

# Ear Candling

## MATERIALS:

- ⌘ Ear Candles (at least one per ear, but as many as three or four can be used)
- ⌘ Scissors
- ⌘ Paper Plate
- ⌘ Damp Towel (optional)
- ⌘ Spray bottle and/or a small dish of water
- ⌘ Cotton Swabs
- ⌘ Herbal Ear Oil

## INSTRUCTIONS:

Have the person being candled lie on their side with a pillow under their head to make the ear as level as possible. If desired, cover the hair and shoulder with a damp towel for protection.

Trim the tapered end of the candle to fit the ear canal. The candle can be rolled between the fingers if the candle flattens or insert a toothpick in the center of the tip of the candle if it becomes flattened.

Cut an "X" in the center of the paper plate large enough to insert the candle through snugly. Insert the small end of the candle through the paper plate face guard and light the large end of the candle.

Prime the smoke through the tube by placing your finger on the tapered end for about 10 seconds. When you remove your finger, if smoke comes out of the bottom of the tube, you are ready to go. Gently but firmly place the tapered end of the candle into the ear opening. Gently twist or turn the ear candle to make sure it is well seated. If smoke is seen coming from the ear hole, adjust the candle until a good seal is established.

Allow the candle to burn, trimming the ash as the candle burns down. The flame may burn two to six inches high, depending on the amount of wax or debris being pulled. The person being candled will hear hissing or crackling sounds but should feel no discomfort. When the candle has burned to three to four inches above the plate guard, remove the candle from the ear and douse the candle in the bowl of water. Do not snuff the candle out while it is in the person's ear, and do not blow it out to extinguish. The candle can be cut open to examine the wax/debris that was removed.