

Hopi Ear Candling Pre & Post Treatment Advice

Before Your Treatment

Stay well hydrated throughout the day.

Avoid attending if you have an active ear infection, perforated eardrum, recent ear surgery, or any unexplained ear pain.

Inform your therapist of any medical conditions, allergies, or recent changes to your health.

Arrive a few minutes early to allow yourself time to relax and fully enjoy your treatment.

After Your Treatment

Continue to drink plenty of water to support hydration and wellbeing.

Avoid inserting cotton buds or other objects into your ears.

Allow yourself time to rest and enjoy the deep relaxation the treatment can provide.

Avoid swimming for several hours after treatment if possible.

If your ears feel sensitive, avoid exposure to excessive wind or cold temperatures immediately following your appointment.

Follow any personalised aftercare advice provided by your therapist.

What Might I Feel After Treatment?

Many clients report:

A deep sense of relaxation

Feeling refreshed and rested

Reduced tension around the face, head and jaw

A feeling of calm and wellbeing

Improved clarity and mental relaxation

Important Information

Hopi Ear Candling is a complementary therapy designed to promote relaxation and wellbeing. It is not intended to remove ear wax, treat ear conditions, or replace medical advice. If you have any concerns regarding your ear health, please consult your GP or healthcare professional.

Please note: If you experience ear pain, discharge, sudden hearing changes or dizziness, seek medical advice before booking a treatment.