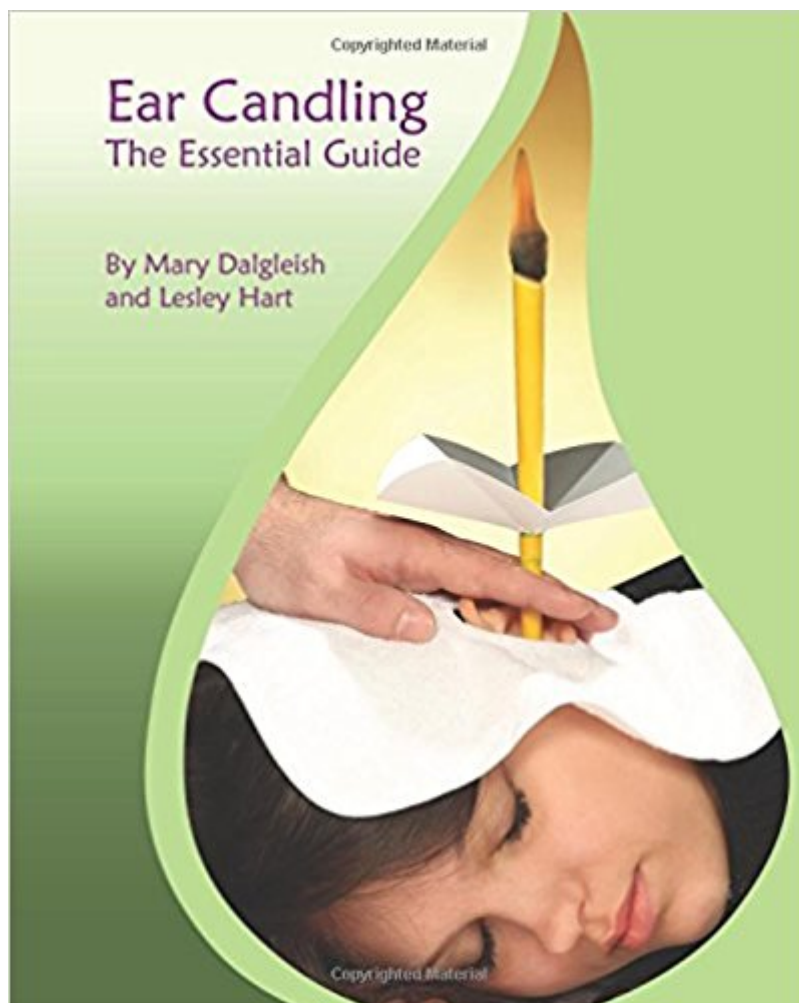


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# Ear Candling - The Essential Guide: Ear Candling - The Essential Guide: This Text, Previously Published As "Ear Candling In Essence", Has Been Completely Revised And Updated.





## Synopsis

^Ear Candling the Essential Guide^™ provides therapists, students and the public with an interesting and accessible introduction to ear candling. This book which was previously published as ^Ear Candling in Essence^™ has now been completely revised and updated. Ear candling has been used for millennia and this fascinating book covers the history of ear candling from its use by the ancient Egyptians, Greeks, Romans and other world cultures. It provides advice on important ear candle safety features and explains how ear candles work. It also includes comprehensive information on the anatomy, physiology and pathology of the ears, nose, throat and sinuses as well as the benefits of ear candling and contraindications to treatment. It goes on to concentrate on practical application with step by step instructions on treatment and massage techniques. Information on ear candling courses and advice for therapists is provided, along with a list of relevant websites, further reading and a very useful glossary of terms. Written in an accessible style with colour photos and illustrations, numerous frequently asked questions and case studies, this book is the perfect introduction for therapy students, professional therapists topping up their skills or anyone wanting to learn more about the history and practice of ear candling. The authors are practising complementary therapists and experienced tutors and teach a range of complementary therapy courses in the UK and abroad.

## Book Information

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## Customer Reviews

This attractively presented and easily accessible book is very thorough and addresses all aspects of

Ear Candling comprehensively ... The authors do the subject justice and the publishers have produced an attractive book with plenty of helpful photographs and diagrams along the way. I have no hesitation in recommending it to students and tutors alike. -- Marion Fewkes, In Essence 20070301 --This text refers to an out of print or unavailable edition of this title.

