

Thermal auricular therapy

Learning objectives

This chapter covers the following:

- **a history of ear candling**
- **contra indications and contra actions to ear candling**
- **the manufacture and composition of ear candles**
- **how ear candles actually work**
- **the benefits and effects of ear candling**
- **ear candling treatment**
- **after care advice**
- **essential anatomy and physiology of the ear**
- **medical terms explained**

Thermal auricular therapy, also known as ear candling, is a centuries-old method of bringing an enhanced state of health to the ear, nose, throat and sinuses of the body. It is a gentle, non-invasive and relaxing experience carried out using hollow tubes known as ear candles. Ear candling also loosens earwax and the client generally. Not only is the treatment beneficial for the upper respiratory tract, but also for the circulatory and lymphatic systems, making it a whole body treatment. Ear candling has captured the imagination of many through its amazing effects and its simplicity.