



## INSTRUCTIONS

### Please read carefully

 BIOSUN Earcandles are about 22 cm long and have a burning time of 10-12 minutes. Earcandles need to be lit to function and continue to burn through the treatment. Beware of the fire hazard!


 For safety reasons we do not recommend you to carry out the treatment by yourself.

It should always be done by a second person.



*This will ensure your safety during the treatment and enables a considerably deeper relaxation.*


*Before you start, always place a glass of water within reach in order to extinguish the Earcandle.*

 Do you suffer from chronic or acute diseases? Do you feel earcandling may not suit you? In this case you should by all means consult a therapist of your confidence for further advice.


In the presence of a perforated eardrum or tympanostomy tube implants (grommets) we strictly do not recommend the use of Earcandles.

The same applies to all kinds of inflammation or infection of the ear or skin diseases in and around the ear.

Very rarely allergic reactions to the ingredients are reported. This takes the form of spontaneous itchiness and can be relieved with suitable eardrops.

 The application of Earcandles is at your own risk and responsibility. If you follow the instructions carefully, the application will be simple and safe.


## Safe and Easy Use of Earcandles

 **Preparation:** Create a relaxed atmosphere before you start. Our American Indian relaxation music and essential oils are a good way to achieve this.

*You will experience earcandling much more intensely if you keep your eyes closed.*

Keep yourself warm with a blanket. Lie down on one side in a comfortable position. Support your head with a pillow so that the auditory canal is in a vertical position.

*The room should be draught-free, so the flame will burn smoothly. Draught in the room while the Earcandle is alight can result in small, cold ash particles blowing off the Earcandle. In order to protect your hair and clothing, your partner can place a cover around the treatment area.*


 **Lighting:** When preparations are complete, your partner sits comfortably next to you.




He/She should light the Earcandle at the **unlabeled** end and place the **non**-burning end gently into the outer ear passage.

A light turning movement should be applied until the Earcandle is sealed in place.


*The Earcandle is placed properly when you hear the pleasant crackling and hissing of the flame.*

 Your partner will hold the Earcandle firmly in place throughout the process. He/She will take care that no hair is within reach of the flame.


 **Burning down:** Remember the Earcandle has to be lit at the unlabeled end, opposite the safety filter!




*The Earcandle will never self extinguish! At the most, the Earcandle may be burnt down to 1 cm above the red line (maximum burn) marking. Carefully remove the remainder of the Earcandle and extinguish it in the glass of water nearby.*

 **Treat both ears:** It is generally advisable to treat both ears one after the other, each with a new Earcandle.

Any condensation material that remains attached to the fine ear hairs should be gently removed.

 **Subsequent rest:** A subsequent rest of about 15 - 30 minutes will positively support the overall result.

Continue to enjoy soft relaxation music and/or the smell of aromatic essences during this phase as well.

 **Storage:** Please always store Earcandles in the airtight bag in a dry and cool place.

*BIOSUN hopes you enjoy your treatment!*

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Original BIOSUN

# HOPI EARCANDLES

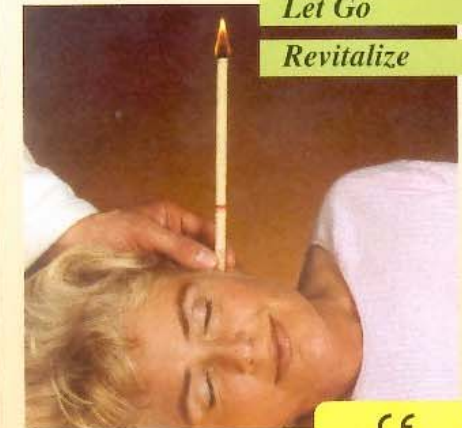
*Indian Relaxation Ceremony  
Calms the Mind  
Soothes the Head and Ears*

**Discover Pure  
Wellness!**

Relax

Let Go

Revitalize



CE

EC guidelines  
93/42 (EEC) for  
medical products

BIOSUN®

Feel Well. Naturally.

## The Legend

The magic of fire has fascinated people from the very beginning of time and control of this element gave light and warmth.

Earcandles evoke a similar fascination and have been used by many cultures as an effective natural therapy since ancient times.



Historical roots can be found among the peoples of the Siberian prairies, Asia and the native North and South American Indians.

