

Hopi Ear Candling

Hopi ear candling, also known as Thermo Auricular Therapy is an ancient form of therapy practiced by many people on a worldwide basis. Its name is associated with the Hopi Indians of North Arizona and means 'peaceful people'. Ear candles were used traditionally by Shamen healers. Ancient wall paintings show their importance in initiation rituals and healing ceremonies of the tribe. The candles are still made today on the basis of the old traditional formula originating from the Hopi Indians. It is also believed that the Ancient Greeks used ear candles, initially for cleansing, purifying and healing on a spiritual level but much later on a purely physical basis.

Quite different from conventional wax candles, a Hopi ear candle is actually a cotton tube, impregnated with beeswax, honey and therapeutic oils, that is painlessly inserted into the ear to draw out impurities, relieve pressure in the head and sinus and aid hearing problems

After a full consultation to ensure there are no contra-indications and to ensure the treatment is delivered in the most effective way for each client's unique requirements, lying comfortably on your side, the candle will be gently placed into the ear canal where it is lit, this will be held steady in a vertical position and you will enjoy a relaxing head massage during the candle burn. You will experience a pleasant crackling sound as the candle burns and a warm comfortable feeling. A light suction action (chimney effect) and the movement of the flame create a vibration of air in the ear candle, generating a massage-like effect on the eardrum which helps balance the pressure in the ears, forehead and sinuses. This process will be repeated on the other ear. Treatments finishes with a gentle pressure point lymphatic facial and ear massage which helps drainage from this area.

Hopi candles can be used to help many conditions including deafness caused by excess wax, congested sinuses, irritation in the ears, ringing or noises in the ears, tinnitus, rhinitis, glue ear, colds, flu, headaches and migraines. Also for our increasingly stressed society it is a deeply relaxing, calming and soothing experience. Restoring equilibrium or pressure in the ear is particularly beneficial before and after a flight, frequent flying and sports such as diving. As their action is so gentle, they are also suitable for children.

It is important to note that the candle does not suck wax out of the ear; it stimulates the ear to eliminate the wax naturally, ensuring maximum safety.

Treatment time 1 hour £45

