens, and synthetic dyes making them a great option for candles and wax melts when you want a stronger scent than essential oils alone can offer.

SIMPLY EARTH SAFER FRAGRANCE OILS

- Palo Santo
- Coastal Cactus
- Caribbean Teakwood
- Creme Brûlée
- Mountain Spruce
- Saffron Cedar

What Should I Pick? Safer Fragrance Oil or Essential Oil



ESSENTIAL OILS

- Best for: A natural, gentle aroma
- Pros: 100% natural, therapeutic benefits, beautiful subtle scents
- Things to Know: Some essential oils don't hold up well to heat, and the scent throw tends to be milder in candles
- Perfect for: Small, personal candles or when creating a scent for a calming space

SAFER FRAGRANCE OILS

- Best for: Stronger, longer-lasting scent
- Pros: Specially formulated for clean burning with no phthalates or harsh synthetics; better hot and cold throw
- Things to Know: These are not 100% essential oils—but they are thoughtfully crafted for safety and scent performance
- Perfect for: Gift candles, large rooms, or when you want that stronger “store-bought” scent feel—without the toxins



💡 Pro Tip: You can even blend the two! Add a few drops of essential oil for therapeutic benefits and layer with a Safer Fragrance Oil for longer-lasting scent.

Best Ingredients & Tools For Candle Making



Here's what we recommend:

WAXES

- **Simply Earth's Clean Burn Soy Wax:**
Clean-burning, strong scent capacity, and easy to use.
- **Beeswax Sheets:**
Beeswax has a naturally sweet aroma and longer burn time. Sheets are perfect for rolled candles—no melting required!



WAXES

- **Wooden Wicks:**
Offer a soft crackle and cozy ambiance. Ideal for soy candles.
- **Cotton Wicks:**
Classic and consistent, great for smooth, steady burns.
- **Floating Wicks:**
Perfect for floating candles—they sit on the surface of oil and water blends for quick, beautiful DIYs.

SCENTS

- **Essential Oils:**
Natural, subtle, and soothing
- **Simply Earth Safer Fragrance Oils:**
Clean and strong-scented—no phthalates, just beautifully blended fragrances



OTHER SUPPLIES

- **Wick Stickers & Wick Clips:**
Keep your wicks in place while pouring and burning.
- **Wick Centering Tool:**
Keep your wick centered as your candle wax melts, especially helpful for cotton wicks.
- **Candle-safe Jars:**
Think glass, ceramic, or metal containers designed for heat.
- **Thermometer:**
Helps you pour wax at the right temperature (160-180°F for our Clean Burn Soy Wax)



Shopping List

Everything you need to get glowing—just add creativity!

WAX

- Clean Burn Soy Wax (for poured candles & wax melts)
- Beeswax pellets (optional, for poured candles & wax melts)
- Beeswax sheets (for rolled candles)



WICKS

- Wood wicks (with metal wick clips & stickers)
- Cotton wicks (sized for your container)
- Floating candle wicks



SCENTS

- Essential Oils:
 - Bergamot
 - Timber
 - Citronella
 - Cassia
- Safer Fragrance Oils:
 - Palo Santo



CARRIER OIL (FOR FLOATING CANDLES)

- Almond Oil or Fractionated Coconut Oil



🔥 CONTAINERS & TOOLS

- Heat-safe candle jars or tins
- Glass bowls or wide vessels (for floating candles)
- Double boiler or microwave-safe pitcher
- Stirring spoon or silicone spatula
- Thermometer (recommended)
- Measuring cups/spoons



🌈 OPTIONAL DECOR

- Mica powder (for a shimmery finish in wax melts)
- Ribbon, tags, or notecards for gifting
- Permanent marker (for writing a wish on the wick!)



✨ WANT IT ALL IN ONE PLACE?

Grab the Blessings Candle Kit or our monthly Recipe Box—we've handpicked and pre-measured the ingredients so you can skip the guesswork and start creating meaningful candles right away.





Cozy Nook Candle



From Simply Earth

- 1oz DIY Candle Kit
- 8 drops Bergamot Essential Oil
- 2 drops Cassia Essential Oil
- 5 drops Timber Essential Oil

🏠 From Your Home

- 1oz jar 🛒 or other candle vessel

- 1 Open the candle kit and remove the wick and wick sticker. Peel the backing off the wick sticker. Place the sticker on the metal base of the wick, then stick the wick to the center of the bottom of your candle jar.
- 2 Place the opened bag in the microwave. Heat on high for 2 minutes. Stir. If the wax isn't fully melted, continue microwaving at 30-second intervals until completely melted.
- 3 Once the wax is fully melted, carefully add your essential oils and stir for sixty seconds to blend them thoroughly.
- 4 Carefully pour the melted wax into your candle jar. Use caution as the wax will be very hot.
- 5 Thread the wick centering tool through the wick and place the tool on top of the jar to keep wick centered. Allow wax to totally harden.
- 6 Once the candle has cooled and hardened, trim the wick to about ¼-inch length to ensure a clean burn. Always burn your candle within sight, away from flammable materials, keeping it out of reach of children and pets.