*Ancient rock paintings show the use of Earcandles at initiation rituals and medicinal ceremonies.*

The Hopi, the oldest Pueblo people with great medicinal knowledge and a high degree of spirituality, brought this knowledge to Europe with the professional involvement of BIOSUN.

*Since 1985 we have been researching the use of Earcandles and re-establishing their popularity.*



Martin Gashweseoma, traditional Hopi Elder and Guardian of the sacred stone tablets of the Fire Clan.



Coloured wall mural in the Hopi Tower, Grand Canyon

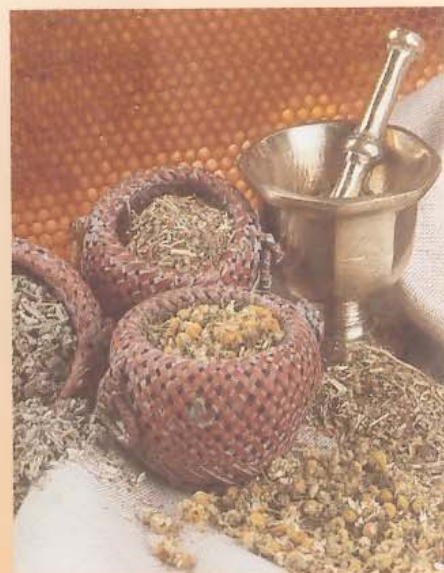
Increasing numbers of people in our culture have enjoyed and benefited from the pleasant effects of this age-old ceremony.

## Excellent Quality and Best Ingredients

Original BIOSUN Earcandles are still made by hand today using the traditional recipe and the finest regularly tested ingredients.

Without compromise, only premium quality, pesticide-free untreated cotton is used.

Slight differences in colour or length are quality features of craftsmanship and are distinctive of this natural product.



For our Earcandles we use only pure beeswax, honey extract and traditional herbs such as Sage, St John's wort, Camomile and pure essential oils.

## "Dream Your Inner Healing"



"Dream Your Inner Healing" is an inner musical journey, an intensely soothing, Indian relaxation music.

This is the first time that musicians have been inspired by this fascinating Indian ritual to compose a powerful piece of music.

Listened to during an Earcandle treatment to enhance relaxation, used for meditation purposes or given as a special gift, this composition is an extraordinary sound experience.

## Integrity and Safety

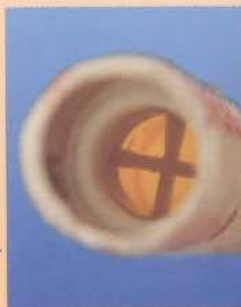
More and more satisfied customers around the world use BIOSUN Earcandles. They benefit from 15 years of Earcandling experience and the high quality and safety standards.

The red line (maximum burn) marking around the candle and a specially developed safety filter ensure simple and safe application.

BIOSUN Earcandles are regularly tested by independent institutes.

They are certified medical products according to EC guidelines 93/42 (EEC).

Another important reason for you to trust Original BIOSUN Earcandles.



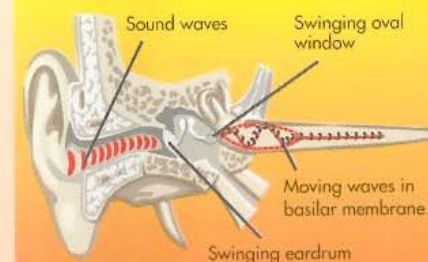
## How they work

Earcandles have a purely physical function. A light suction action (chimney effect) and the movement of the flame create a vibration of air in the Earcandle, generating a massage-like effect on the eardrum.

This induces a pleasant feeling of warmth and a balance of pressure in the ears, forehead and sinuses. It is soothing and helpful for earache and headache, ear noise, stress and nervousness.

These benefits have been well known through 15 years of experience and confirmed by thousands of doctors worldwide.

## Sectional View of the Ear



This physical effect is often described directly after the treatment as a soothing, pressure and pain relieving sensation, mainly in the ear and head area.

Treatment may also spontaneously cause freer nasal breathing and an improved sense of smell, even when the nose was blocked before treatment.

Furthermore, the whole ceremony brings a wonderful relaxation, a deep sense of security and a feeling of happiness, which is seldom experienced.