

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

R Pring



Hopi Ear Candle Manual:

This book delves into Hopi Ear Candle Manual. Hopi Ear Candle Manual is a crucial topic that must be grasped by everyone, ranging from students and scholars to the general public. This book will furnish comprehensive and in-depth insights into Hopi Ear Candle Manual, encompassing both the fundamentals and more intricate discussions.

1. This book is structured into several chapters, namely:

- Chapter 1: Introduction to Hopi Ear Candle Manual
- Chapter 2: Essential Elements of Hopi Ear Candle Manual
- Chapter 3: Hopi Ear Candle Manual in Everyday Life
- Chapter 4: Hopi Ear Candle Manual in Specific Contexts
- Chapter 5: Conclusion

2. In chapter 1, this book will provide an overview of Hopi Ear Candle Manual. The first chapter will explore what Hopi Ear Candle Manual is, why Hopi Ear Candle Manual is vital, and how to effectively learn about Hopi Ear Candle Manual.
3. In chapter 2, this book will delve into the foundational concepts of Hopi Ear Candle Manual. This chapter will elucidate the essential principles that need to be understood to grasp Hopi Ear Candle Manual in its entirety.
4. In chapter 3, the author will examine the practical applications of Hopi Ear Candle Manual in daily life. The third chapter will showcase real-world examples of how Hopi Ear Candle Manual can be effectively utilized in everyday scenarios.
5. In chapter 4, the author will scrutinize the relevance of Hopi Ear Candle Manual in specific contexts. This chapter will explore how Hopi Ear Candle Manual is applied in specialized fields, such as education, business, and technology.
6. In chapter 5, this book will draw a conclusion about Hopi Ear Candle Manual. This chapter will summarize the key points that have been discussed throughout the book.

This book is crafted in an easy-to-understand language and is complemented by engaging illustrations. It is highly recommended for anyone seeking to gain a comprehensive understanding of Hopi Ear Candle Manual.

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