

Ear Candles



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EAR CANDLES are to aid in the cleaning of the ear of excess wax. It has been reported to improve hearing.

MATERIALS NEEDED:

Two Ear Candles (one for each ear if desired)

Paper plate,

Sharp flat scissors,

Matches,

Bowl containing water,

Pillow

Person to Assist

(This is a two person procedure.)



PROCEDURES:

Take a paper plate and cut a cross in the center big enough to put the ear candle in snugly.

The small end is to be on the bottom side of the plate sticking through far enough to enter the beginning of the ear canal.

The person assisting will sit at the back, with a bowl of water close to the person, to hold the head, neck, and back in a straight line. Don't tip the head up or down.

The cones have one end that is pointed; this is the end that you insert into the ear opening. Do it gently so that you do not cause pain or bend the cone.



If there is not an easy place to light it, clip a little indentation at the large end of the EAR Candle and then light it with a match.



It just needs to fill properly. The person being coned should hear crackling sounds at all times while being coned.

If the sound stops, it may be that the cone is temporarily clogged or bent. Wiggle the cone a little or turn it until the sound returns.

The Second person is to supervise the burning of the Ear Candle. If it starts to tip in any direction, straighten it by moving the paper plate.

At the cone burns the wax and cloth, it will curl inward and must be cut off to keep the cone end open.

Cut off the burn material half way between the flame and the burnt end. Be careful to put the burnt end into the water.



The Flame may seem lighter at times. This can be due to the burning of material being drawn from the ear.

When it burns down to within about 1 ½ inches of the plate, the second person should take the plate and cone from the ear and put out the fire by dipping the end of the cone into the bowl.

Pull the cone out of the plate and unwrap the cone to see the ear wax that you have.

It is generally the darker liquid that actually comes from the ear. The other wax is from the burning of the cone.



It is not suggested that a person use more than 2 cones per ear per week, or as directed by your physician or counselor.

It may take several cones (over a period of several weeks) to get the desired results.

THIS IS A HOME REMEDY:

You have to use your own judgment as to what feels normal and how often to use them.
IT takes approximately 15-20 minutes per ear.

Cones are not intended to be sold or used as a cure of any disease or ailment.

Users must assume full responsibility and not hold the manufacturers or sellers liable for any claims, obligations, expenses or damages arising from the use of their product.

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