



Preens

Beauty and Aesthetics Centre

.... for your ears

Hopi Ear Candling

This ancient therapy derives from the Ancient Greeks, Romans and Aborigines, and was reintroduced to the modern world by the Native American Hopi Indian Tribe.

Hopi means 'peaceful people'. The Hopi's were the first settled Pueblo Indians of North America. For many centuries they lived in peace with earth and nature, understanding and abiding by the universal laws. The Hopi people are extensively known for their healing and spiritual lifestyle. Ear candles were traditionally used by Shaman healers. They were named after the Native Americans who brought them to Europe.

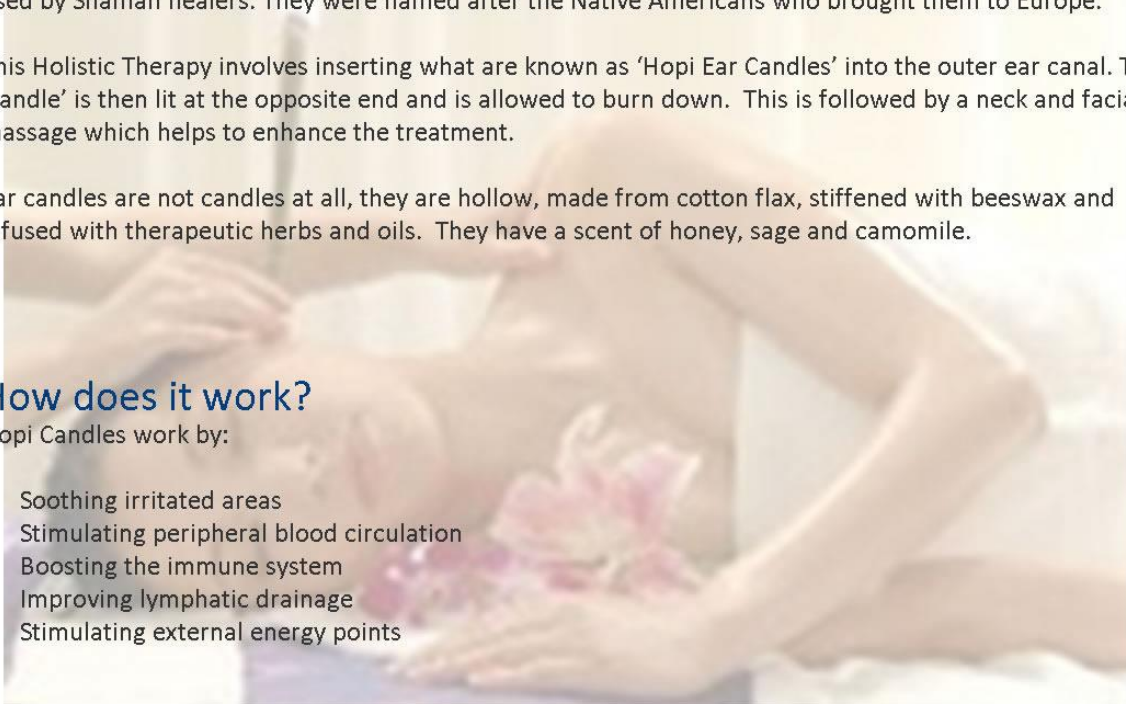
This Holistic Therapy involves inserting what are known as 'Hopi Ear Candles' into the outer ear canal. This 'candle' is then lit at the opposite end and is allowed to burn down. This is followed by a neck and facial massage which helps to enhance the treatment.

Ear candles are not candles at all, they are hollow, made from cotton flax, stiffened with beeswax and infused with therapeutic herbs and oils. They have a scent of honey, sage and camomile.

How does it work?

Hopi Candles work by:

- Soothing irritated areas
- Stimulating peripheral blood circulation
- Boosting the immune system
- Improving lymphatic drainage
- Stimulating external energy points



Hopi Ear Information

The locally applied warmth stimulates the peripheral blood & lymphatic circulation.

Local acupressure and reflex points are stimulated.

The physical effect is often described directly after the treatment as a soothing, pressure & pain relieving sensation, mainly in the ear & head area.

Treatment may also spontaneously cause freer nasal breathing & an improved sense of smell, even when the nose was blocked before treatment.

The candles will help with ear, nose and throat problems as well as being calm and relaxing.

The following conditions are amongst those benefitting from the treatment:

- Stress/ relaxation
- Bell's Palsy
- Candida
- Ear Eczema
- Excessive or compacted ear wax
- Colds
- Earaches,
- Glue ear
- Hayfever
- Allergic Rhinitis
- Headaches
- Hearing difficulties
- Labrynthitis
- Menieres disease
- Migraines
- Obstructive Sleep Apnoea (OSA)
- Sinus problems
- Snoring
- Sore throat
- Tinnitus

Regular treatments can help to avoid excessive build-up of wax and fluid in the inner ear. It is also of benefit if you are about to take a flight or go diving.

Can I have a treatment?

If you have any of the following conditions, we may require doctor's permission before treatment:

- Perforated Eardrum
- Grommets or other similar devices to drain ear
- Inflammation of outer ear
- Allergic to any components in Candle
- Taking antibiotics
- Any severe dental work has recently been carried out
- Taking medication for Ear/Sinus/Teeth problems.

If you have any questions please call to discuss as each case will be dealt with individually.

