

## AFTER CARE ADVICE FOR EARCANDLING

After your treatment you may experience some reactions, such as a runny nose, feeling thirsty or tired. These are perfectly normal reactions and nothing to be worried about. They are the body's response to a natural healing process.

In the event that you do experience any of these, you will find it helpful to rest, drink plenty of fresh water and have some tissues handy!

How often should you have an earcandling treatment?

That very much depends on the reason for the treatment in the first place. Generally for chronic or longstanding conditions we would recommend a course of 6 treatments in a month. For more acute problems usually 1 or 2 treatments will get you back to normal. A regular monthly or bi-monthly treatment will help to keep the head clear.