



## 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.

By Mary Dalgleish

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‘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.

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## **Editorial Review**

### Review

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

### About the Author

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)

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