

## Otic Cleansing ("Ear Candling", "Coning") The Natural Process

A traditional practice used for centuries, ear candling (also called coning) consists of placing a hollow cylinder coated with wax at the opening of the ear canal and lighting the other end to allow warm smoke to enter the ear. Modern ear candling uses disposable hollow candles made from strips of unbleached cotton or linen dipped in paraffin or beeswax. The spiral roll of these candles creates the same effect as the ancient pottery ear cones. Some candles are made with herbs or essential oils mixed into the wax, in a similar way as the ancients placed herbs in their ear cones for the beneficial effects of the smoke. Those who use ear candles claim the warm smoke that the candle delivers to the ear canal is soothing. They say the process is relaxing and often results in a sense of "clarity" after candling.

**Paraffin or Bees Wax?** Wally's offers ear candles made with pure, food grade paraffin or 100% natural Beeswax.

People choose paraffin for its excellent value and because they prefer not to use any animal products.

Others prefer the natural goodness of beeswax, with its mildly sweet aroma and slower burning, even though these candles cost a bit more.

Wally's offers both paraffin and beeswax in Herbal varieties and a paraffin ear candle made with essential oil of Lavender, for its delightful aroma.



**Paraffin**

The original, economical ear candle, containing food grade paraffin without oils, fragrances or additives. Many people prefer these candles because they are free from all animal bi-products. They are made from man-made, food grade paraffin; the same kind used in coating cheese and chocolate.



**Lavender Paraffin**

**These ear candles contain food grade paraffin with the essential oil of Lavender. When burned they leave a mild fragrance that pleases and calms the client.**



**Herbal Paraffin**

**Ear candles made with food grade paraffin, adding essential oils of Eucalyptus, Echinacea and Tea Tree, with no additives.**



**100% Beeswax**

**Natural beeswax ear candles without oils, fragrances or additives. Completely all natural & sweet smelling while burning smoother, cleaner and longer than our paraffin candles.**



**100% Herbal Beeswax**

**Natural beeswax ear candles, containing the essential oils of Eucalyptus, Echinacea and Tea Tree. As with our Herbal Paraffin Candles, these candles are especially soothing during the cold and flu season and may provide relief from summer allergies and hay fever. Beeswax tends to burn**

**smoother, cleaner and longer than paraffin candles. The beeswax mixed with our own special blend of essential oils make our Herbal 100% Beeswax Ear Candles the best choice for your all-natural ear candling experience.**

### **The Basics of Ear Candling ("Otic Cleansing")**

**An ear candle is gently placed in the outer ear canal, and the opposite end is ignited to produce a gentle, soft flow of warmth and smoke that flows into the ear. The candle is burned to about four inches from the ear, then cut, removed, and extinguished in a bowl of water. The process is very soothing, relaxing and non-invasive, bringing spiritual energy and soothing herbal essences into the ear. If the interior of the burned candle contains a brown powder, however, this could indicate there was not a good seal around the ear. Another candle should be used, making sure it fits properly, and listening for the crackling sound as the candle burns. At no point should the tip of the candle or the ear become hot to the touch. In fact, the candle should never burn down closer than 4" from the ear. There should be no discomfort during the procedure or afterward. We suggest people allow a day or two between candling sessions. If you have a serious ear disease, tubes in your ears, replacement ear drum, eardrum damage or an upper respiratory infection, consult a physician before you attempt this process.**

### **Basic Rules**

**Always have an assistant perform the process.**

**Use fresh supplies and work in a clean area.**

**Use common sense around fire.**

**Do not insert sharp objects or push anything into the ears.**

**If anything falls into the ear, stop the procedure and tilt the head to let the material fall out. You can also flush clean water into the ear to rinse out any of this material.**

**Following these suggestions will help prevent any injury or harm to the ear.**

### **Procedure**

**Use damp towels or Wally's Head & Shoulder Cover to cover the hair, face and clothing.**

**The person should sit up (as shown above) during the process.**

**Use a good quality stiff paper plate with hole for candle, angling the candle about 10 degrees upward.**

**Light candle, and let smoke and warmth soothe the ear.**

**As candle burns, remove candle to cut off the ash into a bowl of water, replace and proceed.**

**During the procedure, you may massage the face in the areas of the sinuses (around the cheek, nose and eye) and along the side of the person's neck. If you have access to therapeutic grade essential oils, gently rub oil with finger down the Eustachian tubes (behind ear, down the groove in side of neck toward sternum). Recommended oils that help drain sinuses and Eustachian tubes are: RC**

**Blend, Eucalyptus Globulus, Grapefruit, Cypress, Melrose. If sinus pressure is present before treatment, apply RC and Melrose together, dabbing into the oil pool with finger tip and dotting the oil around eyes (on bony areas, NOT IN Eyes) and Sinus Points.**

**When candle burns to about 4" in length, carefully remove it from the ear and extinguish the candle in the bowl of water.**

**Supplies NEEDED to perform SAFE Ear Candling:**

- \* Wally's Ear Candles (2-4 per ear)
  - \* Scissors
  - \* Small bowl of water
- \* Stiff Paper Plate (with a hole cut off-center for the candle to fit through) (Acts as a heat shield)
  - \* Matches or lighter to light ear candles
- \* Dampened towels or fire retardant covers (to cover the head and upper body and protect hair, clothing, bedding and furniture).
  - \* Wally's Ear Oil to soothe the ear.
- \* Lotion or massage oil (for face & sinus massage)
  - \* Trash bags (for cleaning up)
- \* Product package insert with instructions.

**Helpful Hints:**

- \* You may want more than one candle for each ear.
- \* Use Wally's Ear Oil to further soothe ears after candling.
  - \* Wait at least a day between candling sessions.
- \* Initial procedure may require 2 candles per ear. Subsequent sessions should follow if initial sequence shows signs of heavy wax or debris removal. May require 4 sessions over a period of days. Maintenance procedure usually performed every 3 - 6 months, your choice.

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