

Treatment

Treatment can often help –

Physical Benefits

- Migraines and headaches – build up of tension
- Balance and ménière's disease
- Snoring
- Tonsillitis
- Colds, flu and sore throats
- Stress - the treatment is so relaxing many fall asleep
- Noises in the ear, e.g. tinnitus
- Relieve blocked sinuses and release built up pressure
- The Lymphatic system
- **Reduce** wax build up
- Increases blood flow to the treated area promoting necessary healing

Psychological Benefits

- Relaxing and calming in times of stress
- Creates a balanced feeling
- Aids alertness, concentration & clearer thinking

Treatment may not be advised if -

- Grommets are in place
- Recent perforation of the ear drum
- A known allergic reaction to any of the ingredients listed
- Oil has been placed in ear in the last 24 hours
- Inflammation or ear infection – leave for 24 hours and take a natural or prescribed anti-biotic

Expectations

What to expect from your treatment.

The first treatment will include a full consultation and will be approximately one hour. One hour should also be allowed for subsequent treatments. At each treatment both ears should be checked and evaluated. Each candle takes in the order of 10-12 minutes to burn. It is very important that both ears are treated within the same consultation. A massage will complete this relaxing treatment.

Important

- *Please drink plenty of water after each treatment*
- *All our T.A.Th therapists are FULLY Qualified and insured*
- *BiØsun Ear candles are tested by independent institutes. They are medical products class 11a according to medical device directive 93/42/EEC*

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**THERMO-AURICULAR®
THERAPY**

**USING BIØSUN EAR
CANDLES**



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IS A REGISTERED TRADE MARK

HOPÍ

The word Hopi means "people of peace" and is the name of a native Indian tribe in America

The Candle

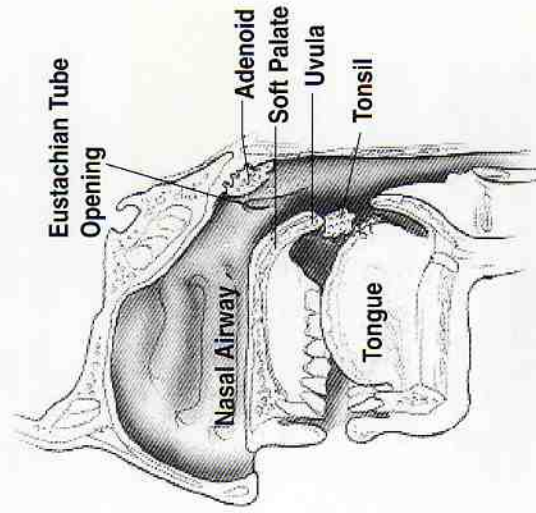
The candle, a cylindrical tube (it does not have a wick and is hollow) is placed in the ear having been lit at the other end and held in place at all times by the therapist. The candle contains numerous herbal, essential oil and tincture extracted ingredients the main ones being; flax, honey, beeswax, sage, camomile, St John's Wort and beta-carotene. Flax is the base ingredient used to make the linen like material. The material is submerged in containers for 4 to 6 weeks which contain honey, herbal oils and extracts. The fabric is then suspended allowing excess honey to drain off. The impregnated fabric is rolled into the cylinder shape, the filter inserted and sprayed with Beeswax to help it maintain its tubular shape and seal in the essential ingredients.

How does it work?

When the candle is lit and gently inserted into the ear a moderate suction action is created, lightly

manipulating the tympanic membrane. For some people, in the case of excessive ear wax, the treatment is so effective that wax continues to rise to the surface up to 48 hours following the treatment - this also depends on how much wax has built up.

As the treatment is able to stimulate the ear, nose and throat, all the sinuses can be relieved over a series of treatments. The diagram below shows how the ear, nose, throat and mouth are connected.



When congestion of these areas is reduced and/or removed a feeling of tranquility, composure, comfort, relief and release is induced. (This can be beneficial for those who suffer from frequent migraines or headaches). The movement and energy of the flame

sends tiny vibrations down the candle which gently massages the tympanic membrane. (The tympanic membrane is the seal between the outer ear and inner ear - also known as the ear drum) As the tympanic membrane is massaged any excess pressure within the inner ear is released. This can be very helpful for people who suffer from pain in the ear when flying or diving.

Why does wax build up?

The excretion of wax is the body's natural process of cleansing and protecting the ear. The more items that are put/fall into the ear the more wax the ear produces. For example, if a man shaves his head and small pieces of hair fall in to the ear, the hair is perceived as a foreign object the body is stimulated to produce more wax in order to protect the inner ear from the hair. The same principle applies for people who work in a dusty environment, use ear plugs or personal stereos with small ear phones.

99% of the time...

Cotton wool buds are bad for ears. Wax will naturally migrate out of the ear. People who use cotton wool buds in their ears often push the wax further down the canal compacting it, thus leading to hearing problems.