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CANDLES

The best scented candles that make your home smell like a five-star hotel

Burn bright.



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Scented candles don't just give your interiors a boost with their chic frosted glass votives (or terracotta pots, in Loewe's case). They are as impactful on your mood as the perfume that adorns your wrists – the smell passing through your nose to the areas of the brain that evoke memory and emotion.

Plus, your new flame has another crucial benefit – its wax is infused with essential oils, which have been used for generations as emotional bolsters.

So, when scented candles release delicate puffs of rose and lavender into the air, it can help to relieve stress – these ingredients are thought to slow the nervous system, after all. Jasmine oil reduces symptoms of anxiety and frankincense can make you feel both cosy and grounded – provided you like the smell in the first place.

To maximise on its mood-boosting benefits, try scent-scaping your home to tap into these emotions. The premise is simple: divide up your home and day with different candles, matching the scent to whether you want your surroundings to support relaxation, productivity or just pure joy.

