



Complementary Therapy Project

Indian Head Massage

What is Indian Head Massage?

Indian Head Massage is based on the Ayurvedic system of healing which has been practised in India for over a thousand years. It can be practised anywhere, but is most relaxing when practised in a quiet, calm and warm environment.

The therapy works on the upper back, shoulders, upper arms, neck, scalp, ears and face to relieve stress and tension in the muscles, tissues and joints. The therapy can be performed without the need to undress and may be performed with or without the use of oils. One of the main effects of the therapy is to leave the individual feeling deeply relaxed and calm.

What does the treatment involve?

At the start of the first treatment session you will be able to sit down with the therapist and discuss any recent medical issues. The therapist will then ask you to sit in the massage chair.

The therapist then uses a range of different movements including application of deep kneading and compression movements over the neck, shoulders and scalp. In addition, the therapist will gently stimulate and stroke pressure points on the face with the aim of relieving tension and promoting the body's own natural healing response. Treatments last approximately one hour.

How does the therapy work?

Indian Head Massage works on both the physical and mental wellbeing of the individual; 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.

What are the Benefits of Indian Head Massage:

- Improved circulation and lymphatic drainage.
- A deep sense of relaxation and a feeling of well-being throughout the body.
- Relief from headaches and migraines.
- Relaxation of the muscles of the head, neck and shoulders.
- Improvements in concentration and memory.
- Relief from anxiety and insomnia.
- Alleviation of eyestrain.
- Improvements in skin condition.
- Improved confidence and self-esteem.
- Increased energy levels.
- Improve hair and scalp condition.

What can Indian Head Massage treat?

Indian Head Massage can be an effective therapy for the treatment of:

- Stress • Fatigue • Muscular Aches and Pains • Insomnia • Headaches • Migraines • Sleep Problems • Sinus Problems.