

## Ear Candling

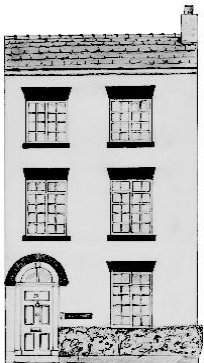
This ancient and natural therapy has been handed down to us through the mists of time by many civilisations. However it is from the native American Hopi Indians of North Arizona, that the practice of ear candle treatment reached the rest of the world.

The special candles are placed into the ears, where a light suction action and the movement of the flame create a vibration of air, generating a massage-like effect on the ear drum. This induces a pleasant feeling of warmth and a balance of pressure on the ears, forehead and sinuses. Furthermore the whole treatment brings a wonderful feeling of relaxation, a deep sense of security and a feeling of happiness.

Benefits are many but include

- clearing excessive wax and irritation in ears or sinuses.
- pressure regulation in cases of sinusitis, rhinitis, colds/flu, headaches, migraine.

For further information contact Fiona Forster.



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Bowen Technique, Body Massage, Ear Candling,  
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# The Hope Street Centre



complementary  
therapies

## **Bowen Technique**

The Bowen Technique is a gentle remedial therapy becoming increasingly recognised as a safe and effective holistic treatment for muscular-skeletal disorders, work and sports related injuries, hayfever and bronchial symptoms, stress and tension based problems, general relaxation and body balancing. It's gentleness and non-invasive style make it appropriate for all, from the new-born to the elderly. Treatment can usually be given through loose clothing and in itself is a relaxing experience.

For further information contact Fiona Forster.

## **Hypnotherapy & Relaxation**

Hypnotherapy uses an altered state of awareness, induced by a state of deep relaxation, for the treatment and relief of a wide variety of physical and psychological symptoms.

There are many different techniques which can be used to help you. Some conditions require relatively little intervention, whilst others require deeper exploration of memories and beliefs which could be adversely affecting your life. You are always in charge of the hypnotic session, and can leave the hypnotic state at any time, just as easily as you entered it. It is important to note that no-one can be hypnotised against their will nor forced to do or say anything they do not want to do.

For further information contact Lynne Burden.

## **Yoga**

One to one yoga sessions enable a programme to be designed to suit the specific needs of the individual. Dru Yoga is a fully integrated approach to yoga, health and self-empowerment. This form originated in Northern India and has been passed down over the generations from teacher to student. A typical session includes warm-up work, Energy Block Release sequences (EBR), therapeutic posture work, breathing and relaxation techniques.

For further information contact Fiona Forster.

## **Reflexology**

A therapy with ancient roots both in China and Egypt, introduced and developed in the West during the twentieth century. It is accomplished by massaging reflex points on the feet, an unconscious reaction is initiated in another part of the body, affecting the internal organs. This helps the body to a dynamic state of balance, initiating a healing response. Benefits include relaxation, improved health, and an increased feeling of well-being.

For further information contact Caroline Fallon.

## **Body Massage**

Massage has both a physiological and psychological effect. A full or part body massage can soothe away the tension accumulated in the body from day to day stress and tension, leaving the recipient feeling calm and relaxed in mind and body.

## **Nutrition**

A nutritional consultation offers an holistic, individually-tailored approach for your specific symptoms.

It is often assumed that the modern diet is perfectly adequate. However, research shows that many people today are suffering from lack of essential nutrients such as vital vitamins and minerals. This can lead to the general feeling of being unwell, and in the long term, may lead to serious illness.

Additionally, there may be inherited genetic requirements for extra nutrients. Stress also creates a need for extra nutrients, as does illness. If antibiotics have been prescribed, these can upset the intestinal flora and lead to overgrowth of yeast and bacteria that can cause digestive problems. A nutritional therapist will work closely with you to resolve these problems.

If you suffer from any of the following complaints, a nutritional consultation may help you:

headaches/migraines • allergies • irritable bowel • bloatedness • fatigue • pms • arthritis • sleeplessness • depression & anxiety • candidiasis • ME • blood sugar problems • infertility • skin problems • managing the menopause • being overweight •

For further information contact Caroline Fallon.