

Public Health Advisory

Health Risks of Ear Candling

August 28, 2020

Nunavut-wide

The sale of ear candles on social media in the Kivalliq region is prompting a warning from the Department of Health. Ear candling can be dangerous and provides no proven medical benefits. Selling ear candles for medical reasons is illegal in Canada and Health Canada has banned the import of ear candles into the country.

Ear candling is an alternative practice that is believed to cure several medical problems such as a buildup of ear wax, earaches, and sinus infections. Ear candling involves placing a hollow, burning candle into the ear canal.

The risks associated with ear candling include:

- serious burns;
- punctured ear drums;
- temporary loss of hearing;
- candle wax blocking the ear canal; and
- nearby objects catching on fire.

If you are concerned about ear wax or other conditions, visit your local health centre to discuss safe and effective treatment options.

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