

## *Our Candles - Quality*

### **Paraffin Wax**

Unlike many other candles in the market place today, we have chosen not to use paraffin wax in our ear candles. The following were important factors in that decision:

- Paraffin Code No: CAS 8002-74-2 RTECS RV0350000
- Paraffin is a white, somewhat translucent solid and consists of a mixture of solid aliphatic hydrocarbons. It may be obtained from petroleum.
- Harmful Effects & Symptoms

**Local:** Occasional sensitivity reactions have been reported. Chronic exposure can produce chronic dermatitis, wax boils, folliculitis, comedones, melanoderma, papules, and hyperkeratoses.

**Systemic:** Paraffinoma has been reported from the use of paraffin for cosmetic purposes. Perhaps paradoxically, however, no mention of carcinogenicity is made in the RTECS listing.

### **Chlorine Bleach**

Many candles in the market today also use bleached (white) fabric. Chlorine used in the bleaching of fabric is another potential irritant. This provided an important reason for our using only 100% unbleached cotton in our ear candles.

### **Ear Candle Design**

Our candles have a superior warm air convection effect which is a direct result of the larger conical design and flame of our ear candle.

The tapered end of our ear candle also allows for effective fit in the ear. The tip has also been double dipped to make it more comfortable

### **Feedback**

We are interested in your comments with respect to the quality of our candles, our service and our price. We would also be interested in any case results you might wish to provide.

## **Healing Candles**

by

### **Ear Candles Australia**

**31 Thorpe Street • MORLEY WA 6062**

**Ph/Fax: (08) 9375 1994**

**Email: [earcandlesaustralia@iinet.net.au](mailto:earcandlesaustralia@iinet.net.au)**

**A.B.N. 19 114 167 531**

## *Have you exhausted traditional approaches but still have problems with your ears?*

Traditional approaches such as syringing can be painful and expensive. In contrast Ear Candling is a gentle non invasive healing process.

### **Question**

Isn't having a candle in your ear weird?

### **Answer**

Yes.

The first time it is totally weird but ...

Many ancient cultures used ear candles to help relieve a variety of ailments affecting the ear.

In addition the treatment is so relaxing that there is a tendency to fall asleep.

*Here are just a few of the problems which can be treated with ear candles and some of their benefits...*

### **Problems**

- Hearing loss caused by blockages.
- Excessive yeast, debris and wax.
- Ear pressure (headaches).
- Catarrh caused by nasopharynx problems.
- Slow lymphatic circulation.
- Discharge from the ear.
- Irritation of the ear and sinus.
- Chronic sinusitis.
- Ear infections.
- Ringing in the ear
- Relief of mucas from colds and flu.

### **Benefits**

- Improved general hygiene of the ear.
- Balancing of ear fluids / pressure which can provoke headaches.
- Improved mental clarity.
- Relief from vertigo.
- In some cases, restoration of smell and taste.
- In some cases, they can eliminate ringing in the ears.

## *Our Candles - Quality*

We have adopted a philosophy of producing ear candles that are free of chemicals or chemical residues and are as pure as possible.

We have therefore chosen to use only pure bees wax & 100% unbleached cotton.

In line with this philosophy we have purposefully avoided the use of paraffin wax (which has a petro chemical base) and fabric, which has been bleached with chlorine.



## Items Needed

- Table or bed to lie on.
- Small pillows (or folded towels) to be placed under the head and between the knees for comfort.
- 1-2 ear candles per ear.
- Towel to shield head and shoulders.
- Lighter or matches to light ear candles.
- Scissors to trim candle during the candling process.
- Cotton buds.
- Bowl of water to place the candle ash in & to extinguish the candle.
- Small knitting needle.

You should have all your 'Items Needed' available and ready to use prior to starting the ear candling session. Allow 15 - 20 minutes per candle.

## Preparation

Place a drop of oil in each ear 1 day prior to the treatment. This helps soften the earwax. Your natural health practitioner or health food store will be able to recommend a suitable oil.

Arrangements should be made to create a calm and relaxed atmosphere. Make sure that the room is draught free and that there is some relaxing music playing in the background.

## Precautions

The towel serves as a precautionary measure to protect the area around the head. It is strongly advised that another person keeps constant watch while the ear candle is burning.

## **\*\* Important \*\***

If there are any serious concerns, ear disease or infection, consult a physician before treatment.

