

# Ear Candling with Kim

Detox your ears in a GENTLE, Soothing, NATURAL way



**Ear Candling** is a natural, non-intrusive procedure that may help alleviate the painful effects of chronic headaches or sinus conditions, ear infections, allergies or vertigo, as well as minor hearing loss due to excessive earwax build up.

*\$25 (includes 2 candles, both ears, approx. 30 minutes)  
meet at the lodge unless otherwise noted*

## Monday

	<i>Name</i>	<i>Cabin #</i>
2:00 p.m.	_____	_____
2:30 p.m.	_____	_____
3:00 p.m.	_____	_____
3:30 p.m.	_____	_____
4:00 p.m.	_____	_____
4:30 p.m.	_____	_____
5:00 p.m.	_____	_____
5:30 p.m.	_____	_____

### WHAT ARE EAR CANDLES?

Also called ear cones, ear candles are long, hollow tubes made of wrapped muslin. Ear candles are used for ear wax removal. They are believed by some to help with ear infection and other problems such as blocked ears, sinus headaches and lack of hearing.

Using ear candles is called ear candling. It is generally more comfortable and less expensive than conventional ear cleaning where water or hydrogen peroxide is forced into the ear canal with a 'squeeze bulb'. (Plus it's cheaper than a doctor's visit if you can do it yourself with a partner at home!) Ear candles, sometimes called ear cones, are considered a folk medicine, and there are art and historical text references of ear candling from various countries around the world including China, Czechoslovakia, Mexico and Italy.

Many people use ear candles once a year or less, but others with chronic ear infection or ear or sinus problems seem to benefit with much more frequent treatments. When using ear candles, the small end of the cone is put into an ear and the other end is lit. As the candle burns, the smoke travels into the ear canal, warming the ear wax in addition to creating a gentle vacuum. This can dislodge the wax or foreign debris and pull it into the ear cone, thus causing ear wax removal. . Ears should not get water in them or be exposed to very loud noises for 24 hours after treatment.