

# Ear Candle Information Sheet

## How to use your Ancient Wisdom Ear Candle

### **Please take the following precautions before using an ear candle :**

- Always use with the help of another person
- Take proper safety precautions - there is a fire risk with any burning candle.
- Do not use in the case of ear disease
- Do not use in places exposed to draught or where gas or inflammatory substances are present
- Do not expose to heat sources
- Do not use on children under the age of 6 years
- For children always perform ear cleaning under adult supervision
- Protect your hair with a towel while in use
- Do not push candle deep in the ear
- Before you start, always place a glass of water within reach in order to extinguish the ear candle.

### **Preparation:**

Ensure you have a place where you can lie down comfortably and remain still for approximately 10-15 minutes as this is the average burning time of an ear candle.

Lie down on one side in a comfortable position, using a blanket to keep yourself warm if necessary. Support your head with a pillow so that the auditory canal is in a vertical position. In order to protect your hair and clothing, your partner can place a cover around the treatment area.

### **Lighting:**

You may wish to fit a protective paper ring to the ear candle as a further precaution against any falling debris from the candle, this is done by sliding the thin end of the candle through the pre-cut hole in the ring. Your partner should light the ear candle at the wide end and place the non-burning end gently into the outer ear passage. A light turning movement should be applied until the ear candle is sealed in place. The ear candle is placed properly when you hear the pleasant crackling and hissing of the flame. Your partner will hold the ear candle firmly in place throughout the process. Take care that no hair is within reach of the flame.

### **Burning down:**

The Ear candle will never self extinguish! At the most, the Ear candle may be burnt about 2/3 of the way down the candle. When you have reached this point carefully remove the remainder of the Ear candle and extinguish it in the glass of water nearby.

### **Treat both ears:**

It is generally advisable to treat both ears one after the other, each with a new Ear candle. Any condensation material that remains attached to the fine ear hairs should be gently removed.

### **Storage:**

Ear candles are best stored in a dry and cool place.

### **Ear Problems:**

If you are suffering from ear problems you should seek the advice of a qualified medical doctor. In certain circumstances the use of an ear candle may aggravate existing ear problems. If you are unsure whether to use an ear candle please consult your family doctor or other qualified medical professional.

### **History :**

There are many different stories surrounding ear candling and its origins, but whether it was ever used in ancient times the way it is today is unknown. Some people claim it was used in ancient China, Tibet and India. It is generally believed it was used in some form, probably ceremonially in Egyptian, Mayan, Aztec and North American cultures. Rock paintings show the use of something that looks like ear candles at initiation rituals and medicinal ceremonies.

Although it is allegedly based on an ancient practice, ear candling has been described as a modern fad. This being said there are stories told by people who were children in the early part of the 20<sup>th</sup> century in America's Midwest. These describe an ear treatment that involved rolling a newspaper into a cone, placing into the ear and igniting the paper. The paper often had some kind of wax coating, but one account even tells of neat paraffin being soaked into the end of the newspaper. Similar stories can also be found in South America. These methods fell into disuse as the century progressed with the advent of modern medicine.

