

Who is suitable ?

Anyone of any age can be treated, provided they can lie still for 15-20 minutes at a time.

People who fly on holiday or for work, swimmers, parachutists and divers have all gained particular benefit from the pressure regulating capacity of the treatment.

Initially, it is advisable to repeat the treatment within 7 days, then a fortnight later and subsequently as often as needed or preferred as a preventative course of treatment and maintaining well-being.

When it is not suitable ?

Ear candles cannot be used in the following cases:

- ✓ if the ear drum is perforated
- ✓ if grommets or other such drainage devices are in place in the eardrum
- ✓ if the outer ear is infected or inflamed
- ✓ if you are allergic to any of the candle ingredients
- ✓ if antibiotics are being taken for an ear, nose or throat problem
- ✓ if root canal or other dental work has left the face sore
- ✓ if a cochlea implant is in place

Your therapist can advise you in such circumstances, when the treatment can commence.

Contact Details

Call Lucia today to book an appointment

Mobile: 07790 385 697

Lucia@RenewHolisticTherapies.co.uk

www.RenewHolisticTherapies.co.uk

Location

I am a mobile Therapist however at times I might be located at a clinic.

Please call me, e-mail me or check my website to find out where I will be based.

Methods of Payment

Methods of payment accepted:

Cash, On-line or Direct Bank Transfers

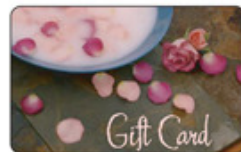
Cancellation Policy

***** 24 hours notice is REQUIRED *****

**If a cancellation is made less the 24 hrs
a 25% Charge of the treatment value
will be made or retained**

Gift Vouchers

Gift Vouchers Available



Please ask me for more details or to purchase vouchers.

You can also purchase vouchers online.

www.ReNewHolisticTherapies.co.uk

What Are Hopi Candles



Hopi Ear Candles

(Ear Candling or Thermal Auricular Therapy)

The name Hopi comes from the Indian Hopi Tribe but the candles were used by many generations of the North and South American natives, in addition to the Egyptian, African, Oriental and European cultures in their rituals, which in time, it had been essentially lost, but has now come back into practice all over the world and it is used by a wide group of individuals.

The candles used are based on the traditional Ear candles, and are made from 100% beeswax and pesticide free cotton. They also contain herbal essential oils for **Antiseptic, Aromatherapeutic and Anti-inflammatory** properties.

The essential oils available are:

Lavender, Chamomile, Rose, Orange, Eucalyptus, Sage, Mint depending of preference and client's complaint.

What is it used for?

Hopi Ear Candles are useful for sufferers of the following conditions:

Excess or Compacted Ear Wax
Headaches and Migraine
Hayfever - Rhinitis - Sinusitis
Neuralgia - Tinnitus - Snoring
Post Diving Pressure - Post Flying Pressure
Sore Throats - Colds - Influenza
Catarrh - Asthma - Vertigo
Glue Ear - Neuralgia - Bell's Palsy
Balance Problems - Anxiety - Stress

- ✓ Pressure in the ear canals and head sinuses is regulated – this may ease headache, migraine, sinusitis and rhinitis
- ✓ Gentle heat stimulates blood circulation which brings fresh oxygen to ear/head tissues, and aids the removal of waste/toxins
- ✓ The massaging effect stimulates the lymphatic system helping to drain the sinus tubes and activate the immune system to remove bacteria.
- ✓ Deeply relaxing, calming and soothing.

Ear Candling is also a great treatment to have when recovering from a cold or 'flu, or simply to de-stress and clear the head.

The aromatherapy effects of the candle promote relaxation and stress reduction.

A lot of people have this treatment before going on holiday, as it is also effective before going on an aeroplane journey.

What happens in a Session ?

Because Ear Candling is so natural, it is perfectly safe for the elderly and young children (however, children need to be able to keep very still). The heat from the candle eases pain and discomfort in the ear.

The ingredients impregnated in the cotton vaporise and are drawn down the hollow centre of the candle via a 'chimney effect'.

Clients often describe the sound they hear as small fire crackers. Impurities are drawn out of the ear, into the candle and are either burned away or collected in the filter.

Both ears must be treated, and the treatment takes approximately half an hour to one hour if it includes a Face Drainage Massage.

A soothing facial massage is usually performed afterwards, draining the sinuses, reinforcing lymph action and blood flow.

You remain fully dressed for this treatment.
A few medical questions will be asked prior to ensure this treatment is appropriate and that you haven't got a condition for which this treatment may not be suitable at the moment.
A facial draining massage, is also included as part of the treatment, therefore no make up is advised.
The whole treatment will take about 45-60 minutes to after which you should lie still for a few minutes before sitting up and having a drink of water.

What are the Benefits ?

PHYSICAL BENEFITS

Improves the blood flow to the ears and neck, increasing distribution of oxygen and nutrients to nourish the tissues and encourage healing.

Stimulates and improves lymphatic drainage to the head and neck thus helping to eliminate waste material from the body.

Can help Tinnitus

Improves the immune system

Can alleviate allergic conditions

Restores equilibrium/ pressure to the ear

Revitalises the whole body

Helps with sinus congestion, colds, sore throats, earache, excess wax, headaches, migraines, vertigo, catarrh, stress, lymphatic congestion, swollen glands, snoring, allergy symptoms i.e hay fever, asthma, most forms of hearing difficulties and improving sense of smell.

Relieves pain and pressure from flying and scuba diving.

PSYCHOLOGICAL BENEFITS

Creates a balanced and grounded feeling

Helps clearer thinking by increasing alertness and concentration.

Re-balances the energy flow of the body

Releases stagnant energy

Revitalises the whole body

Cleanse the aura

Spiritual opening and emotional cleansing