



TAMPA BAY LASER HAIR REMOVAL

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Ear Candling & Ear Coning History

Ear candling is not a new alternative therapy.

Dating back to the year 2500 B.C. there is evidence showing that people used and were familiar with the practice of ear candling. Ancient cultures, including the Egyptians, made reference to its use. Parchment scrolls discovered in the Orient, also have described the procedure for ear candling, also known as ear coning. This ancient therapeutic art may have been developed with the domestication of the honeybee. Beeswax was and still is a key component to making the hollow cylinders used in the procedure. The principal cloth used by ancient Egyptians was linen made from flax (the fibers of an annual blue-flowered plant).

Today, high-quality ear candles are handmade from beeswax and unbleached cotton cloths. These specially fabricated candles are typically nine (9") to twelve (12") inches long and will burn for approximately ten minutes.

Through a process called convection, softer waxes and toxins will be drawn out of the ear, oxidized and turned into vapors during the procedure. This simple and time-proven therapy can be very effective in removing old and troublesome blockages from the ear canal, without the use of solutions or probes. Many people attest to the value of ear candling in cleansing the ear canals and sinus passages. Ear candling is a good example of how a simple, natural therapy, may be used to effectively solve many ear problems.

What is Ear Candling / Ear Coning?

Ear Candling is a natural way to remove ear wax.

Ear candling can clean out accumulated wax and white, flaky fungus from the ears. The accumulations withdrawn from your ears may be many months or even years

old. Ear candles are custom designed from natural fibers and tapered to precise specifications.

Ear Candling is NOT a cure for any disease, illness or ailment!

We believe ear candling can have positive health benefits for you. But, you are the ultimate judge if this time-honored practice could be beneficial to you.

Does Ear Candling hurt?

Absolutely not! It is a painless, harmless and a totally relaxing experience. If it weren't for the intermittent crackling and hissing sounds -- due to the burning of the wax and fungus being drawn up the chimney of the candle – you would never know that anything was happening in your ear (and it sounds loud, because . . .?).

How long does an Ear Candling session last?

About forty-five (45) minutes per session, however, you should allow one (1) hour for your appointment.

How often should I have Ear Candling done?

Initially, most people need just 2 or 3 candling sessions to get their ears clean . . . However, some people may need up to eight (8) sessions over a six-month period. Once your ears are clean, personal preference should determine how often you have your ears candled. Every three to six months would be practical.

Who can benefit from Ear Candling?

Ear candling can benefit almost everyone, from infants to adults. Musicians can benefit — especially singers and horn-blowers who often have a lot more wax build up than other people. People who wear hearing aids can benefit. Also, those people who have had previous ear injuries, can benefit from ear candling as they tend to have a greater build up of wax and fungus.

Who should not have Ear Candling?

Ear Candling should not be done to people who have ear tubes, perforated ear drums, or artificial ear drums.

What To Expect During And After Ear Candling

So what exactly happens during an Ear Candling session?

During the ear candling session you lie on your side with your body in a straight alignment. A special conical candle is inserted into a protective plate... The candle is lit and slowly begins to burn. The small tapered end of the candle is gently placed into your ear canal. The ear candle by its shape, design and length draws ear wax and fungus deposits from deep inside your ear canal. As the ear candling session progresses, extracted ear wax and fungus will be burned off, but a majority will be collected in the bottom part of the candle. After the candle has burned down and been extinguished, the therapist may cut open the remnant and show you any remaining contents that were not burnt out of your ear canal. Most people cannot believe what has been collected. Expect to be amazed!

What Happens After An Ear Candling Session.

For a short time after your ear candling session you may feel a lightness in your head and noises may seem to be much louder to you. This can be relieved by putting a little ear oil on some cotton and inserting this in each of your ears. You will most likely notice improved hearing, because the wax blockage is no longer present in your ears.

For a day or two after your ear candling session you may feel a warmth, or some itching in your ears. This is very easy to resolve. You can relieve the itching by simply putting a drop or two of Hydrogen Peroxide in your ears and then gently wipe them out with a cotton swab. Or if you prefer, use the same procedure, but with Echinacea liquid instead of the Hydrogen Peroxide. You may also notice your sinuses are draining, or that sinus drainage increases after your ear candling session. This is beneficial and will relieve the pressure in your sinus areas.

If you have had occurrences of sinus headaches, you should experience a decrease in their frequency. Also you may experience a heightened sense of taste, smell and sight. These are Conditions that may benefit from Ear Candling.

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