

Home Care Advice

Hopi Ear Candle Treatment



1. *Drink plenty of natural, still water or herbal teas, within the first 24 hours after treatment. This will promote the elimination of toxins and should prevent the occurrence of post treatment headaches.*
2. *It is advisable to avoid swimming etc for 24 hours after treatment*
3. *Allow yourself to rest after treatment, both mentally and physically. This encourages the healing process.*
4. *Never poke about in the ears, this can damage the eardrum.*
5. *Reduce the intake of dairy products if you have sinus problems, as these create excess mucous in the body*
6. *Have regular treatments to keep the ears and upper respiratory system free of congestion.*
7. *If you do have any concerns please feel free to contact me.*

Conditions that may benefit from Ear Candling

- Bell's Palsy
- Candida
- Colds
- Earaches
- Excessive / Compacted earwax
- Glue ear
- Hay Fever
- Allergic Rhinitis
- Headaches & Migraines
- Hearing difficulties
- Labyrinthitis
- Ménière's disease
- Pressure Changes (before and after flying / diving)
- Sinus problems, reducing sinus fluid
- Sore throat
- Snoring
- Stress
- Swimmers ear
- Tinnitus
- Balancing of the chakras / energy centres of the body