

Ear Seeds 101 With



naowellness

What Exactly Are Ear Seeds?

Derived from Traditional Chinese Medicine, Ear seeds are adhesive seeds placed on specific acupressure points on the ear to address symptoms and areas of the physical and emotional body.

Ear seeds are safe, non-invasive, needle-less healing modality that can easily be including in your self-care routine.



What Do Ear Seeds Help With?



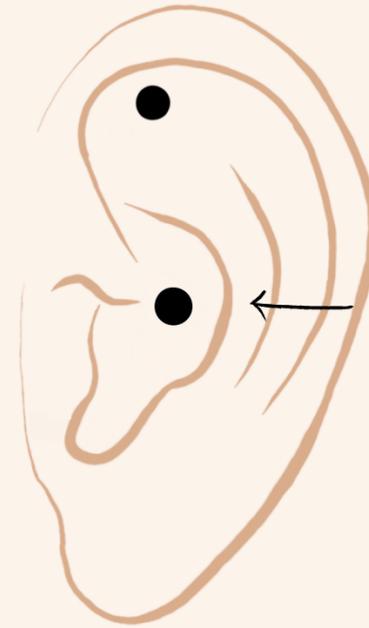
- Acne and other skin conditions
 - Depression
 - Anxiety
 - Post-trauma
 - sleep / insomnia
 - Allergies
- Immune system support
 - Back pain, sciatica
 - Eyes / vision
 - Fertility (m/f)
- Womens health: menopause, postpartum, pms
 - Memory and focus
 - Headaches
 - Migraines
- Kids: motion sickness, focus, behavioral support
 - Libido
 - Weight loss

Some Common Points



Shen Men

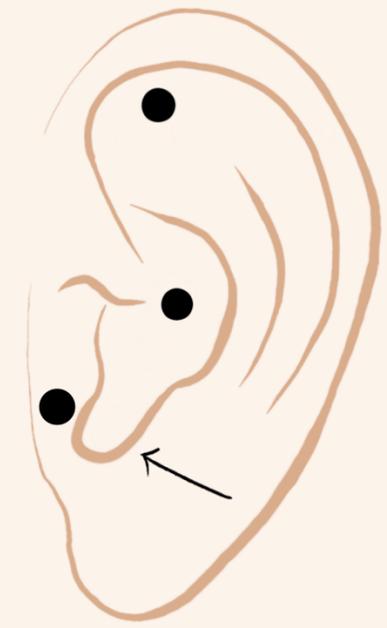
This point is commonly referred to as the "spirit gate." Shen men strengthens the effect of the other points when used together and is considered the doorway to the mind and the spirit.



Point Zero

This point is actually the most balancing point of all auricular points.

It brings the body towards homeostasis and corresponds to the navel, influences digestion, helps bring natural flow of stomach energy downwards.



Tranquilizer

This point relieves stress and supports relaxation.

Placements of these Points



Shen Men



Point Zero



Tranquilizer

How To Apply Ear Seeds

 [Click here for a video tutorial!](#) 

FAQ's:

What are Ear Seeds?

Ear seeds are adhesive seeds from the natural Vaccaria plant placed on specific acupressure points on the ear to address specific symptoms and areas of the physical and emotional body. This holistic treatment is called auriculotherapy.

What does the kit come with?

Kit comes with either 20 or 40 seeds of your choice, tutorial on how to apply, and every healing remedy so you can easily be your own healer in 5 minutes. Scroll up to learn to place your ear seeds in 3 simple steps.

FAQ's:

How do I know I'm applying them right?

Once the ear seeds are on and you massage them when you start to feel symptoms you will absolutely be reaching the acupressure points.

Why are my ears sore?

If you too experience pain on your ears from the application of the seeds, please listen to your body and decide what's right for you. If it's too much pain, remove your seeds and let them breath for 2-3 days. As the pain in your body lessens, so will the pain in your ears - that how you'll know it's working!

FAQ's:

Are there any side-effects?

Please consult your doctor before using Ear Seeds if you are pregnant. You might feel some soreness, tenderness, or sensitivity.

Listen to your body and feel free to remove the seeds if this discomfort continues. If any skin irritation, swelling, or pain occurs, remove the ear seeds immediately and contact your doctor. Never place ear seeds inside ear canal.

Can I shower with them?

Yes, continue to swim, shower, and sweat normally with your Ear Seeds. Make sure you pat dry and press down on them lightly once a day.

FAQ's:

Do Ear Seeds puncture skin like needles do?

Ear seeds are safe, non-invasive, needle-less, and can be integrated with other treatments. You should not feel any serious pain or discomfort. If you do take off the seeds immediately.

How long until results?

We are giving you the tools for educational use only. We do not make claims to individual results if you experiment with Auriculotherapy. In studies including proper placement, Ear Seeds have shown results in a variety of time. The number one tip we suggest would be to: listen to your body. While our kits can aid healing, there is not a one size solution.

FAQ's:

How many ear seeds should go on each ear?

Pick three to four ear seed points from the ear map and whatever points you choose for the right ear you must do to the left ear in order to achieve equilibrium.

Are these offered as a wholesale item?

Yes! Wholesale orders can be ordered on Faire [here](#). We'll offer you \$100 off your first order plus free shipping for 1 year. This way you can try NAOs products without any risk.



Swarovski Crystal Ear Seed Kit
\$35.00



Rainbow Crystal Ear Seed Kit
\$40.00



Stainless Steel Invisible Ear Seed Kit
\$25.00



24K Gold and Swarovski Crystal Ear
Seed Kit
\$48.00



24K Gold Ear Seed Kit
\$28.00

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and **@naowellness** on IG!