Mary Dalglish has worked as a practising complementary health therapist since 1999. After experiencing the power of complementary therapies in improving her own health and wellbeing, she studied Aromatherapy at the Tisserand Institute in London (where she later worked as a tutor and student mentor). After that first course, her interest in holistic healing was aroused and she went on to study a range of disciplines including Reflexology, Ear Candling, Ayurvedic Foot Massage, Natural Face Lift Massage and Indian Champissage (traditional head massage) with the late Narendra Mehta at the London Centre of Indian Champissage. She worked with Narendra Mehta for many years and still continues to teach courses on behalf of the London Centre of Indian Champissage. Mary is a qualified and experienced teacher with a Master's Degree in Education. She was an "Excellence in Education" award winner in the FHT's 2012 awards. Mary now uses her teaching skills in the field of complementary therapies teaching Anatomy & Physiology, Indian Head Massage, Facial Rejuvenation (Natural Face Lift Massage), Natural Facials, Ayurvedic Foot Massage and Ear Candling courses in the UK, Ireland and often further afield. She also runs her private complementary therapy practice near Wimbledon in South West London. Mary has co-written two books with her friend and colleague, Lesley Hart who is also an experienced complementary therapist and teacher. Their book "Ear Candling in Essence" previously published by Hodder Arnold, has now been completely revised and updated as "Ear Candling - The Essential Guide". Mary and Lesley are passionate about their work and through their therapy practise and teaching, they love to see others bloom and flourish. They say: "Our ethos is to offer excellent training to small groups in relaxed friendly environments. Our aim is for our students to gain professional qualifications in the field of complementary therapies and achieve the confidence and expertise necessary to work effectively with clients. We delight in teaching students around the world to discover the healing power of hands-on therapies and the benefits they bring. Many of our qualified therapists offer their skills in spas, holistic health clinics, beauty salons, hospices, hospitals, and on-site in offices." You can discover more about the authors by visiting their websites on [www.head2toemassage.co.uk](http://www.head2toemassage.co.uk) and [www.hands-on-training.net](http://www.hands-on-training.net)

Excellent product, service and price.

Perfect

It is informative. It is not designed for entertainment but does its job of informing the reader.

great addition to your ear candling collection, easy to read, good pictures, a quick read. good reference guide to work with

Very informative and easy to read... Dispels the myths of ear candling and give great links to resources.

I have used ear candles for decades. It was the only thing that got rid of my daughter's very painful swimmer's ear. I took her to multiple specialists and they prescribed various drops, but they did not cure the condition. I paid a heck of a lot of money for nothing. The ear candles create a vacuum in the ear canal which gently pushes incredible amounts of wax into the hollow space of the ear candle. When you want to stop, just put the burning end of the candle into a cup of water. Cutting the used ear candle open will make a believer out of you. The candle pulls out two kinds of wax; the darker, gooey wax and a yellowish, powdery wax that I didn't know existed until I used the candles. I usually let it burn down 3-4 inches. With all of that built up crap out of your ear canal there is nowhere for bacteria to make a home. When I finally convinced my 75 year old mom to try them, not only were her ears cleared of loads of built-up wax but her hearing improved...makes sense. The people who say these don't work probably had the narrow end smashed against part of the ear and not lined up with the ear canal or did not let them burn long enough. They really work. My family hasn't had any ear problems of decades. They are inexpensive and available at health food stores but unfortunately I don't see them on .

I wasn't a believer. I didn't think this ear candle thing would work. I WAS WRONG!!! I'm 65 and am having slight hearing problems and wax buildup. My husband was the wizard with these things, and now I hear better than ever! Really!! I can hear the TV in the living room now when I'm in the bedroom. Couldn't hear it before. I think my husband now has the TV too loud (but the volume setting is the same as it was before the candles went into my ears). All I can say is, try it - can't hurt!!!

A very good book to help you get introduced to ear candling and performing the intricate detail of the book. A healthy way of healing with guess what? No side effects!Dorothea

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