

Bonne Santé

Therapy Centre

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HOPI EAR CANDLES

Hop ear candles are named after the Native American tribe who first introduced this gentle therapy to the West.

The Hopi Nation is renowned for its extensive knowledge of healing and spiritual lifestyle. The translation of the word Hopi means "peaceful ones".

Ear candles are used widely throughout North America and Asia and although the current treatment has come to us from the Hopi tribe, the use of ear candles to treat ear problems has been known for centuries, having been used by the Egyptians, Romans and Greeks.

WHAT IS A HOPI CAR CANDLE?

Ear candles are an ancient, mild and natural therapy and have been used by Native American Indians for many years.

The Hopi candle is not a candle as such, but a hollow tube made out of cotton flax. To stiffen the flax, they are impregnated with extract of honey and herb oils (in particular chamomile, sage and St Johns wort), the healing properties of which have been known to the Hopi tribe for hundreds of years. The making of the candles is a complex process and all genuine Hopi candles are made in the traditional manner.

THE TREATMENT

The treatment is very gentle and relaxing and may take up to an hour, depending on the condition being treated.

The candle is placed over the ear orifice and ignited. It is only allowed to burn to within 4 inches of the end of the candle. As it burns it produces a gentle local heat. The warm air combined with the oil and herbs soften the wax and draw it into the base of the candle. The candle is then removed and the ear and surrounding area is then massaged. The treatment is repeated on the other ear and then a complete facial massage is carried out, paying particular attention to the sinus areas.

WHAT CONDITIONS CAN EAR CANDLES HELP?

Ear candles can help with the treatment of sinusitis, rhinitis, earwax, earache and irritation of the ears including tinnitus. It is also suitable for the treatment of headaches and migraines. It is not suitable for those with perforated eardrums, where grommets are in place or those who may have an allergy to the ingredients. It is a safe and gentle treatment for children.

The number of treatments depends on how long the candle takes to burn down. Each treatment takes approximately 45 – 60 minutes and is very relaxing. It is advisable to put a few drops of warm olive oil in each ear for three days before treatment as this will help to soften the wax which will make it easier to remove. On the day of the treatment, you will be advised to remove all makeup and earrings.

A Centre of Excellence for Complementary and Alternative Therapies and Beauty Treatments in Comfortable and Relaxing Surroundings for Male and Female Clients