F.A.Q.'s

Unlike your nose, there is a reason our ears are not big enough to stick our fingers in; we shouldn't do it. Human ingenuity has overcome this "short-coming" by creating the Q-Tip. Right on the Q-Tip package it says, bright as day, "Do not insert in your ear canal". If you use Q-Tips to clean out your ears every day, like millions of people do, you are compacting and impacting ear wax that would have stayed soft, pliable and naturally expellable. There are folds inside your ear that channel sounds toward your ear drum. Using Q-Tips presses wax into these folds, clogging them up and impairing your hearing. Being that the layer of wax now coating your outer ear canal is very thin, it dries and hardens before your ear has a chance to excrete it. Ear candles break-up and soften this hardened wax allowing your ear to kick out the wax and bring in the sound.

Disclaimer

We are not doctors or medical authorities. Ear Candles and Ear Oil have not been evaluated by the Food and Drug Administration and are not intended to cure, prevent, or treat any disease of the ear. If you are experiencing ear pain, loss of hearing or any other ear abnormality, go see your doctor prior to using this service. There are many ear problems that require specific treatment by a licensed medical practitioner. Ear candling can be a relaxing and soothing experience if and when used correctly. Have fun, and enjoy your experience using this service.

Ear Candling Price
(for 1 candle per ear session)

$20.00

If you would like to make an appointment, please contact:

Annie
607-498-5665
Annie's Tips and Toes
263 Rockland Road
Roscoe, New York 12776

What's an Ear Candle?

An ear candle is a hollow, tapered cone made from wax soaked unbleached cotton muslin

10 7/8" (27.6 cm) long
1/4" (7mm) diameter
1/8" (3mm) opening

Ear Candling is an Ancient Tradition

A traditional practice used for more than 2000 years, ear candling (also called ear coning) consists of placing the tapered end of a hollow cylinder coated with wax into the opening of the ear canal and lighting the opposite end on fire. Smoke and warmth will then freely enter the ear canal and begin softening hardened and impacted earwax.

Modern ear candling uses disposable hollow candles made from strips of unbleached cotton or linen dipped in paraffin or beeswax. Some candles are made with herbs or essential oils mixed into the wax, similar to the way ancients peoples placed medicinal plants and herbs in their ear candles for the beneficial effects of the smoke.
Ear Candling Basics

What are the benefits of ear candling?

Ear candling is a relaxing and soothing experience. It is a process whereby heated air is channeled into the outer ear canal for the primary purpose of helping to soften old, hardened and impacted ear wax. During the process small particles of ear wax and debris may be drawn up into the candle, however, the main portion of the softened wax is normally excreted naturally by the ear within the next few days.

Are there people who should not be candled?

Anyone who has had recent ear or sinus surgery, tubes, bleeding or draining of fluids from the ear, or an ear drum perforation should not ear candle. Any current serious ear or sinus problem should always be brought to the attention of an ear, nose and throat doctor.

Is the procedure uncomfortable?

Ear candling is a soothing, relaxing process. An interesting "crackling" sound can be heard as the candle burns. If the candle is allowed to burn shorter than 4 inches (10 cm), the heat produced may become uncomfortable to the ear canal. Always remove the ear candle when it burns to 4" in length.

How long does an ear candling session take?

When an experienced ear candler performs the procedure using 2 ear candles per ear, the session may last an hour or more. Each candle can take 8 to 12 minutes to burn down to 4" in length, where it is then removed and extinguished. A facial massage and ear oil application can be added to enhance and promote the procedure.

How many ear candles can be used per session?

For adults, 1 to 4 ear candles per ear are recommended for a single session.

How often can a person be candled?

Everyone is different, and so are their ears. Some people ear candle weekly, some monthly, others ear candle yearly and many candle with the change of each season. It is up to the individual person and the amount of wax that builds up in the ear, that normally determines how often the process should be done.

What should one do right after ear candling?

The ears may become sensitive after ear candling. It is recommended that a drop of natural oil (such as lavender oil) be put on a cotton swab and gently swabbed around the outer ear canal. Refrain from immersing your head and ears in water immediately after the ear candling procedure.

At what age can ear candling be administered?

We do not recommend this process for children under the age of 12. Children under 12 may not remain still while the procedure is being performed. The procedure involves fire, therefore, extreme caution should be taken should you choose to ear candle a small child. Ear candling is not harmful to children, but fire is.