

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

WJ Hussar



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** Mary Dalglish,Teaches for Hands on Training LCICI Mary Dalglish,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 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

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