

HOPI EAR CANDLES

Hopi ear candles are actually a cotton tube, impregnated with beeswax, honey and therapeutic oils that are painlessly inserted into the ear to draw out impurities, relieve pressure in the head and sinuses, and aid hearing problems. The candles are made from natural ingredients that include sage, St John's wort, chamomile and beta-carotene. Otherwise known as thermo-auricular therapy, the original source of the technique seems to be from medical ceremonies performed by a Native American Indian tribe called the Hopis (meaning 'peaceful people').

What is it good for?

Users of Hopi ear candles have reported success in treating balance and inner ear problems, build up of wax, ringing in the ears, tinnitus, hearing difficulties and sinus problems as well as colds, 'flu, sore throats, stress, headaches and migraines. The treatment is suitable for children and is a good alternative for people who have found syringing uncomfortable.



NATURAL HEALING

Martine is an ITEC qualified practitioner. She is insured by EMBODY and is a member of the Complementary Therapist Association. She trained in Tui Na (Chinese medical massage) under her previous master for a number of years and as a Martial Artist practises Tai Chi and Qi Gong. After completing her training in Holistic Massage she completed ITEC Qualifications in Indian Head Massage, Hopi Ear Candling and Reiki Levels 1 & 2 with Serenity School of Complementary Therapies. With this knowledge Martine wanted to combine all the principles of these arts together to offer a new alternative treatment that worked on the health of the mind and body. She is currently furthering her experience and knowledge by studying for her Acupuncture degree at CICM- College of Chinese Integrated Medicine.

If you would like to book a session or to know further details about the treatments we offer then please contact:



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NATURAL HEALING



COMPLEMENTARY

THERAPIES

Treatments Available

Tui Na-Chinese Medical
Massage

Holistic Massage

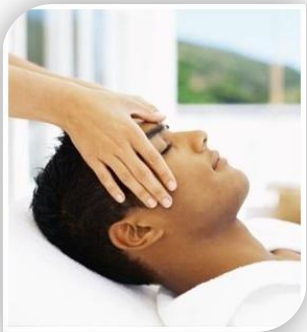
Indian Head Massage

Reiki

Hopi Ear Candles

REIKI

Reiki is a gentle and effective system of healing which promotes the body's natural ability to heal itself. As a healing system, it can benefit everyone, from children to adults and is a safe, non-invasive treatment. The name Reiki originates from the Japanese words 'rei' meaning 'universal' and 'ki' meaning 'energy'. This universal energy is channelled through the practitioner to the recipient and works on all levels of the mind, body, emotion and spirit, allowing for total harmony and balance to be restored. It can reduce stress within the body, thereby inducing a state of relaxation. The body can then be allowed to begin the healing process. It is an extremely relaxing experience and is safe to use in conjunction with other complementary therapies and conventional medical treatments.



INDIAN HEAD MASSAGE

Indian Head Massage works on both a physical and psychological level. The techniques used represent a de-stressing programme for the whole body. By massaging the head and shoulders, energies will become rebalanced and a general feeling of relaxation will be achieved. Indian Head Massage can improve blood flow to the head and neck, which increases the distribution of nutrients to encourage healing throughout the body. Treatment is carried out to the upper back, across the shoulders, upper arms, neck, scalp and face, with the client remaining fully clothed and seated in an everyday chair. Because the treatment is non-invasive, it may be undertaken anywhere. The therapeutic effects of Indian Head Massage last long after the treatment is over. The short and long-term benefits are individual, varied and cumulative and can help to:

- relieve eyestrain and headaches
- improve concentration
- relieve physical and mental fatigue
- improve joint mobility
- relieve stress and muscular tension

As well as being a relaxing encounter, it can also be an invigorating and refreshing experience. The recipient of the treatment will often report a 'balanced' feeling of peace and calm and will usually feel more alert and revitalized following a treatment. Holistic Therapies such as Indian Head Massage aim to treat the whole person and not just the symptoms of the disease. Indian Head Massage helps to restore a state of balance by relieving stress through the body's natural healing process.

TUINA- CHINESE MEDICAL MASSAGE

Tui Na is a form of Chinese bodywork therapy that was developed in China over 2,000 years ago. Bodywork has always been an integral and respected tool of a TCM practitioner. It works with the energy system in the body known as the Meridian system. Like Acupuncture, Tui Na works with the Qi energy of the patient to bring a balanced state of health. Unlike Acupuncture however no needles are used. The work is done entirely with the practitioner's hands to help increase the beneficial flow of Qi through the patient's Meridian system. The hand techniques within this system can manage Qi flow within the human body thus having a wide array of healing possibilities.

