

Hopi Ear Candling

Ears - Some ear disorders may have a simple cause, water in your ear from the shower, swimming or just washing your hair and even dulled hearing from too much loud noise. But what if you experience noise irritation in your ear? Feel dizzy or unbalanced? Has your hearing become dull? This can be because of wax build up in the ear. An otoscope is conducted by the therapist to examine the wax build up in the ear and to then design a course of treatments.

Nose - You can experience a blocked nose from a cold that can irritate your sinuses. Or you may have a general sinus problem that flares up regularly. Do you or anyone you know snore? Hopi can help reduce all of these symptoms as the gentle process of extracting wax reduces facial pressure with lymphatic drainage massages.

Throat - Sometimes you can feel you have a “thick throat”, or suffer from tonsillitis, sore throats, flu, colds or generally weakened immune system. This can be helped with the treatment as the lymphatic massage aims to unblock toxic build up and release it through your natural system, which can help ease the pains.

Treatment - When congestion of any of these areas is reduced and/or removed during a treatment a feeling of tranquility, composure, comfort, relief and release is induced, especially for

those who suffer from frequent migraines, headaches or sinusitis.

Following examination of the ears with an otoscope, the treatment can be



performed, if all is well. This involves the use of a specially made ‘candle’. When lit, the movement and energy of the flame sends tiny vibrations down the candle, which gently massages the tympanic membrane. The tympanic membrane also known as the ear drum is the seal between the outer ear and inner ear. As the membrane is massaged excess pressure within the inner ear is released.

The treatment is able to stimulate the ear, nose and throat, and the sinuses can be relieved. This can be very helpful for people who suffer from pain in the ear when flying or diving. Many other physical & psychological benefits can also be gained, relief from tension build up, travel sickness, stress, and a reduction of wax build up.

Provided by StressTakeAway