

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.

Hopi Ear Candle Manual

Penny Rich



Hopi Ear Candle Manual:

Hopi Ear Candling Like a Pro! Deborah Casey, 2018-07-04 Hopi ear candling like a pro is a comprehensive manual guide for the lay person student and professional practitioner The manual provides a sound knowledge base that includes anatomy and physiology professional and ethical practice including consultation record keeping after care There is a section about the ear candle providing Hopi ear candling treatment massage and providing facial massage drainage There are practical activities and some research activities to promote student involvement in their learning Alternative Medicine Edzard Ernst, 2022-11-24 Alternative medicine AM is popular about 40% of the US general population have used alternative treatment in the past year and in Germany this figure is around 70% The global market is expected to reach nearly US 200 billion by 2025 with most of these funds coming directly out of consumers pockets Consumers are bombarded with misleading and false information on AM and therefore prone to making wrong unwise or dangerous therapeutic decisions endangering their health and wasting their money This book is a reference text aimed at guiding consumers through the maze of AM This second edition includes over 50 additional treatments as well as updates on many others **Hopi Candles** Jili Hamilton, 2004-04-01 *Ear Candling Manual* Mcgrath McGarry, 2021-09-02 Ear candle moreover alluded to as ear cones or auricular candles are starting cylinders that are round 10 inches long They are produced the usage of cotton or fabric that has been twisted firmly at once right into a cone shape absorbed beeswax paraffin or soy wax and approved to harden second for the reason that the expert cuts again the ate up texture at the same time as the flame is ingesting *Profitable Hobbies*, 1948 Ear Wax Candles Dr Alexander Charlotte, 2021-08-09 Ear wax candles There are many reasons for blocked ears but one thing they have in common is the discomfort they can cause From pain and itching to hearing loss and a feeling of imbalance a blocked ear can cause serious damage But before looking for a quick solution to the problem our experts will give you some warnings about certain popular home remedies Ear wax candles have become a popular home remedy claiming that they use heat to suck the ear wax out of the ear canal As the name suggests one end of the candle is inserted into the ear and the other end is lit When you lie on your side the candle is said to pull ear wax and debris out of the ear canal and trap them in the hollow interior of the candle Despite the promises ear candles actually do more harm than good We will explain the risks associated with ear candles and some safe and effective alternative methods to remove ear wax Why Is The Ear Candle So Bad They can cause burns The face and ears are extremely sensitive parts of the body so they burn easily Although ear candles have protective plates to catch the wax they are usually very fragile These trays are made of cardboard or aluminum foil and are usually only a few inches in diameter It is not always a reliable method before the hot candle wax drips onto your face may cause further obstruction should avoid putting anything in the ear as much as possible This is especially true for ear candles Put the wax candle in the ear canal especially at a depth that keeps it upright to push the wax into the ear canal This can result in increased obstruction and worsening pain and discomfort In severe cases the

candles can compact the earwax to extremes that may require surgical treatment

Ear Candling Handbook For Beginners Dr Alexander Henry, 2021-07-20 Ear Candling Handbook For Beginners provides therapists students and the public with an interesting and accessible introduction to ear candling Ear candling has been used for millennia and this fascinating book covers the history of ear candling from its use by the ancient Egyptians Greeks Romans and other world cultures It provides advice on important ear candle safety features and explains how ear candles work It also includes comprehensive information on the anatomy physiology and pathology of the ears nose throat and sinuses as well as the benefits of ear candling and contraindications to treatment It goes on to concentrate on practical application with step by step instructions on treatment and massage techniques Information on ear candling courses and advice for therapists is provided along with a list of relevant websites further reading and a very useful glossary of terms Written in an accessible style with colour photos and illustrations numerous frequently asked questions and case studies this book is the perfect introduction for therapy students professional therapists topping up their skills or anyone wanting to learn more about the history and practice of ear candling The authors are practising complementary therapists and experienced tutors and teach a range of complementary therapy courses in the UK and abroad

Ear Candling Made Simple Camilla Loomis, 2022-08-17 Ear candling in which a lit candle is placed in a person's ear is an unsafe and unproven practice The candle's warmth is meant to remove wax and other debris from the ear

Ear Candling Handbook Made Easy Doctor Jordan W Galway, 2020-07-04 Ear Candling Handbook Made Easy Detailed Guide on How to Carry Out Ear Candling from A to Z Step by Step Instructions Dos The gains benefits of EAR CANDLING The side effects of EAR CANDLING EAR CANDLING safety and the step by step guide to apply it Other alternatives to EAR CANDLING and lots more SCROLL up and click the Buy Button NOW you won't regret you did

Hopi Ear Candling Elite Health School, 2017-02-27 Hopi Ear Candling complete home study course with self assessments Perfect for therapists as an additional therapy

Ear Candling in Essence Mary Dalglish, Lesley Hart, 2006 Designed to inspire and to motivate Ear Candling in Essence provides students with an exciting and accessible introduction to ear candling Ear candling or thermal auricular therapy as it is sometimes known has been used for millennia This fascinating book covers the history of ear candling from its use by the ancient Egyptians Greeks Romans and Aztecs to other world cultures including the Hopi Indians by whose name the treatment is often referred to today The book includes information on the anatomy and physiology of the ear nose and throat the benefits of ear candling and the contraindications to treatment It then concentrates on practical application with step by step color photographs and instruction on the treatment and massage techniques Written in an accessible style with numerous FAQs case studies and summaries this book is the perfect introduction for students on short courses professional therapists topping up their skills and anyone wanting to learn more about the history and practice of ear candling

