

耳燭療法

Ear Candle Treatment

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--Relax

--Calms the Mind

--Soothes the head
and Ears

~ 鬆弛

~ 心靈舒暢

~ 心神寧靜

Introduction



Ear candle, is a truly safe and natural product. Ear Candle treatment is believed to have been firstly used by the peoples of the Siberian prairies, Asia and the native of North and South American Indians since ancient times and then spread across the world.

Ear candles are made of pure beeswax, precious honey extracts, and pesticide-free organic cotton, and a combination of calming herbs has been added to enhance the effect. A safety sponge type barrier inside, which prevents any liquid wax or excess condensate from entering the ear.

Ear candling, is a natural therapy for problems of ear wax blockage, ear or sinus congestion, also effective in reducing earache, itchiness of ears, headache, migraine, as well as tinnitus, sinusitis, hay fever, colds and flu, and insomnia. Ideal relaxation treatment for stress or anxiety related symptoms, and nervous tension.

Ear Candle Treatment --How it works



Ear Candle is a tube like, hollowed stick, which burns easily in air. The healing property is based on two primary physical actions. The chimney effect inside the Ear candle during burning and the vibration of the rising air column serve to gently massage the ear drum, as the candle burns it creates an up draught and this gently helps to draw out built up secretions and blockages as well. Besides, the locally applied warmth stimulates the local circulation, invigorates the immune system and reinforces the flow of lymph. This process also assists in balancing the fluids and pressure in the ear, thus reduce pain, headaches, and nausea stemming from imbalances.

How to use Ear Candle - Instruction



Ear candles are easy to use. Before using Ear candles, put a glass of water within reach, to extinguish the remainder of the Ear candles after treatment.

Ear candling is best used in a relaxing and calm environment. Ensure there are no draughts in the room.

Ear candling is usually done by a second person, and not by yourself. Do not left yourself unattended during the treatment.

Start

1. Lie the person down sideways on a massage table in a comfortable position.
2. Support the head slightly so that the auditory canal is in the vertical position.
3. Place one finger over the stamped end of the candle (sealing the hole), and light the other end, which is unlabeled. Burn for 30 seconds, this ensures the candle is drawing properly. The Ear candle will burn with a flame throughout the treatment.
4. Place the non-burning end gently, but tightly into the outer ear passage, ensuring that it fits snugly and comfortably.
5. Hold the Ear candle loosely without pinching the candle (as this will impede the up draught) throughout the treatment.
6. Keep the candle as vertical as possible.
7. You will hear a pleasant crackling and hissing of the flame.
8. Burn the candle until it reaches about 1 cm above the marking line. This will take about 10 minutes.
9. Extinguish the remainder of the ear candle in the glass of water which is ready nearby.
10. Repeat the same procedures as above for the treatment of other ear by using a new Ear candle.
11. Lie down comfortably and take a rest of 10 to 15 minutes after both ears are treated. This greatly assists the overall effect.
12. Check the ear canal for any condensate residues. Remove these carefully with ear cleaner. Do not push the residue back to the ear.

Treatment Suggestion

- Always treat each ear one after the other, and equally.
- Recommend one treatment daily or 5 to 7 times a week in acute cases, and one to two times per week for chronic condition. Rest for few days before continuing for next treatment.
- Usually one treatment per month regularly is good for preventative or revitalizing indications.

Ear Candling for children

Ear candling can be applied to children as well, following the same procedures as described above, except using half of the length of the regular ear candle, i.e. use one candle for both ears, swapping sides after the candle has burnt down halfway.

Contra-indications:

- Do not use if there is an acute ear infection.
- Do not use during pregnancy.

Available in 8 different types of incense:

1. Sandalwood —brown color
2. Rosemary —blue color
3. Peppermint —white color
4. Bergamot —yellow color
5. Lavendar —purple color
6. Rose —red rose color
7. Tea Tree —green color
8. Orange Sweet —orange color

