

Thermal Auricular Therapy - Hopi Ear Candling

Thermal Auricular Therapy (also known as Hopi Ear Candles) is a pleasant and non-invasive treatment of the ears, used to treat a variety of conditions.

The ear candles induce a revitalising heat upon the head and ears, which soothes, relieves and relaxes.

Hopi Ear Candles can help with:

Tinnitus

Glue ear

Sore throats and hay fever

Headache and migraine

Rhinitis, Sinusitis and Catarrh

Asthma

Stimulation of blood and energy flow

Regulation of pressure in ears and head

Relaxation in conditions of anxiety and stress

Stimulation of lymphatic system and metabolism

During a treatment, an initial consultation is given to ensure the treatment is right for the patient. They are then asked to lie on their side on a therapy bed where the practitioner gently inserts a candle in the first ear and then the other. The treatment is then finished with a lovely ear and facial massage.

A typical treatment usually lasts about 40 minutes.

What are the side effects and when should it be avoided?

Hopi ear candles should not be used if there is any inflammation or infection in the ear and are not suitable for people who have had recent ear surgery or those with ear grommets or tubes, perforated ear drums, or allergies to any of the products in the candle.

Anyone who is receiving medical treatment for any ear condition should always consult their doctor first. Some clients may experience headaches or light popping in the ears after treatment.