Ear Wax Candles Handbook Manuel Peter, 2019-07-25 If you have a buildup of Ear Wax or you have hearing problems or difficulty and would like to treat the problem using Ear Wax Candles then this guide is for you

It is a form of alternative medicine that has been practiced for thousands of years the heat from the candle will help to pull up the ear wax and wax is not dripped into the ear Using this guide you will discover What is Ear Candling Benefits of Ear Candles How Ear Candles Work to remove Ear Wax and clean your ear Better alternative to Ear Candles How to protect your Ears How to prevent buildup of Ear Wax And a lot more Irrespective of if you want to know how to use Ear Wax Candles or you need expert knowledge on how to use your ear wax candle this guide is for you Buy this Ear Wax Candle Handbook Today And you will be amazed and astonished at how much ear wax you will remove and how fast your hearing problems will disappear

Hopi Indian Ear Candles Andrew Sceats, 2001 **Ear Candler's Manual** Penny Rich, 2012-01-06 Ear Candling Coning is a holistic acupressure treatment for the outer ear canal This ancient herbal smoke vapor bath is known to improve hearing loss color perception balance disorders dizziness itching vertigo sinus congestion ear ringing ear pressure equilibrium loss and migraine headache and it may also control or prevent the reoccurrence of Bells palsy Doris J Garrett Founder Director Institute of Certified Ear Candles

Ear Candling Mary Dalgleish, Teaches for Hands on Training LCICI Mary Dalgleish, Lesley Hart, 2013-07-25 Ear Candling the Essential Guide provides therapists students and the public with an interesting and accessible introduction to ear candling This book which was previously published as Ear Candling in Essence has now been completely revised and updated Ear candling has been used for millennia and this fascinating book covers the history of ear candling from its use by the ancient Egyptians Greeks Romans and other world cultures It provides advice on important ear candle safety features and explains how ear candles work It also includes comprehensive information on the anatomy physiology and pathology of the ears nose throat and sinuses as well as the benefits of ear candling and contraindications to treatment It goes on to concentrate on practical application with step by step instructions on treatment and massage techniques Information on ear candling courses and advice for therapists is provided along with a list of relevant websites further reading and a very useful glossary of terms Written in an accessible style with colour photos and illustrations numerous frequently asked questions and case studies this book is the perfect introduction for therapy students professional therapists topping up their skills or anyone wanting to learn more about the history and practice of ear candling The authors are practising complementary therapists and experienced tutors and teach a range of complementary therapy courses in the UK and abroad

Ear Wax Candles Rhoda Hubert, 2021-09-21 There are many reasons for blocked ears but one thing they have in common is the discomfort they can cause From pain and itching to hearing loss and a feeling of imbalance a blocked ear can cause serious damage But before looking for a quick solution to the problem our experts will give you some warnings about certain popular home remedies

Candle Earwax Handbook Holly Starcher, 2022-10-02 Candles placed in the ear are said to aid in a variety of conditions from earwax buildup to cancer This article will explain what ear candling is discuss whether or not it's safe and look into any potential risks associated with it When asked What is ear candling many people are confused Coning also known as ear candling is a form of alternative medicine used by some

people to clear the middle ear of accumulated wax and other debris

Ear Candling: A Holistic Approach to Ear Health Mei Lin Zhang, 2023-01-01

Ear candling is the key to unlocking natural ear health. Discover the ancient wisdom and healing power of ear candling with Ear Candling: A Holistic Approach to Ear Health. This comprehensive guide is designed for anyone looking to improve their ear health and overall well-being through the gentle, non-invasive practice of ear candling. Dive into the fascinating history of ear candling, exploring its roots in various cultures and its journey from ancient practice to modern-day therapy. Understand the science behind this holistic technique and learn how ear candling can help alleviate common ear issues like wax build-up, congestion, and even tinnitus. This book offers step-by-step instructions allowing you to safely and effectively perform ear candling at home. Gain insight into the different types of candles available and learn the importance of choosing high-quality natural materials for the best results. As you progress through the chapters, you'll uncover invaluable tips and tricks for maximizing the benefits of ear candling. Learn how to combine this ancient practice with complementary therapies like aromatherapy, massage, and meditation to create a holistic ear care routine that promotes overall well-being.

In Ear Candling: A Holistic Approach to Ear Health, you'll find:

- An introduction to the ancient practice of ear candling
- The science and benefits of ear candling
- How to safely perform ear candling at home
- Selecting the right materials and candles for the best results
- Combining ear candling with complementary therapies
- And much more!

Unlock the secrets of holistic ear care and embrace a natural approach to ear health with Ear Candling: A Holistic Approach to Ear Health. Whether you're a seasoned practitioner or a curious beginner, this comprehensive guide will provide you with the knowledge and tools you need to transform your ear care routine and improve your overall well-being.

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Candling for Optimal Health Jili Hamilton,2014-02-27 Candling for Optimal Health guides the reader in the use of ear candles or cones and is a comprehensive account of the candles uses and their beneficial effects Suitable for both the lay person and complementary therapists the book gives case histories of people who have found relief from hearing loss sinusitis tinnitus headaches ear ache stress and other health problems using ear candling A comprehensive workbook offering the reader all the information they need to use ear candles on their family and friends or patients

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