

## EAR CANDLES

Ear candling, a gentle, non- evasive form of ear therapy, has been used by many ancient civilizations. This natural method of inner ear cleansing works on the simple principle of creating a vacuum, which painlessly extracts trapped excess earwax, pollens, dust, and bacteria-harboring fluids from the ear canal. No medical claims are given with this product, but you will see the results for yourself.

Methods used to perform ear candling vary only slightly. The following is one method we have found that has worked quite well. When performed properly, this procedure creates very little smoke, only that which travels down the tube to help extract the ear-wax. Please read and understand these instructions fully, before you begin.

Taking a warm shower just prior to ear candling is recommended to soften the earwax as well as initiate the relaxation process. Ear candling is not only effective and painless, but also quite soothing. Many times, the person being candled will fall asleep.

Two or more candles per ear are recommended for a complete cleansing; performed every 6 to 12 months, depending on the amount of earwax removal desired, and therefore, does take some time to do. A tranquil atmosphere (i.e. soothing music, scented candles, even watching television) can be used to enhance the experience.

### **A few items are needed to assist you:**

- A non-flammable dinner plate or tray
- A non-flammable bowl with some paper toweling or cloth, dampened with water
- A tea light for relighting
- A dishtowel and a small pillow

For additional candles  
or questions contact  
**SMITTY BEE HONEY, INC.**  
208 Main Ave, Defiance IA 51527  
**1-888-4MY-HONY (469-4669)**

## INSTRUCTIONS FOR EAR CANDLING

1. Make the person comfortable. They should be lying on their side with the pillow beneath their head (Figure 1). It is important that the subject remain in their position while candling.

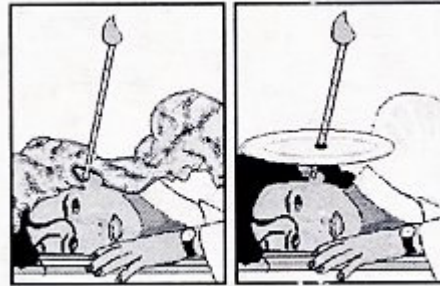


Figure 1

Figure 2

2. Place the dishtowel over their hair and shoulder, leaving access to the ear. Some people may prefer to use a paper plate with a hole punched in the center large enough for the candle to fit through (Figure 2). Sit behind him/her with the bowl and tea light on the plate next to you. Light the tea light. Use the tea light to light the dry, non-waxed end of the candle.

3. Place the other, tapered end in the ear canal, holding the candle upright and at a slight angle. Be careful not to insert the candle very far into the ear, only enough to create a seal. If there is any smoke coming from the bottom of the candle, you do not have a good seal; merely adjust the candle slightly to correct.

4. Continue to, hold the ear candle in this upright position until approximately 1/4 to 1/3 of it is burned (about 2 inches). Remove it from the ear and extinguish the flame in bowl by cupping the damp cloth around it and pulling off the burned cloth. You could also cut with scissors. Invert the candle, burnt end down, over the plate. Insert the provided wood skewer into the other end to loosen the contents and allow them to fall out onto the plate. A fine, yellow powder may be with the earwax and on the outside of the ear canal; this is normal. Once the tube is cleared, relight and reinsert as above.

5. Follow this procedure until 3 or 4 inches of the candle remain. Extinguish and dispose. Continue the same process with additional candles. Repeat the same process on the other ear.

**Never attempt to perform ear candling on yourself; a second party is always necessary.**