

What To Expect During An Ear Candling Session

During an Ear Candling session you sit upright with your body in a straight alignment. A special conical candle is inserted into a protective plate

The candle is lit and slowly begins to burn. The small tapered end of the candle is gently placed into your ear canal. The ear candle -- by its shape, design and length -- draws ear wax and fungus deposits from deep inside your ear canal.

As the ear candling session progresses, extracted ear wax and fungus will be burned off, but a majority will be collected in the bottom part of the candle. After the candle has burned down and been extinguished, the therapist will cut open the remnant and show you the former contents of your ear canal. Most people cannot believe what has been collected there! Expect to be amazed!

I've never had an ear candling before . . . isn't it painful? No, there is no pain whatsoever. You will only feel the candle being carefully inserted in your ear. You may also hear some crackling and popping, as the ear wax is being pulled from within your ear. All you have to do is just relax and enjoy your ear candling session time

If you have excessive hearing loss, you may feel some heat during the ear candling session since your feeling (tactile) senses are keener than a person with relatively better hearing. If you are one of these people . . . and you experience some discomfort -- you may request that the therapist stop the procedure briefly -- after a short intermission, you can continue with your session.

What Happens After An Ear Candling Session

For a short time after your ear candling session . . . you may feel a lightness in your head and noises may seem to be much louder to you. This can be relieved by putting a little ear oil on some cotton and inserting this in each of your ears. You will most likely notice improved hearing, because the wax blockage is no longer present in your ears

For a day or two after your ear candling session you may feel a warmth, or some itching in your ears. This is very easy to resolve.

You can relieve the itching by simply putting a drop or two of Hydrogen Peroxide on your finger and swab into your ears and then gently wipe them out with a cotton swab. Or if you prefer, use the same procedure, but with Echinacea liquid instead of the Hydrogen Peroxide.

You may also notice your sinuses are draining, or that sinus drainage increases after your ear candling session. This is beneficial and will relieve the pressure in your sinus areas. If you have had occurrences of sinus headaches, you should experience a decrease in their frequency. Also you may experience a heightened sense of taste, smell and sight.

Conditions that may benefit from Ear Candling:

**Headaches, Ringing in the Ears, Migraines
Ear Infections, Plugged Ears, Chronic Sinusitis
TMJ Dysfunction, Hearing Challenges, Imbalance
Excessive Wax, Inner Ear Pressure, Ear Aches & Pain**

You can have future ear candling sessions whenever you feel the time is right . . . just use your own judgment

As a suggestion, consider this . . . Most dentists recommend an oral exam and cleaning every 6 months to maintain good oral hygiene. Aren't your ears just as important as your teeth? An ear candling session every 6 months would certainly be practical and beneficial.

***Ear candling is simply an Old Home Remedy . . . It is NOT a cure* for any disease, illness or ailment!
We believe Ear Candling can have many positive health benefits for you. But, you must be the ultimate judge in determining if this time-honored practice, will be beneficial to you.**

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