

Ear Coning Instructions

Supplies You Will Need:

1. 2 or more ear cones
2. A bowl of water
3. A pair of scissors
4. A bamboo skewer or metal knitting needle
5. Q-tips
6. Cotton balls
7. Ear oil or hydrogen peroxide 3%
8. Alcohol
9. Paper plates
10. Paper napkins
11. A sanitary cloth or towel
12. Disposable gloves
13. A plastic bag (to dispose of waste)
14. Matches, lighter or candle
15. A marker
16. A ruler
17. Soft music or guided imagery CD

Coning Procedure:

1. Create a mood with pleasant music. Besides the atmosphere music provides, the person being treated can often enjoy hearing enhancement as the process progresses.
2. Make sure you are in a well ventilated space and use a fan to displace the smoke.
3. Place a towel on the resting area to protect your furniture from wax drippings.
4. Have the person comfortably seated on a cushioned table or bed. Have them lean on their side with that ear up. Rest the person's head on a small pillow covered with a towel or paper napkin.
5. Place a towel over their shoulder and clothing for protection from dripping wax.
6. Take the paper plate and carefully cut an "x" 3 inches off-center with a sharp knife or scissor.
7. Mark 3-4 inches off the base of the cone so you can see how far to let it burn.
8. Push the small tip of a new ear candle through the "x". Angle the candle a little bit so any wax drippings or ash will fall on the plate.

9. Take a slow, deep breath to center yourself.
10. Give the person suggestions for relaxation and comfort. (You may play the Guided Imagery CD Available soon for practitioners)
11. Light the large end of the candle. Wait a few seconds until smoke starts to flow from the other end. (NOTE: This can be smoky- watch out for smoke detectors).
12. Insert the small end into the ear, angling the candle away from the person's face. Angling the candle protects the person from dripping wax, and prevents wax from running into the ear canal.
13. Adjust the candle in the ear to seat it properly. (You may have the person assist you). If smoke is coming out of the ear, the candle has not been seated properly. Adjust until the smoke stops.
14. Allow the candle to burn 3 to 4 inches.
15. Remove the candle and cut off the burnt section with scissors.
16. Turn it upside down over the water bowl. Use the skewer or metal knitting needle to push the debris out of the candle and into the water bowl.
17. Relight the candle and continue burning until 4 to 5 inches of candle remains.
18. Douse the candle in the bowl when you are finished.
19. If necessary repeat steps 7 through 12.
20. Have the person turn over and repeat steps 4 through 13 for the other ear.
21. Clean out the ears with a Q-tip dipped in ear oil or hydrogen peroxide 3%. This soothes the nerve endings. (NOTE: Do not go deeply. Clean only the part you can see).
22. If it is windy or cold, put some cotton in the person's ears for the first 3 hours to protect them. (When it's warm this isn't necessary).
23. Make sure you dispose of the debris and used cones in a sanitary way. The material can be infectious. Wash and disinfect thoroughly after performing the service.