

Ear Candling Aftercare


After receiving ear candling please note for some salon guests you may experience the following for up to 72 hours after treatment:

- Light headed
- A little ear ache
- Headache
- Dry throat
- Cold like symptoms
- Loose wax coming away from the ear

To care for yourself after your ear candling treatment please follow these instructions:

- Do not expose you ears to extreme winds and cold weather, keep them covered
- Drink plenty of water or herbal teas, this will help with rehydrating and flush out any toxins in the body
- Do not submerge your head under water for at least 24 hours (use ear plugs whilst swimming, showering or bathing)
- You must wait 48 hours before your next ear candling treatment
- Reduce your dairy intake such as milk & cheese as these can produce mucus
- Avoid smoking
- Rest as much as possible after any treatment
- Enjoy a warm bath (remember those earplugs)

Thank you for choosing PURE Holistic Beauty for your ear candling treatments....Have you booked your next appointment yet?

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 <https://www.pureholisticbeauty.co.uk>

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