

## **Now Hear This!**

*By Jill Roggio and Donna Straff*

Ear “candling” or “coning” is a natural ear healing technique that dates back to 2500 B.C. Ancient cultures, including the Egyptians, practiced this therapeutic art which is now experienced around the world. The purpose of this technique is to clean out accumulated wax and fungus from the ears.

Through a process called “convection”, softer waxes and toxins will be drawn out of the ear, oxidized and turned into vapors during this holistic procedure. This procedure lasts about one hour, and two candles will be placed in each ear one after the other. Ear candling should be performed by a certified massage therapist.

The candles are paraffin cylinders that are gently placed into your outer ear. The cylinder is then lit at the opposite end and the low flame burns slowly, creating a vacuum which softens and pulls the old wax up the base of the candle. This process creates a sense of soothing warmth and is painless. Ear candling is a very relaxing process helping you to hear clearer and feel “cleaned out”. Ear candling can be done once a month, or once every couple of months to keep your wax build up normal. For more severe cases, once every two weeks is enough time between sessions to allow natural wax to replenish itself. If you can, imagine a hollowed out candle that can remove months and years of impacted and stored ear wax. Imagine how much better you could feel and hear after this procedure is complete.

Many people attest to the value and benefits of ear candling; especially those with more wax build up, those who have had previous ear injuries or infections, those who wear hearing aids, those who work outdoors (in a dusty environment), or those who perform in water activities.

Others can benefit if you suffer from:

- Sinus problems
- Sore throat
- Ear ache
- Swimmers ear
- Chronic headaches
- Allergies
- Hearing difficulty

**Overall benefits of ear candling**

- Improving physical balance
- Cleansing sinus cavities/lymphatic system
- Removing toxins left by medications
- Eliminating ear pains
- Promoting a healthier ear
- Eliminating itching and ringing

*Please Note:*

*Ear candling should not be done to people who have ear tubes, perforated ear drums, artificial ear drums, cysts in the ear, recent ear surgery, or mastoiditis.*

Ear candling is a holistic alternative therapy and is not recommended as a replacement for responsible medical care. If you have a serious ailment or suspect a serious ailment, please consult your physician before beginning ear candling.

Information regarding ear candling is not to be construed as a diagnosis or a medical prescription. The diagnosis of illness and prescriptions are to be made by a licensed physician. No claims are made for the cure of any disease.

Sophia Kloeber is a certified massage therapist, Jill Roggio is the Director of Operations and Donna Straff is the Owner of Salon Rage in Southampton, PA. The foundation of Salon Rage is based on client service, education, mentoring and teamwork.