

# Health Solutions Technology

*Devoted to your health and wellbeing... naturally*

## Procedure

One end of a cylinder or cone of waxed cloth is lit, and the other placed into the subject's ear. Usually the subject is lying on one side with the treated ear uppermost and the candle vertical, perhaps stuck through a paper plate or aluminium pie tin to protect against any hot wax or ash falling down the side. However some have the subject sit up, keep the candle nearly horizontal, and watch for dripping wax. Our candles have an internal filter to catch debris. The flame is cut back occasionally with scissors and extinguished between two and four inches from the subject. Its proponents claim that the flame creates negative pressure, drawing wax and debris out of the ear canal, which appears as a dark residue.

An ear candling session can last from 15 minutes to 45 minutes, during which time a series of 1 or 2 ear candles may be burned for each ear.

**WARNING: ADULT SUPERVISION IS REQUIRED AT ALL TIMES. ALWAYS USE CAUTION WITH FIRE. A PROTECTIVE TOWEL MUST BE USED AT ALL TIMES.**

## 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.

