

# Time Out

## New York

The obsessive guide to impulsive entertainment

November 4-11, 2004 Issue No. 475 \$2.99

### MARATHON SPECIAL!

Everything you  
want to know  
(and some things  
you don't) before  
the big race

**HIGH FASHION  
GOES LOW**

Lagerfeld teams with  
H&M—and other  
unlikely pairings

**INTERVIEWS**

Richard Branson  
Denis Leary  
Mark Eitzel

# Sex education

LAURA LINNEY lies down on the job in *Kinsey*

\$2.99 U.S./\$3.99 Canada



**+** You horny  
devils!

Results from our  
annual sex survey

# Chill Out

Wellness for body, mind and spirit



◀ The tiny, gorgeously packaged candles in the **Fruits & Passion Cucina Dolce** collection smell like an Italian café and pack an espressolike punch: The 3.5-ounce vegetable-wax-filled liquor glasses burn for up to 30 hours. \$12 each, at **Henri Bendel**, 712 Fifth Ave at 56th St (212-247-1100).



CHILL OUT

▼ Twenty-four-year-old candle wunderkind Frederick Bouchardy's new crystalline vegetable-wax line, **Joya**, is Brooklyn-made. \$25, at **MoMA Design Store**, 81 Spring St between Broadway and Crosby St, and 44 W 53rd St between Fifth and Sixth Aves (800-447-6662).



▶ The perfect bath-time candle, **Essencia's Chamomile Aromatherapy**, made of soy wax, comes in a handwoven pandanus box with an all-natural fragrance meant to soothe frayed nerves. \$18 at [www.essenciaonline.com](http://www.essenciaonline.com).



## Wax poetics

While pricey, all-natural candles are a breath of fresh air

By **Jennifer Romolini** Photographs by **Astrid Stawiarz**

**L**ike paying for high-priced soaps and costly haircuts, shelling out serious funds for a candle can seem exorbitant, if not downright decadent. But the all-natural-candle industry is not the racket you might think: There's a big difference between the \$5 bodega wax-in-a-glass variety and the \$25 scented boutique burner—and that difference may mean a great deal to your respiratory health.

Up until the late '90s, candles were primarily made from paraffin, a substance derived from petroleum—often the cheap, dark, bottom-of-the-barrel stuff—that had been bleached and processed into wax. In the past five years, air-quality researchers, including the EPA and the American Lung Association, have found that emissions from a paraffin candle contain many of the same toxins produced by burning diesel fuel, creating unhealthy indoor air and even setting off various allergies. Compounding this problem are lead-core wicks, originally used to keep the thread straight when pouring the wax. When lit, they give off concentrated metallic fumes that exceed EPA thresholds for lead in the home (not quite the equivalent to noshing on paint chips, but over time, close).

While paraffin is still the most prevalent type of candle wax used worldwide, more and more soy, vegetable and beeswax brands have hit the market, offering a healthier alternative. Most use all-natural, essential-oil-based perfuming; all of them have cotton or paper-core wicks—and they also burn up to 50 percent longer than their paraffin counterparts.