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MON thru FRI 9am-6pm
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Ear Cones

Product Information Handout



This product can be purchased at Castle Remedies or ordered by phone for shipping.



When ear candling, Hand washing should be observed before, during, and after each session to guard against infection from germs, virus, or fungus that might be present. Allow 10 to 15 minutes for each candle used, adults use a minimum of two candles per ear per session

Have the person being ear candled lie on their side with a pillow under the person's head for comfort and to bring the head up even with the shoulder, allowing the ear to be as level as possible. Cover the person's hair and shoulder for protection from the fire, dripping wax with a cloth, towel, or fire retardant covering (like aluminum foil), leaving the ear exposed.



Look into the person's ear to determine the size of the opening. Trim the tip of the candle to match the size of the opening to insure a good seal when the candle is inserted into the ear. Use your fingers to make the hole round again.



Using sharp scissors cut an X in the paper plate, big enough to insert the candle snugly. Insert the small end of the candle through the face guard (paper plate) and light the large end of the candle.



Before inserting the candle into the ear, prime the smoke through the tube by placing your finger on the tapered end for about 10 seconds.



When you see smoke coming from the small end of the ear candle it is ready for insertion.

Gently but firmly place the small end of the ear candle into the ear opening. Make sure it is well seated in the ear by gently twisting or turning the ear candle. If you see smoke around the ear hole, the ear candle is not well seated. Adjust ear candle until a good seal

is established. When the ear candle is not well sealed, air gets in creating a powdery residue on the inside of the ear candle, do not be alarmed, it simply means you do not have a proper seal. Use a gentle twisting or turning motion to gently place the ear candle into the ear opening.

Most people find the procedure very relaxing since there should be no pain or discomfort at any time during the candling process. If the person finds it uncomfortable, stop immediately. The person being ear candled will hear constant crackling sounds of the fire during the candling process.



As the ear candle burns the beeswax and cotton cloth, the ash will curl inward and it must be cut off to keep the ear candle open at the top. Cut the burnt material halfway between the flame and the burnt end. Open the scissors wide, cut and lift up; then put the ash into the bowl of water.

The flame may appear to burn higher at times, which is due to burning of the material being drawn from the ear. When pulling out heavy ear debris, the ear candle will burn and consume some of it. While the ear candle is burning the flame can go up from 2 to 6 inches while there is wax or debris being pulled.



Allow the ear candle to burn down to about 3-4 inches above the plate guard. Remove the ear candle and the plate with both hands. Pull the ear candle carefully from the plate and snuff out the fire by dipping the end of the ear candle into the bowl of water. DO NOT snuff the ear candle out while it is in the person's ear. Blowing the ear candle out creates more smoke and some flying ashes, so extinguish the ear candle in water.

To open and view the remains, use sharp scissors to cut the ear candle vertically. The remains will consist of earwax, beeswax, possibly infection and/or other debris. If the person wishes to keep their candling remains, secure them in a small plastic ziplock bag. Use caution when handling the remains, as they may be infectious.

After both ears have been done, wipe out the outer ear with a moist towel or use glycerin on a cotton swab and gently cleanse the inner surface of the outer ear. Cotton should be worn in the ears to protect from wind and debris until the ear can regenerate a new wax coating, about a day is sufficient. You may also use some glycerin or ear oil on the cotton balls. If working outdoors, especially in wind, protection is recommended.

Remember, ear candling is a home remedy and is not a cure for any disease or specific ailment. Candling is not designed to take the place of professional medical advice or treatment when it is indicated. It's important to note that some people should not use ear candles. For instance, people who have had ear, nose, throat or sinus surgery recently, and those with tubes in the ears are not candidates for candling. Anyone with ear drum rupture, perforation, or experiencing bleeding of the ear, should see a doctor as this indicates a more serious ear problem than candling can address. As with all home remedies, anyone using ear candles must assume full responsibility for their use and should always follow the manufacturer's instructions.

HOW TO TRIM TO FIT YOUR EAR CANAL AND PROPERLY USE YOUR BEESWAX EAR CANDLE

- 1) Trim the tapered tip of the ear candle with sharp scissors to adjust it to your ear canal size. It should fit snugly in your ear canal and **not** touch your eardrum.
- 2) After trimming your beeswax ear candle, the tip will need re-opening, do this by rolling the ear candle in your fingers or by inserting a toothpick into the ear candle and opening it up.
- 3) After lighting the opposite end, (larger opening) hold it vertical (like a regular candle) with your finger over the bottom for about 10 or 15 seconds. Make sure smoke comes from the trimmed tip before inserting into your ear. This insures a slight vacuum from the smoke column.
- 4) Relax your body and mind and think of the column of smoke as removing toxins from your body.