

# CAN CANDLES BOOST THE MOOD?

## CANDLES

## AROMA

## SAFETY

## FACTS

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WHIFFS ON WHEELS



It is scientifically proven that scented candles can play a role in the physiological effects of one's mental health. The soothing effect that candles have is based on how the brain processes smells. The smell of scented candles stimulates our limbic system, the part of the brain that is home to our memory and emotions.



Online • [www.dkaycandles.com](http://www.dkaycandles.com)  
Instagram • [@whiffsonwheels](https://www.instagram.com/whiffsonwheels)

Hormones like serotonin and dopamine can be produced to help regulate mood. Therefore, our emotional state is influenced by the relationship that exists between scents, memories, and emotions.

You might be attracted to certain scent, because of the memories you have in association with them. Aromas, like geranium, lavender, and peppermint, have proven to be useful for the treatment of various psychological and physiological disorders.

While ylang ylang "promotes feelings of joy and ease," jasmine "improves positive feelings and energy levels. Peppermint and spearmint "wake up your mind...enhance focus...and improve memory, but if you're looking for something to calm your anxiety, rosemary and lavender are for you.

For those struggling to maintain a positive outlook, the use of citrus-scented candles, which are proven to "lift your spirits and boost your energy are for you!