

# FORMULATING YOUR MASSAGE CANDLE

Use this guide to help you formulate your massage candles. This guide is split into:

- 1) The formulation & our suggested recipe
- 2) Your ingredient options
- 3) Method
- 4) How to use the massage candle

## THE FORMULATION

51% HARD BUTTER  
24% VEGETABLE WAX  
24% LIQUID OIL  
1% FRAGRANCE / ESSENTIAL OIL

The above formulation is the basic make-up of the massage candle. There are optional ingredients included in the assessment, so you can customise your candle or create multiple variants of the product.

## SUGGESTED RECIPE (to make 100g)

25.5g Cocoa Butter  
25.5g Shea Butter  
20g Sweet Almond Oil  
4g Hempseed Oil  
24g Soy Wax  
1g Essential Oil

The above recipe is our "tried and tested" formulation. Variations of this recipe might produce varying results (e.g., you might end up with a harder or softer candle), but the end-product performance should not be affected.

# YOUR INGREDIENT OPTIONS

Your assessment permits flexibility in your ingredient choices. You can choose from a range of hard butters, carrier oils and waxes. The following tables outline the options available with this assessment.

The following ingredients may be blended, i.e., You may use a combination of one or more of the ingredients in your formulation up to the maximum permitted concentration for an ingredient of that type.

We have not tested ALL combinations. Ingredients have been selected based on their properties, so results may vary depending on what combination of ingredients you choose. All of the ingredients will work in the product, but the finished product may end up slightly different (e.g., the hardness). If you aren't happy with the finished product, you may have to revisit your ingredient choices.

## HARD BUTTERS

You can use one or more of the following:

- Cocoa Butter
- Shea Butter
- Kokum Butter
- Cupuacu Butter
- Illipe Butter
- Mango Butter
- Tucuma Butter

## LIQUID OILS

You can use one or more of the following:

- Hempseed Oil
- Olive Oil
- Castor Oil
- Rice Bran Oil
- Sunflower Oil
- Sweet Almond Oil
- Jobba Oil
- Argan Oil



## WAX

You cannot combine wax. You must use only one or the other of these:

- Soy Wax
- Coconut Wax



You are permitted to use only 100% Soy Wax (Hydrogenated Soybean Oil) or 100% Coconut Wax (Hydrogenated Coconut Oil) which is at-least cosmetic grade. Most waxes bought from reputable suppliers will be suitable for use in skincare products.

If you are unsure, consult with the supplier and request clarification. We recommend ECOSOYA Waxes, specifically EcoSoy CB or EcoSoy Melt, OR EcoCoco Container.

# THE METHOD

- Weigh all of your ingredients and add (except for the fragrance / essential oil) to a heat-proof container.
- Melt your ingredients using a double-boiler. Heat to at least 65 degrees for several minutes until all of the ingredients are fully melted and well-combined.
- If using an un-primed wick, dip your wick into the melted mixture and stick in the candle container.
- Leave your melted ingredients to cool to around 50 degrees, and add in your fragrance / essential oils.
- Pour your mixture into the candle containers, leaving at least half an inch at the top (the wax might expand with time).
- Stabilise your wicks (if necessary) so they set in the centre of the candle.

These videos contain hints and tips on pouring candles. If you are struggling with this part, have a look at some YouTube videos, and do some Googling for some tips. Practice makes perfect!

<https://www.youtube.com/watch?v=5Su1LZNPEI>

<https://www.youtube.com/watch?v=YkkwhsqCCg>

# HOW TO USE THE MASSAGE CANDLE



- Trim the wick to about half an inch above the top of the candle.
- Light the candle and leave it to burn for a few minutes, until a pool of wax has formed on the top.
- Pour the wax either into your hand, or directly onto the area of application and then massage into the skin
- Repeat steps 1 and 2.