

Ear Seeds, Pellets, & Tacks



What Is Auriculotherapy?

Auriculotherapy is the stimulation of specific points on the ear, which is believed to be a microsystem of the entire body.

Side Effects & Contraindications

- If you are pregnant please consult your doctor before using Ear Seeds.
- If skin irritation occurs from the ear seeds, or if swelling should occur, remove the ear seeds immediately and contact your doctor if symptoms persist.
- If you have a latex allergy notify your physician before use as there are different adhesives used.

Sometimes, when a point is “active” the ear seed will make the ear feel a little sore. This is normal. If discomfort persists you can remove the seeds/tacks. This discomfort is different than a skin irritation.

On rare occasions, some extremely sensitive people may experience slight nausea or dizziness upon application. This should disappear within the first few minutes after application.

How does it work?

Small black seeds (from the vaccaria plant), small metal beads, or tacks are secured on the ear with a small piece of adhesive tape over specific acupressure points in the ear. The continuous mild pressure they exert is amplified by stimulating the seed or pellet with a few seconds of fingertip massage every few hours. Seeds and pellets do not break the skin, whereas tacks are very short needles that do puncture the skin.

How Long Do I Leave Them in My Ear?

- Seeds and pellets can be left on for up to 5 days.
- Tacks can be left in for 3 days.
- Do all you’re your normal activities: showering, sleeping, swimming etc.
- They may fall off sooner, depending on where they’ve been placed.
- After 5 days of wear, remove, discard, and clean the skin.

* Bring ear tacks back to the office in a small pill bottle for proper disposal