

# 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

**Lingjun Ying**



## **Hopi Ear Candle Manual:**

## Reviewing **Hopi Ear Candle Manual**: Unlocking the Spellbinding Force of Linguistics

In a fast-paced world fueled by information and interconnectivity, the spellbinding force of linguistics has acquired newfound prominence. Its capacity to evoke emotions, stimulate contemplation, and stimulate metamorphosis is really astonishing. Within the pages of "**Hopi Ear Candle Manual**," an enthralling opus penned by a highly acclaimed wordsmith, readers set about an immersive expedition to unravel the intricate significance of language and its indelible imprint on our lives. Throughout this assessment, we shall delve into the book's central motifs, appraise its distinctive narrative style, and gauge its overarching influence on the minds of its readers.

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