Honeyed Haven Candles



From Simply Earth

- 3 Beeswax Sheets
- Cotton Wick
- 1 drop Timber Essential Oil Blend
- 1 drop Bergamot Essential Oil
- 1 drop Citronella Essential Oil

From Your Home

- Cotton ball
- Candle holder(s)

- 1 Lay one Beeswax Sheet flat on a clean, stable surface. To lightly scent your candle, drop the essential oils onto a cotton ball. Gently dab the cotton ball across the surface of the beeswax to distribute the scent evenly.
- 2 Place the Cotton Wick along the long side of the beeswax sheet, making sure it's aligned with the edge. Trim the wick so that it's about $\frac{1}{4}$ inch longer than the Beeswax Sheet on both ends. This extra length ensures the wick is properly secured in the candle.
- 3 Carefully fold the edge of the Beeswax Sheet over the wick, starting the rolling process. If the beeswax cracks while you fold, don't worry! Gently warm the wax with your hands or a blow dryer on a low setting to soften it. Use your fingers to pinch and smooth the cracks closed.
- 4 Continue rolling the beeswax as evenly as possible, making sure the wick stays centered. Avoid touching the essential oil with your hand as you roll it. Once you reach the end of the sheet, heat the seam briefly with your fingers or a blow dryer to help seal the candle. Press the seam gently to ensure it sticks. Then, press the excess wick at the bottom of the candle against the base to secure it.
- 5 Repeat steps 1-4 with the other two sheets of beeswax to create 3 total candles. To use, place your candle in a candle holder. You may need to gently press the candle into the holder to ensure it stays in place. Light the wick and enjoy! Beeswax sheet candles typically have a shorter burn time compared to traditional candles due to their natural composition and size. While they may burn faster, they provide a beautiful, clean burn with a warm, natural glow and are perfect for quick, cozy moments or decorative use. Always burn within sight, away from flammable materials, keeping the candle out of reach of children and pets.



Timber & Citrus Bliss Wax Melts

From Simply Earth

- 2 1/2 Tbsp Beeswax
- 1 1/2 Tbsp Coconut Oil (Solid)
- 25 drops Timber Essential Oil
- 35 drops Bergamot Essential Oil
- 15 drops Cassia Essential Oil
- Simply Earth Round Silicone Mold

- 1 In a double boiler or microwave, melt the Coconut Oil and Beeswax together. If using a microwave, heat in short 30-second intervals, stirring in between until fully melted.
- 2 Once the Coconut Oil and Beeswax are melted, add your essential oils. Stir gently to combine the oils thoroughly for an even fragrance throughout.
- 3 Pour the oil mixture carefully into a silicone mold of your choice. Allow the wax melts to cool completely and harden before removing them from the mold.
 - To use, simply pop the wax melt out of the mold and place it in your wax warmer. If you'd like, you can also cut the wax melt into smaller pieces for your wax warmer.

Tip from Katie:

This recipe perfectly fills the round Simply Earth mold, but feel free to use any mold you have available. You may notice that this recipe has a slightly higher dilution rate than our usual recipes, but don't worry—at 6.5%, it's still within the standard range for essential oil and fragrance use in wax melts. This ensures a stronger, more lasting fragrance while remaining safe for your home.



Hope's Glow Candles



From Simply Earth

- 2x Wooden Wicks
- 2x Notecard
- 2x Wick Clips
- 2x Wick Stickers
- 16oz 100% Soy Wax Blend
- 2x Candle Vessels
- 300 drops (1 bottle) Palo Santo Safer Fragrance Oil
- 300 drops (1 bottle) Bergamot Essential Oil

- 1 Use a permanent marker to write a blessing, wish, prayer, or kind thought directly onto each of the wooden wicks. Use the notecards to capture your wish—perfect for gifting or keeping as a personal reminder.

Tip: Keep in mind that the wick will need to be trimmed to 1/8 inch before lighting, so write your message higher up on the wick where it won't be trimmed away.

- 2 Slide a wooden wick into a metal wick clip. Peel the backing off a wick sticker and press it onto the bottom of the clip. Stick the wick in the center of your candle vessel and press down firmly. Repeat for the second candle.

- 3 Melt the Wax:

Double Boiler Method: Melt the wax slowly in a large double boiler, stirring occasionally.

Microwave Method: Place wax in a microwave-safe pitcher. Heat for 2 minutes, stir, then continue heating in 30-second intervals, stirring between each interval until fully melted.

