



## **Ear Candling**

### **What are Hopi Candles?**

Hopi ear candles are hollow tubes made of cotton, soaked in beeswax, honey and herbs. When lit, the candle acts like a chimney, causing the warm air inside it to rise and creating a vacuum at the bottom. This vacuum gently stimulates the ear, facilitating removal of excess wax and impurities. *It is important to note that the candle does not suck wax out of the ear; it stimulates the ear to eliminate the wax naturally, ensuring maximum safety.*

### **How are the candles used?**

The treatment should be carried out in a relaxed, draught free atmosphere and the patient should lie in a comfortable position on his or her side with the head supported on a pillow. A small cotton towel should cover the hair. The lit candle is inserted carefully into the outer ear and the flame is allowed to burn down to within a short distance of a marked red line, when the candle is removed gently and extinguished in some water. The practitioner massages gently around the ear, using draining movements down the neck.

The procedure is repeated with the other ear and then the patient lies on his/her back for gentle drainage massage on the face.

It is then important for the patient to have a drink of water and lie still for about 15 minutes before standing up.

### **What are the benefits?**

Hopi candles can be used for many conditions including deafness caused by excess ear wax, congested sinuses, irritation in the ears, ringing or noises in the ears, tinnitus, rhinitis, glue ear, colds, flu, headaches and migraines. As their action is so gentle they are particularly suitable for children.

### **What are the effects?**

In most cases the treatment is extremely soothing and relaxing, leaving the patient with a sense of well-being and reduced pressure in the ears or head. A little warmth is felt and hissing and crackling noises are heard, with a little popping. Most people say that it is a very pleasant experience.

The initial effect can be an improvement in hearing or freer nasal breathing and an improved sense of smell. However, improvements can continue occurring for a day or two.

### **When should the candles not be used?**

Use of the candles is contra-indicated if: The ear drum is perforated or infected, Grommets are in place or the patient is allergic to any of the candle's components.

### **Safety**

We use BIOSUN Ear candles, which are medical products Class IIa according to medical device directive 93/42/EEC, and are regularly tested by independent institutes. You can therefore be confident that the candles are made to the highest quality and safety standards.