

Just Pampered Ear Candle Treatment Pre and Post Treatment Guidance

Pre Treatment

- ✓ We want you to be relaxed, so arrive a couple of minutes early and take a seat in our waiting area
- ✓ Wear some comfortable clothing, we want you to feel relaxed
- ✓ Please remove earrings and necklaces prior to treatment

What happens during treatment?

We place an ear candle (a hollow linen tube infused with herbs) into the ear to provide benefit to those suffering with blocked sinuses, excessive ear wax, headaches, migraines, hayfever and more. It works by creating a chimney effect to draw out impurities

The therapist will ask you to lay on your side, with your ear facing straight up to the ceiling. The candle is applied to this ear, with a protective disc to prevent any ash falling on your clothing.

The candle takes approximately 10-15 minutes to burn down and during this time nothing is required from you other than to lay still and relax. We keep you comfortable with blankets and cushions.

Once the candle has burned down, you turn over so we can repeat the process on the other ear.

At the end of the treatment we apply some drainage movements and look into the candles to analyse results

Post Treatment

- ✓ Drink plenty of water to remain hydrated and increase the benefits
- ✓ Do not rush to get off the treatment bed. We don't want you feeling lightheaded.
- ✓ Take your time, get dressed and take a seat in the relaxation area
- ✓ Drive home with the window slightly open to ensure you get enough fresh air
- ✓ Keep warm and try to relax for the rest of the day
- ✓ Keep out of cold winds and draughts
- ✓ Help loosen wax by applying 1-2 drops of warm oil to the ear
- ✓ Avoid toxins such as smoking, alcohol and caffeine
- ✓ Avoid swimming for 24 hours

How will I feel afterwards?

Most clients enjoy this treatment because it is so relaxing and they have an immediate feeling of their head being lighter or clearer than when they arrived for the appointment. It is also recommended before and after flying or diving, to help prevent the onset of pain or pressure to the ears or blocked ears.