

Hopi

Ear

Candles

(Thermo Auricular Therapy)



## **What are Hopi Ear Candles?**

Thermo Auricular Therapy (also known as Hopi Ear Candles) is a pleasant and non-invasive treatment of the ears. These ear candles may induce a revitalising heat upon the head and ears, which soothes, relieves and relaxes.

### **A Brief History**

This is an ancient and natural therapy handed down by many civilisations. It is believed that the Ancient Greeks used ear candles, initially probably for cleansing, purifying and healing on a spiritual basis, but much later on a purely physical basis. However, the practice reached the modern world via the native American Hopi Indians of North Arizona. 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.

### **How much does it cost?**

The treatment lasts between 30 and 45 minutes and costs £25.00 for one session. Each client is different and the number of treatments varies from one client to another but this will be discussed after the first treatment. And if more than one treatment is recommended we offer a pre pay pre book discounted price of £71.25 for 3 treatments. The above prices are for a single pair of candles. In some very stubborn cases a double pair candle treatment is beneficial and for this we charge £38.50 with a prepay pre book 3 discounted price of £109.50

### **How do Hopi Ear Candles work?**

The candles are made from the natural ingredients of beeswax, honey extracts, sage, St Johns Wort, chamomile, beta-carotene and organically grown flax. A constant high quality is ensured. The candles

work on a chimney principle, and may draw impurities to the surface. They may help to equalise the pressure in the head and ears, making them suitable for most conditions. Secretion flow may be gently stimulated and the vapour may collect and remove impurities or deposits. Most of these are carried away through the candle "chimney", although some of them may be found in the condensed candle wax residue after removal from the ear, or may even work their way up to the surface 24-48 hours after.

### **What Hopi Ear Candles maybe helpful for?**

Though results may vary from patient to patient, Hopi Candles are known to be helpful with:

- Excessive or compacted wax in the ears
- Irritation in ears
- Nasal disorders
- Pressure regulation in cases of : Labryinthitis, Sinusitis, Rhinitis, Glue ear, colds/flu, headaches, migraine, snoring
- Stimulation of local and reflex energy flow
- Energetic revitalisation in cases of hearing impairment
- Disturbances of the lymphatic system
- Relaxing and calming effect in cases of stress
- Noises in the ears, ringing, tinnitus
- Sleep Apnoea
- Vertigo or dizziness
- Patulous Eustachian Tube
- May be effective in the treatment of Bell's palsy
- TMJ
- Ménière's Disease
- Blocked Tear Duct
- Loss or reduction of taste or smell
- Swimmer's or Surfer's ear, flying or diving pressure problems
- Motion sickness

Remember, if in doubt, always contact your GP.

## **Are there any side effects?**

No contraindications are known to date but as a precaution, it is advisable not to use Hopi candles :

- If grommets are in place
- If there is inflammation or infection
- In the event of an allergic reaction to the contents
- If recently had perforated eardrums.

However, most clients find the treatment relaxing and regularly describe a "slight relieved feeling" in the ears and head but also a relaxing and calming effect on the whole system.

Where long-term conditions are being treated, the client may sometimes experiences slight headaches and occasional popping shortly after the treatment. Very occasionally ear ache after treatment is reported, and this usually will stop after 24 to 48 hours.

## **What a typical Session entails**

You are asked to lie on your side. The candle is then gently placed into the auditory canal, where it is lit. It is held in a vertical position, the therapist's hands keeping the candle steady and preventing any ash falling on to you. You may experience a pleasant crackling sound as the candle burns and a warm comfortable feeling. As the candle burns down, the residue ash (if it falls) will just turn to dust. The candle is then taken away whilst you lie there for a few moments before turning over to treat the other ear. After both ears have been treated you are asked to lie on your back and a gentle face massage is given to complete the affect of the treatment.

## Frequently Asked Questions

*Does the residue of the candle go into the ear?*

No - the candles are made with a plug inside which prevents anything going into the ear.

*Does it help to have a treatment before taking a flight?*

Yes it may - if you have no ear infection and if you suffer with ears or nasal problems, it is a good idea to have a treatment prior.

*Does the treatment hurt?*

No, on the contrary, you may find it a deeply relaxing treatment, although very occasionally a slight discomfort may be felt as the candle draws

*Can young children be treated?*

Yes, but please discuss with us prior to booking.



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