

Hopi Ear Candling

The 'candles' are hollow tubes made in the traditional Hopi Indian way and inserted into the ear. Organically grown woven cotton is impregnated with honey extracts, essential oil of sage, 100% pure beeswax and crushed traditional Indian medicinal herbs (mainly sage and chamomile). When lit the light suction action (chimney effect) creates a vibration of air in the ear candle, helping to gently massage the ear drum, draining and clearing impurities from the ear canal. This induces a pleasant feeling of warmth and a balance of pressure in the ears, forehead and sinuses.

Hopi Ear Candling has many positive benefits and may help with a variety of conditions of the ear. These include :

- Excessive ear wax
- Discomfort in ears and sinuses
- Regulating pressure where it relates to :
rhinitis, sinusitis, glue ear, colds / flu and migraines.
- Ringing in the ear (tinnitus)
- Glue Ear
- Poor or 'muffled' hearing
- General hearing loss
- Tension headaches
- Travel sickness
- Meniere's disease

45min Treatment (including facial acupoints)
£25

About Us

As a Social Enterprise (not-for-profit company), Rowan Holistic Health Limited provides a patient centred approach in improving the health & well-being of rural communities through accessible and affordable complementary therapies, as well as community education in whole-person health approaches.

Practitioner

Judith Crook, Cert. Ed, CNHC, MFHT

Clinical Reflexology

Therapeutic/Aromatherapy Massage

Hopi Ear Candling

Home visits

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Reflexology

Disclaimer

Please note that in the course of a treatment no attempt is made to diagnose or replace your doctor.

Rowan Holistic Health Ltd
Company Registration No. 7642101

Complementary Therapies

Clinical Reflexology

Therapeutic / Aromatherapy Massage

Hopi Ear Candling

Mindfulness

Health & Wellbeing Workshops

Home Visits

Practices also at:

**Saxon Spires Practice,
Guilsborough Surgery,**

West Haddon Road, Guilsborough,
Northamptonshire, NN6 8QE

&

Saxon Spires Practice,

Brixworth Surgery,

Northampton Road, Brixworth,
Northamptonshire, NN6 9WU

Clinical Reflexology

As a science based on physiological & neurological study the principle of reflexology is that areas, or reflexes, on the feet and hands relate to the internal organs and parts of the body. Using a specialised system of touch and working on a specific reflex of the feet or hands can influence other areas of the body, while a full treatment is, in effect, a full body massage.

Whilst reflexology is a manual therapy it is not 'just a foot massage'. It is a powerful system of healthcare, useful for achieving and maintaining health and enhancing wellbeing, as well as for relieving symptoms or causes of illness and dis-ease. It is a means of maintaining homeostasis (balance), aiding relaxation and facilitating the body's own innate self-healing capacity.

Research suggests the use of reflexology in supporting and having the potential to benefit the following conditions:

- Arthritis
- Cancer care
- Circulatory problems
- Complex chronic illness including:
 - Persistent pain / fatigue
- Depression
- Digestive disorders, e.g.:
 - IBS, Constipation
- General pain relief
- Headaches / Migraine
- Hypertension
- Hormonal disorders, e.g.: PMS/menstrual Problems
- Menopausal symptoms
- Musculoskeletal pain:
 - Back & neck (acute)
 - Back & neck (chronic)
- Osteoarthritis
 - Rheumatoid Arthritis

- Stress related conditions:
 - Anxiety
 - Panic attacks
 - Insomnia

1hr Treatment £35

Reflexology Lymphatic Drainage (RLD)

RLD was developed through clinical practice, by Sally Kay BSc (Hons), whilst working in cancer care outpatient clinics, using reflexology for patients suffering from all kinds of cancers and at all stages of the disease. It is a technique that isolates and systematically stimulates the lymphatic reflexes of the feet, using a problem specific sequence.

Lymphoedema is a chronic (long-term) condition that causes swelling in the body's tissues, usually in the arms and legs. It develops when there is a problem with the lymphatic system, a network of vessels and glands spread throughout the body, whose main functions include helping fight infection and the draining of excess fluid from the tissues.

Secondary lymphedema is caused by damage to the lymphatic system or problems with the movement and drainage of fluid within the system. This may be a result of an infection, injury, cancer treatment, inflammation of the limb, or lack of limb movement.

The RLD treatment is adapted according to the site of secondary lymphoedema, and may also be used when treating other conditions including: fibromyalgia, chronic fatigue syndrome, other immune-related illness, Parkinson's Disease, and generalised aches and pains.

1hr Treatment £35

Therapeutic /Aromatherapy Massage

Therapeutic massage is a conscious, deliberate and formalised use of manipulation of the soft tissues of the body to produce beneficial effects on the nervous, muscular and circulatory systems.

The use of therapeutic massage is used as part of an agreed care plan to treat specific symptoms where evidence shows there may be benefit, e.g.:

- Musculoskeletal problems
- Stress related conditions: anxiety, depression
- Insomnia
- Gastrointestinal problems
- Pain management
- Circulatory problems
- Neurological conditions, e.g. Multiple Sclerosis
- Palliative and end-of-life care

Aromatherapy uses the concentrated herbal energies in essential oils, derived from a wide variety of plants. Used in association with massage, each essential oil has its own unique fragrance and healing property, which works towards restoring balance within the body's systems, aiding physical, emotional and physiological improvements. Regular treatments can help establish a preventative approach to overall health as well as providing potential benefits to both acute and chronic stages of illness and disease.

50 mins Treatment £35