

# Hopi Ear Candles

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Ear candles are hollow tubes made from unbleached cotton or linen, hardened with beeswax and infused with honey and various herbs. Ear candling claims to have a variety of health benefits. It is a safer and recommended alternative to ear syringing. The candles work by vaporising their ingredients and acting as a chimney, helping to loosen any obstructions within the ears. Ear candling is an ancient practice that has been used for centuries in many cultures. Other names given to ear candling include coning, thermo or thermal auricular therapy or thermotherapy.

## **Benefits of Hopi Ear Candles:**

- Relaxation and reduces stress.
- Softening and loosening of earwax. Great for glue ear.
- Relief from sinus problems, hay fever, headaches and snoring as helps to clear airways.
- Relieves tinnitus.
- Helps with catarrh and asthma as is anti-inflammatory and soothing.
- Helps with meniers disease, helps to re-balance the senses and reduce dizziness and nausea.
- Easing pressure problems.

## **What happens during the treatment?**

Prior to a treatment a comprehensive consultation and examination of the ear is conducted. This consultation will include a full medical history (including medication & any current medical intervention). A lifestyle history (diet/exercise/sleeping patterns) will also be taken, allowing the treatment to be adapted to meet individual needs.

The treatment is usually performed on a couch, lying on one side. All facial and neck jewellery/glasses are removed. Clothes are kept on; only the ear being treated and face is exposed. A protective cloth will be placed over the ear and an ear candle will be gently inserted into the opening of the ear. This procedure is then repeated on the other ear. During the treatment gentle heat around the ear and feeling of pressure being released may be felt. Popping sounds may also be heard as the ingredients are burning. Once both ears are treated a soothing massage is given. Wax may continue to loosen after the treatment. Depending on the individual needs, a course of treatment may be recommended.

**For further information or to book an appointment please call 01283 5166444**