

EAR CANDLES/CONES

“The Simple Home Remedy to Remove Ear Wax”

Ear Candle Instructions

CAUTION: Never use ear candles without a second person with you. You are using an open fire and you don't want to invite accidents by using it by yourself.

Gather your supplies together. You will need a *wet paper towel*, *paper plate covered with aluminum foil* to catch any possible ash that could drop, a *pair of ear candles* a *pair of scissors* to clip off the burnt candle and to open the candle once it has been extinguished, and a *bowl of water*.

Position yourself and your ear candle. Check to be sure that the small end of the candle is open and not squeezed shut. Insert the small end of the candle through the paper plate before positioning it in your ear. Lay on your side and place the small end of the ear candle in your ear and hold the candle under the paper plate and gently between your fingers. Rest it there for a moment so the bees wax can warm up to your body temperature. Gently and snugly fit the small end of the ear candle into your ear. The fit needs to be tight enough that smoke will not escape around the base of the candle. Be careful not to pinch or squeeze the candle shut when positioning it. Make sure the small end is well seated in the ear and is vertically straight. Adjust the positioning of head, neck and shoulders to get the candle upright. Have the second person assist to lower the paper plate so that it rests against the head, protecting it.

Burning the candle. The second person is to supervise the burning of the ear candle. This person should not leave your side while the candle is lit. You should hear crackling sounds as the candle is burning. If the sound stops, wiggle the candle, or turn it slightly until the sound returns. As the candle burns it needs to be trimmed to keep the hollow candle open. This is done carefully by the second person who cuts through the burnt section and puts the waste in water. Cut only through the black burnt section, cutting through the burning section can pinch the candle shut with the heated wax. The candle will have to be cut several times during the burning. If the candle starts to tip in any direction the assistant should gently move the paper plate, while stabilizing the candle, until it is upright again. Lay still and refrain from talking while the candle is burning. If you experience wax moving in your Eustachian tube (along your neck) have the assistant massage upward along that tube, towards the head. You might also work your jaw (open/shut, forward/back) while the assistant stabilizes the burning candle.

Removal of the candle. When the candle burns down to about 2 inches above the plate, the assistant should take the plate (with the burning candle attached) from the ear and put the burning candle out in the bowl of water. Pull the candle out of the plate, cut a slit up its side, and open it to see the ear wax you had. It might surprise you! Some people need to use as many as 4 or 5 candles before they get all the wax out of their ear so that it feels comfortable. However, try not to do this in one setting. Why? Our ear canals are full of little fine hairs that produce the wax. If you pull out all the wax, those little hairs begin to work overtime to produce the wax it no longer feels. Also, you can upset your equilibrium by doing too many candles or not coning both ears.

After candling your ears. Occasionally, people will be slightly dizzy when they sit up after having their ears candled. Take your time before getting up. Have the assistant with you in case you feel dizzy. Sit for a few moments before standing. Frequently more of the softened wax will come out of your ears following the ear coning. Don't be surprised to see bits of ear wax on your pillow the following morning after ear coning. Rarely some wax will have been dislodged from it's resting place, but not removed by the ear coning treatment. You may feel the wax in you Eustachian tube or in your ear. In this case follow up with an additional candle in that ear within the next few days if the problem persists. Remember it took you a lifetime to build up that wax. Sometimes additional candling is helpful.