



Hopi Ear Candles

**Indian Relaxation Ceremony
Calms the Mind
Soothes the Head & Ears**

Historical roots can be found among the peoples of the Siberian prairies, Asia and the native North & South American Indians

Ancient Rock paintings show the use of Ear candles at initiation rituals and medical ceremonies

The Hopi, the oldest Pueblo people with great medicinal knowledge and a high degree of spirituality, brought this knowledge to Europe

Increasing numbers of people in our culture have enjoyed and benefited from the pleasant effects of this age-old ceremony.

How they work

Ear candles have a purely physical function. A light suction action (chimney effect) and the movement of the flame create a vibration of air in the Ear Candle, generating a massage-like effect on the eardrum.

This induces a pleasant feeling of warmth and a balance of pressure in the ears, forehead, and sinuses. It is soothing and helpful for earache and headache, ear noise, stress and nervousness. These benefits have been well known through 15 years of experience and confirmed by thousand of doctors worldwide.

This physical effect is often described directly after the treatment as a soothing, pressure and pain relieving sensation, mainly in the ear and head area.

Treatment may also spontaneously cause freer nasal breathing and an improved sense of smell, even when the nose was blocked before the treatment.

Furthermore the whole ceremony brings a wonderful relaxation, a deep sense of security, and a feeling of happiness, which is seldom experienced

How are they made?

For Ear Candles only pure Beeswax, honey extract and traditional herbs such as Sage, St. John's Wort, Camomile and pure essential oils.