- 4 Carefully remove the wax from heat. Add the Palo Santo Safer Fragrance Oil and Bergamot Essential Oil directly to the melted wax. Stir slowly and thoroughly for 2–3 minutes to fully combine.*

- 5 Slowly pour the scented wax into your prepared vessels. Let the candles cool on a flat, undisturbed surface for at least 24 hours.

- 6 Trim the wicks to 1/8 inch before lighting. Light one of your candles and reflect on the message you wrote—it's more than a candle, it's a moment of intention.



Hope's Glow Candles cont'd

*Pro Tip: For best scent throw and wax performance, ensure the wax is around 185°F when you add the oils. Stir well, then pour when it's between 160–180°F.

Cleanup Tip: Wipe out warm wax with a paper towel before washing with hot, soapy water. For tough spots, reheat and wipe again!

Join The #ImadeThis Challenge!

We love seeing what you create! When you make a Simply Earth recipe—whether it's from the Recipe Box, the Blessings Candle Kit, or one of our workshop recipes—share a photo using #imadeThis and tag @fromsimplyearth on Instagram or Facebook. You'll be automatically entered to win a \$100 Simply Earth gift card and could even be featured on our page! It's our way of cheering you on and celebrating the joy of making something natural, beautiful, and totally YOU

You're Invited!

Live Candle-Making Workshop with Katie
 17 August 21 | 2PM CT |  Free & Online

✨ Come Make Candles with Us!

Ever wanted to learn how to make your own natural candles—from scratch? You're invited to a cozy, hands-on workshop where we'll walk you through the basics of candle making and make a few glowing creations together—live! Whether you're brand new to DIY or looking for inspiration for your next batch, this event is for you.

What to Expect

- ✓ Learn the basics of clean candle making
- ✓ Watch me make 2 candle recipes live
- ✓ Get tips on using essential oils and Safer Fragrance Oils
- ✓ Ask questions and get answers in real time
- ✓ Get a peek at our Blessings Candle Kit and Recipe Box

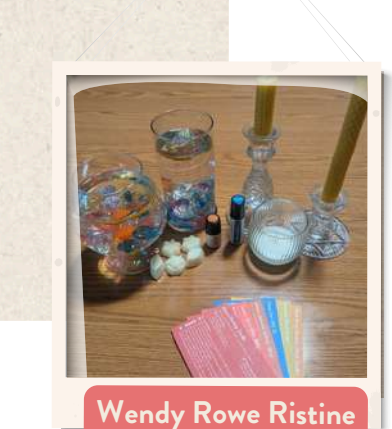
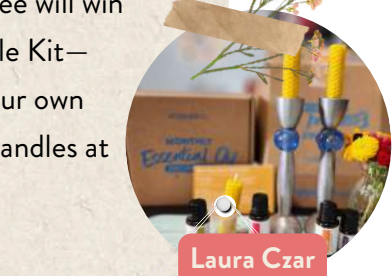
We'll Be Making...

- Hope's Glow Candle – A meaningful candle with a message hidden in the wick
- Patio Breeze Citronella Candle – The ultimate natural outdoor candle (...and you'll get the recipes, too!)

✓ Save Your Spot

 [Register Here](#) to get your workshop link and reminders!

✨ Let's light up something beautiful—see you August 21!



Want a DIY Adventure?

Check out Simply Earth's Recipe Box

12+ months of different Natural DIY products + access to that topic's Hero Course!



simply earth.

DIY Candle Recipe Box

WHAT'S INSIDE?

- ✓ Bergamot Essential Oil
- ✓ Citronella (Java) Essential Oil
- ✓ Cassia Essential Oil
- ✓ Timber Essential Oil Blend

EXTRAS:

- ✓ Wick Centering Tool
- ✓ DIY Candle Kit (11oz + 1oz)
- ✓ Beeswax Sheets
- ✓ Floating Candle Wick

FREE BIG BONUS BOX

- ✓ Patio Breeze Citronella Candle
- ✓ Cozy Nook Candle
- ✓ Honeyed Haven Candles
- ✓ Timber & Citrus Bliss Wax Melts
- ✓ Fresh Escape Roll-On
- ✓ Sunset Trail Diffuser Blend



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Make Your Own Candles with A Special Message!



Step 1

Write your message on the wick to create a special gift or set an intention

Step 2

Make two candles - one to gift and one to keep!

Step 3

Light & enjoy!

simply earth®

Blessings DIY Candle Kit

Natural, Fast, and Easy to Make

WHAT'S INSIDE?

- ✓ Candle Wax
- ✓ Wooden Wicks + Clips
- ✓ Ceramic Candle Vessels (2)
- ✓ Palo Santo Safer Fragrance Oil
- ✓ Bergamot Essential Oil

EXTRAS:

- ✓ Wick Stickers
- ✓ Labels
- ✓ Wish-Sharing Postcards

RECIPE

- ✓ Hope's Glow Candle

Over \$90+ value
for only \$49.99!



Scan the Code
for More Info!!