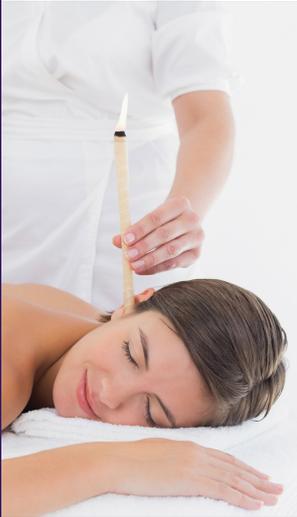


EAR CANDLING

TREATMENTS BY VICTORIA PAGE, ITEC



- Build-up of wax
- Ringing in the ears, tinnitus
- Hearing difficulties
- Sinus problems
- Colds, headaches

Ear candling (Thermal Auricular Therapy) is a gentle, natural therapy which can help with a build-up of wax in the ears, sinus problems, headaches and stress.

During the treatment

You simply lie on your side, with a pillow supporting your head and a blanket to keep you warm if you wish. Next, the non-burning end of the ear candle is gently placed in the opening of the ear canal. When in place and secured by my hand, the candle is lit. I hold it in place throughout its burning time.

You'll hear crackling sounds, just like an open fire as the candling effect massages the ear canal.

Both ears are treated in the session. It may feel like your ears are being gently massaged on the inside due to the air rising up from the candle. Candling works just like the chimney effect in that a very gentle suction is created.

As a little **gift** ...

I offer this treatment with a head and face massage afterwards to help relieve the sinus areas stimulating pressure points to help relieve and work on problem areas. You will also receive a roller-ball of an essential oil blend to help with a “clearing” effect for the sinuses and head to take home and use.

Be reassured...

Ear candling is an entirely safe, non–invasive and an incredibly soothing treatment.

Which option should I choose?

I offer this treatment with a soothing face and scalp pressure massage which completes the candling experience. Candling on its own is also relaxing but having the massage prolongs those good feelings as the body surrenders to such a peaceful state. The "full works" is a 1 hour treatment and the candling on its own takes approximately 25 mins.

Some people opt for a candling session before they take a flight and have reported it helps them with the change in air pressure.

Essential oil blend great
for opening up the airways!

£65 (60 mins)

£35 (25 mins)

www.mydoterra.com/viptherapies



- Maintains feelings of clear airways and easy breathing
- Promotes a restful night's sleep
- Helps minimize the effects of seasonal threats

If you'd like to try Ear Candling with me, then please call on 07789 516 517 I'll be happy to book you in!