



EAR CANDLING

AFTERCARE ADVISE

- Please do not insert any sharp objects into ears to remove any excess build up of ear wax.
- Do not use cotton buds for 48hrs after.
- Drink plenty of water to flush out toxins released during the treatment.
- Do not submerge your ears under water for at least 48hrs.
- Ear wax can still work its way out of the ear canal upto 48hrs after you hopi candling treatment. This is perfectly normal and a way of your body eliminating excess build up.
- This treatment can be done quite frequently an if required and usually advise to wait a minimum of 48hrs after your last appointment

PLEASE NOTE:

After receiving Hopi Ear Candling treatment it is perfectly normal to have a healing response called a contra action:

Sticky feeling within the ears or loosening of ear wax.

Blocked nose.

Headache

Dizziness

Sinus pressure relief may make you feel light headed.

Please be aware that contra actions will last no longer than 24hrs.

Any concerns or questions please do not hesitate to contact us.

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