

## HOPI EAR CANDLE, MINI FASCIAL & LYMPHATIC DRAIN

- Alleviating headaches and migraines
- Improving symptoms of tinnitus
- Reducing symptoms of hayfever and rhinitis
- Relieving sinus congestion
- Easing and preventing glue ear in children
- Relieving pain/pressure when flying or scuba diving
- Relieving colds, flu, sore throats by clearing congestion in the ear and throat
- Improving hearing by softening and loosening ear wax
- Alleviating earache by reducing inflammation of the ear canal
- Helping problems with snoring by easing congestion of the upper respiratory airways
- Reducing the symptoms of Meniere's disease and vertigo



## ABOUT HOPI EAR CANDLING

**Hopi Ear Candling is a gentle relaxing, non-invasive soothing treatment which can offer relief to any problems in the ear, nose and throat areas. It also calms the mind to combat stress and deeply relaxes all of your senses.**

Including the mini facial and lymphatic massage in the process, helps to stimulate sinus pressure points, ready for smoke from the ear candle can soften the wax, followed by the lymphatic drain to encourage the body to expel any waste products. Not only is the treatment beneficial for the upper respiratory tract but also for the circulatory and lymphatic system, making it a whole body treatment.

# WHITWORTH APOTHECARY

*Therapies : Gifts : Remedies*



## Therapies

### Bowen Technique

- Adhd
- Autism
- Back pain
- Sciatica
- Scoliosis
- Digestive & bowel problems
- Earache, neuralgia and TMJ problems
- Migraines and other headaches
- Fibromyalgia and chronic fatigue syndrome
- Hypermobility syndrome
- Endometriosis
- Hip, knee, ankle and foot problems
- Menstrual and hormonal irregularities
- Neck and shoulder problems including frozen shoulder
- Groin pain, pelvic tilt and uneven leg length
- Respiratory problems and hay fever
- Asthma
- RSI, carpal tunnel syndrome, golf and tennis elbow
- Insomnia and sleeping problems
- Sports and other traumatic injuries

## ABOUT BOWEN

Bowen technique is a gentle, non invasive therapy which treats the body as a whole and restores balance through specific signals sent to the autonomic nervous system, via the fascia muscle. It has been described as 'acupuncture without the needles' but I think of it as like a 'factory reset button' on a phone, helping you to reset your body, to be the best that it can.

It was developed in Australia in the 1950's by Tom Bowen and is so effective it has rapidly become recognised world wide. Bowen is suitable for everyone from new born babies to the elderly and frail, it is very relaxing and can be beneficial in a wide range of situations and can assist in the recovery from many conditions, depending on the individuals capacity to heal.

### BOWEN FOR PAIN

Willing to try a new approach to **pain management**? Bowen is great for easing aches and reducing pain and tension, it often helps where other therapies have not.

### BOWEN FOR RELAXATION

#### **Stressed? Trouble sleeping? Low energy?**

You don't need to be in pain to feel the benefit. By increasing efficiency on a cellular level, Bowen can give the body an over all boost to the system.

### BOWEN FOR SPORT

Wanting to reach peak condition for a competition or recovering from an injury? Bowen can **speed up healing, improve performance & reduce risk of injury** and is currently used by many premier football and rugby teams for this reason. Recent trials show that regular Bowen therapy can also reduce your golf handicap by 1 2 shots.

## Sports Massage

- Back problems
- Fatigue
- Fluid retention
- Frozen shoulder
- Knee & hip restrictions & misalignment
- Pelvic tilt, leg length & hip imbalance
- Repetitive strain injury
- Skeletal & muscular problems
- Sports injuries
- Tendonitis
- Stress
- Sprains
- Strains
- Muscle dysfunction
- Scoliosis
- Lymphatic drainage



## SPORTS MASSAGE THERAPY

Sports massage isn't just for the elite, athletes or injured professionals Its for everyone.

We offer:

- Pre- event - *mental & physical preparation*
- Post event - *relaxes, aids lactic acid removal*
- Maintenance Massage- *assisting injury prevention & recovery*

## ABOUT SPORTS MASSAGE

Sports massage involves deep tissue work and can aid stress relief, Improve lymphatic drainage, ease aches and pains, correct muscle dysfunction and much more.

Please be aware this is a hands on therapy requiring the removal of some clothing and can cause redness, bruising and possible discomfort.

Sessions include full consultation, medical history review and physical assessment. Please bring any relevant documentation with you ie: current medication details.

Group and event bookings also undertaken and group discounts are offered. The larger the group the bigger the discount.

## GIFT CARDS

OUR RANGE OF THERAPIES, BESPOKE JEWELLERY, TOILETRIES & CURIOSITIES MAKE WONDERFUL GIFTS FOR FRIENDS AND FAMILY.

*So treat someone special to a holistic gift card from Whitworth Apothecary.*

