



In my training for Thermo-auricular treatments I have come across this very useful information. It has been well used and with very good results.

Thermo-auricular ear blend

The causes of earache can range from a viral infection (including colds and flu), to blowing your nose that bit too hard, to perforation of the eardrum by strenuously trying to clean out earwax with a cotton bud. Traditionally, the medical profession will recommend a course of antibiotics. The blend is designed to relieve pain quickly, unblock the ears (specifically, the Eustachian tubes), remove earwax, and reduce any inflammation as well as addressing any underlying or potential ear infection.

What's in the blend?

The blend is a precise balance of the analgesic and anti-inflammatory aspects of Lavender, Chamomile and Marjoram together with the anti-viral and anti-bacterial aspect of Eucalyptus, Tea Tree and Thyme.

Its general properties are – Anti-allergenic, Antiseptic, Antibiotic, Anti-viral, Anti-bacterial, Analgesic, Anti-inflammatory, Decongestant.

As in all blends, oils with potential contra-indications are present in low dilution and mitigated by other oils contained in the blend. This makes it highly unlikely that any blend (used as directed) would trigger any adverse reaction. Nonetheless, a standard consultation should be conducted and any history of allergic reactions to essential oils or cosmetics will be taken into account. If there is any doubt or concern a 'patch test' should be conducted.

The patch test

To test for reaction to a blend or oil, I simply apply a drop of the neat blend that you intend to use onto the gauze of a normal plaster and put the plaster on a forearm leaving for 24 hours. If there is no reaction or irritation to the neat oil, you should have no problems using it in dilution.

Use

For general use, the blend should be applied daily or twice daily as advised.

Compacted earwax

Where the earwax is highly compacted or 'stubborn', we use a 'surfactant' or 'solubiliser' – something that is used commercially in all non-oil products that contain essential oils. It binds with oil at the molecular level and makes the oil soluble in water without



affecting its therapeutic properties. Gently massage a little surfactant with the blend into the ear to aid absorption. Leave the ear sealed with a cotton wool ball for an hour or so to enable the surfactant to bind with the earwax before washing the ears thoroughly using plenty of water. Repeat daily until clear. This has proven very effective in treating very highly compacted wax.

Ear infections

Soak a cotton wool ball in the mixture (gently warm before use). Insert the cotton ball in the affected ear and leave for at least one-hour repeating daily until the infection is clear.

Blocked or painful ears (Eustachian tubes)

Massage a little blend behind the ear and down the neck (in the area of the Eustachian tubes) frequently through the day.