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From Creativity To Confidence: The Luxury Candle & Soap Brand Transforming Vulnerable Young People Into Artisans

- **Real inspiration – the social enterprise helping young people thrive through artisan craftsmanship – launches a range of luxury and sustainable home fragrances and soaps to support creative education**

Real Inspiration, a UK social enterprise creating luxury handmade candles and soaps while providing training, skills and employment opportunities for adults and young people who have fallen out of education and traditional employment pathways because of trauma, health challenges or learning difficulties, has launched a range of artisanal fragrant products to support its social mission.

Hand-poured in its workshops using sustainably sourced natural waxes (a mix of European rapeseed, olive and soy), Real Inspiration's candles are made with a renewable, GMO-free wax chosen for its clean burn, excellent fragrance performance and lower environmental impact. Vegan-friendly, the collection features a thoughtfully curated range of essential oil blends, from the calming notes of lavender and geranium in *Soothe* to the warm, resinous richness of frankincense in *Courage*, and the bright, mood-lifting combination of lemon and patchouli in *Uplift*. All are crafted in small batches to deliver a premium sensory experience.

Quirky label designs have been created by Natasha Rehman, an illustrative artist and founder and director of Real Inspiration. Each illustration for the candles has been carefully chosen to reflect the mood and intention behind the fragrance - a sloth encouraging moments of rest and stillness on *Soothe* or a tiger symbolising resilience and self-belief on *Courage*. The bold, urban-inspired artwork reflects Real Inspiration's roots in self-expression and community arts, offering a contemporary alternative to traditional luxury home fragrance branding.

Visit www.realinspiration.co.uk/real-shop to view the range.

Soothe Candle, £22

A luxury candle made entirely from natural ingredients and handmade at Real Inspiration’s creative studios - a safe place where young people facing challenges can express themselves and grow at their own pace. *Soothe* blends soft geranium, bright grapefruit, and calming lavender to create a fragrance that settles the mind and lifts the spirit. When lit, expect gentle floral notes melded with citrus that emit a clean,

comforting glow. As the lavender warms, it wraps the room in a peaceful scent to foster a space where worry softens, breaths deepen, and the world feels a little lighter. Hand-poured into a glass container. Burn time, approx. 30 hours.

Uplift Candle, £22

Uplift opens with crisp lemon and airy geranium, bright and invigorating, while earthy patchouli grounds the scent. It’s a refreshing blend that clears the mind and energises the senses. Designed to bring a sense of freshness and momentum to the day, it’s the ideal companion for home workspaces, study sessions and productive mornings, whether you’re tackling the to-do list or settling into a creative project.

Also available as a soap, £7.

Courage Candle, £22

Courage pairs the subtle spice of black pepper with herbal basil and the comforting depth of frankincense. Warm and steady, it is a fragrance designed for life's quieter moments, whether you’re gathering your thoughts, journaling, unwinding after the day, making plans or finding the confidence to take the next step.

Roots Candle, £22

Roots brings together the earthy richness of rosewood and sandalwood with the gentle brightness of bergamot. Warm, balanced and gently comforting, it’s a fragrance for those moments when home becomes a sanctuary, whether you're curling up with a book, sharing conversation with friends or simply taking a moment to yourself.

All of the above candles are available in packs of **Melts, £7**, or as a **Melts set, complete with burner, £20 and a 3-pack of olive tea lights.**

The Idea That Sparked The Shop

The Real Inspiration product collection grew from an unlikely partnership between founder Natasha Rehman and Angel, a young, deaf woman she was supporting through creative education.

Together, they began experimenting with handmade soaps and candles in her kitchen, discovering not only the therapeutic qualities of fragrance and making, but also the satisfaction of creating something beautiful with genuine purpose. What started as handmade gifts for friends and family soon evolved into an enterprise. After completing a soap-making qualification with Real Inspiration's support, Angel wanted to explore selling her products, prompting Natasha to research product safety regulations, develop professional formulations and begin trading at local markets. As demand grew, the pair progressed from craft stalls to producing white-label candles and home fragrances for ethical brands, laying the foundations for what would become Real Inspiration's artisan product business.

That journey continues to shape the organisation today, underscoring that when people are trusted to create something of exceptional quality, they begin to see themselves differently too.

Soon after, other young people and families expressed an interest in taking part, quickly evolving one bespoke creative project into a wider community initiative, shaped by the ideas, experiences and feedback of the people it was designed to support. From choosing essential oil blends and testing products to adapting workshops around different communication styles and learning needs, makers and their families have helped shape the programme at every stage.

Spotlighting The Makers

Each of the products presented here is shaped not only by skilled hands but by remarkable personal stories. Marcus was aged 14 when he joined Real Inspiration after spending several years out of school due to autism and anxiety. Looking for structure, purpose and a creative outlet, he began making soaps through the programme and quickly discovered a talent for the craft. "Making the soap doesn't make me feel anxious," he explains. "It helps me focus, and it's made me feel more confident. I really like telling people how I make them." His attention to detail extends to every stage of production, from pouring and finishing to carefully positioning labels. He has even developed his own names for some of the soap colours, including "meringue", "steamed salmon" and "duck feather". For Marcus, every soap is tangible proof of what he can achieve, with every batch representing hours of focus, care and craftsmanship, alongside a growing sense of self-belief.

Purpose With Every Pour

Real Inspiration provides therapeutic, creative and educational opportunities for individuals who have struggled within mainstream settings, including young people experiencing barriers to education, emotional distress and unmet educational needs. Its approach is founded on the belief that creativity is far more than a therapeutic activity; it can become a pathway to identity, purpose and meaningful work.

Rather than asking customers to buy products because of the story behind the maker, Real Inspiration believes the craftsmanship should speak first. Every candle, soap and home fragrance is created to the same exacting standards expected of any luxury brand, demonstrating what becomes possible when people are trusted with meaningful responsibility, skilled craftsmanship and high expectations.

For founder Natasha Rehman, the transformation comes not simply from learning a craft, but from becoming recognised as a maker whose work is genuinely valued. Moving beyond the identity of service user to artisan, colleague, supplier or entrepreneur can fundamentally reshape confidence, belonging and self-belief.

All profits from the collection are reinvested into Real Inspiration's work, creating further opportunities for vulnerable young people and adults to develop skills, contribute meaningfully and build futures defined not by their diagnoses or circumstances, but by their talents and potential.

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For more information, product samples, high-resolution images or interviews with Real Inspiration's founder, Natasha Rehman, contact Andrea San Pedro-Lunn, ASP PR at andrea.sanpedro@asp-pr.co.uk, +44 (0)7970 468982.

Notes to Editors

About Real Inspiration

Real Inspiration is a UK social enterprise providing therapeutic, creative and educational opportunities for young people and adults who have experienced barriers to education, employment or wellbeing, including trauma, autism, ADHD, anxiety, learning disabilities and other additional needs. Through artisan craft workshops, mentoring and skills development, participants are supported to build confidence, develop practical skills and create high-quality handmade products in a safe, inclusive environment.

The Real Inspiration home fragrance and soap collection includes hand-poured candles, wax melts and natural soaps made using sustainably sourced European rapeseed, olive and soy waxes, natural essential oils and vegan-friendly ingredients. All products are handmade in small batches by participants working alongside the Real Inspiration team. Profits from every purchase are reinvested directly into the organisation to fund its therapeutic, educational and employability programmes.

Real Inspiration was founded by illustrative artist, educator and social entrepreneur Natasha Rehman, whose work combines creativity, therapeutic practice and community development to create meaningful opportunities for vulnerable young people and adults.