

EAR CANDLING

Clean out your ears!

Reflexology and ear candling (or coning) is attributed to the ancient Egyptians. These people used hollow papyrus reeds for their coning purposes. Today, ear candles are hollow, tube-like funnels made from sterile gaze and dipped in beeswax. One end is placed gently in the ear and the other is lit with a flame.

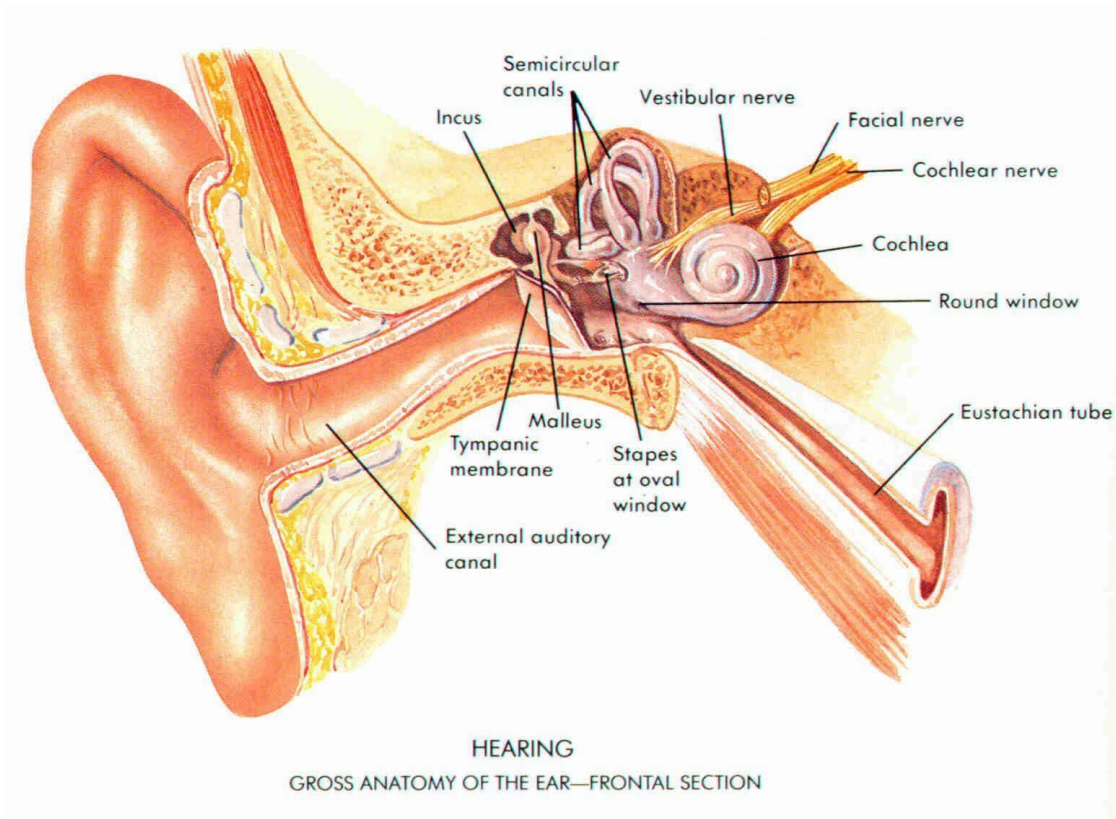


As the Candle slowly burns, the warm air created by the flame produces a mild vacuum, which draws out the hardened ear wax and other impurities. This practice is gentle, effective, inexpensive and safe, but be sure to follow directions and NEVER do this alone. Reflexology and coning are effective tools to use together.



Reflexology should stimulate the nerves to the ear canal, thus loosening the debris and readying the ear for coning.

Ear candling chart:



What are ear candles used for?

Though results may vary, ear candles in general have been found to help with the following:

- Excessive or compacted wax in the ears
- Irritation in the ears and sinuses
- Pressure regulation in case of the following:
 - Ear infections
 - Colds
 - Flu
 - Headaches
 - Migraine headaches
- Stimulation of local and reflex energy flow
- Energetic revitalization in cases of hearing impairment
- Relaxing and calming effect in cases of stress
- Noises in the ears, ringing, tinnitus



Ear Candling Instructions

WHAT YOU NEED

- 1 pair of ear candles
- A partner (*never ear candle alone*)
- Scissors
- Bowl of water
- Small Towel

PREPARATION

Create a relaxed atmosphere. The room should be draught-free, quiet with soft lighting. Lie down on one side in a comfortable position supporting your head with a pillow. Use the towel to cover your hair and neck. It is recommended to do an ear candling session before you go to bed to ensure rest & relaxation after the process.

LIGHT CANDLE AND PLACE IN EAR

Light the ear candle at the unlabeled end and vertically place the non-burning end gently into the outer ear passage. Slightly twist the ear candle until it is sealed in place. You will hear the pleasant crackling and hissing of the flame when the ear candle is placed properly. Smoke, warmth and herbal essential oils will then pass into your ear canal. Close your eyes and relax your face, neck and shoulder muscles. You or your partner should hold the ear candle gently in place throughout the process.



CUT ASH INTO BOWL

As the candle burns down have your partner closely monitor the flame & ash. When the ash is 3cm in length, using the water bowl under the flame, have your partner cut the ash off with the scissors.



Ear candles **DO NOT** self extinguish. Once the flame reaches the **STOP LINE** carefully remove the ear candle & extinguish it in the bowl of water.



REPEAT AND REST

Repeat the process on the other ear. Once your ear candling session is complete you should rest for at least 15 minutes.

HOW OFTEN?

Initial session - 1 treatment daily for up to 7 days.
Maintenance sessions - every 3-4 weeks.

WARNING: ADULT SUPERVISION IS REQUIRED AT ALL TIMES. ALWAYS USE CAUTION WITH FIRE. A PROTECTIVE TOWEL MUST BE USED AT ALL TIMES. PLEASE CONSULT YOUR HEALTH PROFESSIONAL TO TREAT ALL MEDICAL CONDITIONS.