

# Hopi Ear Candling

## INTRODUCTION

### What is Hopi Ear Candling?

Hopi Ear Candling is also known as Thermal Auricular Therapy which is a pleasant, gentle and non-invasive treatment of the ears, used to treat a variety of conditions. Through inducing revitalising heat upon the head and ears, the Hopi ear candles sooth, relieve and relax.

#### Benefits:

- Relief of excessive or compacted wax in the ears
- Reduction of irritation in ears and sinuses
- Pressure regulation in cases of: sinusitis, rhinitis, glue ear, colds, flu, headaches and migraine
- Relaxing and calming effect in cases of stress
- Reduction of noises in the ears including ringing and tinnitus

#### The Course:

This 1-day course is ideal for beginners with no massage experience or therapists looking to add this popular therapy to their existing treatments. The day will consist of a theory as well as practical aspects of Hopi Ear Candling.

- Have an understanding of the history of ear candling
- Have knowledge of human ear anatomy
- Understand how the candles work
- Know the benefits of Hopi Ear Candle Therapy
- Have awareness of contra-indications to treatment
- Understand the composition of candles
- Have knowledge & references tools to enable you to conduct a therapy session
- Have practiced a Hopi ear candle treatment
- Have received a Hopi ear candle treatment
- Received a facial massage

At the end of the day learners will be expected to take a written exam.

#### HOW LONG WILL IT TAKE

This course will be run on : Saturday 13th November 2010 and Saturday 30th April 2011.

The course lasts for 5 hours between 10am and 3.30pm.

#### ENTRY QUALIFICATIONS

A Beauty qualification is desirable, however contact the Beauty Department if you would like to discuss your options further.

#### FEES

Course Fees - £85.00

#### HOW TO APPLY

If you require further information on this course please contact the Beauty Department on 01205 365701 Ext 3261.

You can apply for this course using an application form from the College course guide, online at [www.boston.ac.uk](http://www.boston.ac.uk) or by contacting the Information Officer on 01205 313218.

The Information on this Course Information Sheet is correct at time of print, but can be subject to change at anytime.

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