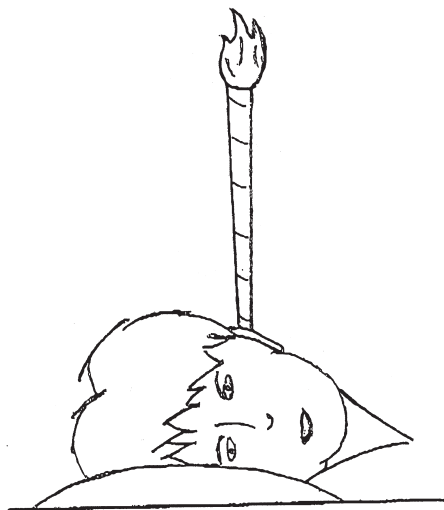
Ear candles should not be used in the following cases:

- The ear drum is perforated,
- Recent ear surgery, and
- Ear drains/tubes.

Discontinue the ear candling treatment if any ringing, pain, discomfort or other unusual problem develops in the ear. Consult a physician as appropriate.

**Careful adherence to the instructions we have provided is essential.**

## Ear Candling - Instructions



## Steps

1. Have the person lie on their side with a pillow under their head. Place another pillow between their knees for further comfort. Ask the person to close their eyes and relax.
2. It is advised at this point that you wash your hands thoroughly to minimise the risk of infection.
3. Start the treatment with a massage. Massage the contour and base of the ear and the outer ear.
4. Cover the person's head and shoulders with the towel leaving the ear exposed.
5. Light the candle.
6. When smoke is streaming out.
7. Place the small end of the candle into the ear opening with a gentle twisting motion. You can gently pull the back of the ear to enlarge the opening of the ear.
8. Adjust the candle so that there is no smoke leaking from around the ear.
9. You may also have to adjust the tilt of the head so that the candle remains upright. This 'upright' position will help to reduce the rate at which the candle is burned and minimise the risk of dripping.
10. Unless the person has a significant hearing problem there should be a pleasant crackling sound as the candle burns.
11. When this crackling is significantly reduced (indicating a blockage) or the ash is approx. 2 inches long, gently remove the candle from the ear and trim the ash just on the flame. Use the bowl of water to collect the ash.
12. Insert the needle in the small end of the candle and gently loosen any residue. In an upright position gently tap the side of the candle to remove any residue/ debris, which may be blocking the candle.

13. Gently clean the ear with a cotton bud so exposed debris is not pushed back into the ear.

14. Repeat steps 5 to 11.

15. The candle should not be burned lower than 12cm from the narrow end of the candle.

16. Just before this point, the candle should be gently removed from the ear and the ash trimmed just below the flame. Use the bowl of water to collect the ash.

17. Once again gently clean the ear with a cotton bud to remove any debris.

18. Have the person lie on their other side and repeat steps 1 to 16 for the opposite ear.

19. Optional - Cut the remainder of the ear candle lengthwise and open it flat to observe the wax and other debris which has been drawn into it.

20. It is advised that you wash your hands thoroughly immediately after performing the ear candling procedure as there may have been contagious material drawn from the ears.

## Subsequent Rest

After both ears have been treated, we recommend a period of 5 - 10 minutes rest. This supports the overall relaxing effect of the candles. The person should be lying comfortably in the prone position and covered with a blanket if required.

During the process to encourage greater release of debris - hold your nose, close your mouth, and blow a short gentle blow.

## When / How Often?

The frequency of ear candling cleansing is based on personal need and preference. As a general guideline, ear candling treatments should be given:

- In acute cases - every day for a maximum of 7 days.
- In chronic cases - once or twice a week.
- Normal hygiene - every 6 months.

## Helpful Hints

- The small amount of candle residue left on the inside of the ear candle is light in colour, is of a powdery consistency and is therefore easily distinguished from ear wax (darker & harder) and other debris which is drawn from the ear.
- The candle is trimmed/cleaned during the candling process to keep the channel open and hence to keep the warm air convection effect operating as long as possible.
- While ear candling can be done quite safely in your own home, you should always have someone assisting you (see 'Precautions').

## Note:

- With upward motion massage from base of neck to the RMJ (ear lobe & jaw)
- While candling hold nose, close mouth & gently blow.
- At completion of process wipe ear entrance with a cotton bud dipped in good quality oil.