

HOW TO USE EAR CANDLES



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EAR CANDLING

Ear candles, also called ear cones, are a popular natural healing method. Many people believe ear candles remove ear wax, and have other healing properties. We make no claims for healing with ear candles, but in our own experience there is clearly some kind of "unblocking" that is going on when using them.

You can read more about the pros and cons and our study of ear candles in this article: [Ear Candles: Do They Work?](#)

There are usually three kinds of ear candles available: paraffin, beeswax, and herbal candles. We sell all three in our herbal dispensary. All them work; it is a matter of preference and "feel" which will determine what is your favorite.

CAUTIONS AND CONTROVERSIES:

First, it is necessary to have a friend or family member help you perform ear candling. It is very hard and nearly impossible to do ear candling on yourself.



Second, you are dealing with fire, in that you are lighting a wax-covered fibrous cloth with matches or lighter. While the fire is like a glowing ember on the end of the cone, it is still fire and needs to be carefully handled, just as you would be careful when lighting a fire or handling matches. **DO NOT DO EAR CANDLING WITH A FLAME AT THE END OF THE CANDLE**



Thirdly, as you may know, many medical doctors believe ear candling is dangerous and can cause perforated ear drums. You will find warnings on the Internet, mostly by medical officials, and anti-alternative medicine voices that ear candles are dangerous and "really bad."

However, they are not illegal, and we have never heard or seen an actual person who has had an adverse reaction or incident with ear candles. We have talked to many people who have only had positive experiences with ear candling.

SUPPLIES NEEDED:

2 ear candles
A paper plate
Scissors

Lighter or matches
Bowel of water

INSTRUCTIONS FOR EAR CANDLING:

1. The person receiving ear candling (you or your friend) lies down on their side on a couch or bed in a comfortable position. This also can be performed on the floor or massage table. Wherever you decide to do the ear candling, put down a towel underneath the person's head to catch any stray ashes from the ear cones. It rarely happens that ashes go flying, but to be careful, you should be prepared.
 2. Place a pillow under the recipient's head.
 3. A hole is punched or cut in the middle of the paper plate to accommodate the ear candle.
 4. Place the ear candle through the hole in the paper plate so that about 3-4 inches penetrates through the bottom.
 5. Carefully insert the small end of the candle into the ear of the person receiving the treatment. It should fit firmly, but gently into the ear. **DO NOT JAM THE CANDLE INTO THE EAR.** Some people trim the small end of the candle, others do not. It is individual preference.
- WARNING:** At no time should the receiver feel uncomfortable or feel like the candle is "poking" them in the ear.
6. Light the large end of the candle with lighter or match. It will make a yellow flaring flame. Gently blow out the flame and a glowing end will result. **Warning: ALWAYS BLOW OUT THE CANDLE.** If the fit is good, no smoke will come out of the receiver's ear. If smoke is coming out, then there is not a good seal with the ear and candle. The candle should be gently

adjusted by slightly tilting or rotating until there is a tight fit.

7. The receiver should relax and the giver should stay vigilant to make sure everything goes well. Hold the candle near the bottom with the fingers or between the thumb and fingers. The hand is usually positioned underneath the plate. and rests lightly around the ear.

8. The ear candle will take about 15 minutes to burn down. When it has reached near the plate, it will begin to feel hot and should be extinguished in the bowl of water

9. Some people like to cut open the remnant candle to see what is inside. Sometimes there is a powder and waxy-looking substance.

10. Repeat in other ear.

Notes: Some people find it more effective to repeat this process at the same session. We recommend following an ear cone treatment with [Herb Pharm's Mullein Garlic Ear Oil](#). This is very soothing and healing.

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