

EAR CANDLES/CONES
“The Simple Home Remedy to Remove Ear Wax”

Common Questions About Ear Candles

What is the history of ear candles in ancient culture?	We have reason to believe that civilizations back to the ancient Egyptians used some form of ear candling. Linen and bees wax were formed around cores and then used in the ear coning process.
What is the history of ear candles in North America?	Tradition has it that long ago, possibly as far back as 30,000 years ago, when the Native American People began to harvest, they would take the husk from ears of corn and roll them into the first ear candles. Once bound tightly with sinew, they would allow these to dry at least one full moon cycle from new to full. With the introduction of linen cloth and the raising of bees wax, more recent candles are simple linen, or 100% cotton cloth, wrapped over a stainless steel cone, and dipped in bees wax.
What esoteric thought is connected to ear candling?	Articles have been written stating that some believe that ear candling creates subtle changes in the finer bodies. One article even suggested that successive candling cleared each of the finer bodies in turn.
What are ear candles?	Ear candles are hollow cones about ten inches long. They are made of 100% cotton muslin and candle wax. The best wax is a light covering of bee’s wax. This is much more preferable than paraffin, which although is less expensive is not natural but a byproduct of the petrochemical industry. Also the form of the part of the ear candle that sits in the ear is extremely important for it’s efficiency. All ear candles are not created equal.
Why should I use ear candles?	Ear candles are a simple home remedy. No special equipment is needed and you can use them in the comfort of your own home.
How are they used?	Detailed instructions are on an additional sheet. But, basically, an ear candle is put into the ear and lit by a second person. There are certain precautions you must take because you are using an open flame. <i>(Please carefully read the ENTIRE ear candle instructions before using.)</i>
How do ear candles work?	The flame creates a vacuum that pulls the wax out of the ear into the ear candle.
Can anything go wrong?	If the ear candle is not well seated in the ear when you start, or if the seal is broken any time during the burning, your assistant might notice smoke coming out of the bottom. Stop immediately. Put it out and start over. It lost its draw.
Is it possible for wax to go back into the ear?	This could happen if the flame reaches the wax that has been pulled up into the candle. The person assisting should watch the ear candle closely as the flame gets closer to the plate and remove the candle if necessary, even if it is four inches from the plate.
Is all the stuff in the ear candle from my ear?	Some of the solid wax, less than 1/8 teaspoon, and all the powder is from the candle itself. The wax from the candle is similar in color to ear wax. The powder is powdered candle wax. Some people disagree with this. They believe the powder came out of their ears. To settle in your own mind what comes from the candle you can plug the bottom of an ear candle with play dough and burn it down. This test tells how much is from the candle.
How often should I use ear candles?	You have to use your own judgment as to what feels normal and how often to use them. A general suggestion is to use them as long as earwax keeps coming out. Stop when your ears feel comfortable. These are not to be used or fun or entertainment. If ringing develops, discontinue use. Once the excess wax has been removed, some people routinely cone their ears every 6 months to a year. This is a decision you will have to make.
Do ear candles cure ear diseases?	We do not make any claims that ear candles cure any specific disease. We recommend that you ask for and follow your doctor’s advice concerning any health problems.
What is the cost of ear candles?	The better ones usually retail for under \$4 each. This makes using ear candles one of the least expensive methods to remove ear wax.
Where can I buy ear candles?	Pathways at 11419 Concord Village Ave., St. Louis, MO 63123 (314) 842-0047, www.pathwaysstl.com We carry only the highest quality candles, we use them

ourselves.