

Using Ear Candles is simple...



Relax away from stress...
NATURALLY

Please use ear candles **ONLY** with the supervision and/or assistance of another person.

Do not use in a windy environment.

Harmony Cone Ear Candles

www.harmonycone.com / 877-570-4484

What you will need:
paper plate, a cup of water, and matches.

Directions:



1. Lie on your side with your ear facing the ceiling.

2. In the paper plate, make a cut in the shape of the letter "X". Pass the candle through it with the tip down, so that the burn line is still on top.



3. Ignite the larger end, not the pointed end, and wait 7-8 seconds before carefully inserting.



4. Hold the candle during the entire process*. When the flame burns down to the burn line, extinguish the candle in water.



5. After the entire process is completed, there may be a slight smoke residue. Use only candles with a patented safety tip. You may now clean the visible part of the ear with a cotton swab.

