

# Indian Head Massage

Indian Head Massage includes the upper back, shoulders, upper arms, neck, head and face, or any combination of these. Oil can be used on the scalp as an option. It is given with clothes on, in a comfortably seated position and takes approximately 35 minutes.

It can be very relaxing, it helps create feelings of well being, peace and calm, balancing the mind, body and spirit. It also helps clients to cope better with the stresses and strains of life. The first visit will involve a consultation and will therefore take a little longer.

It is great for relieving the stress and tension in our everyday lives. The technique uses controlled movements and has a strong effect on the three higher chakras – the mind, body and spirit. The chakra is the energy vortex that we need to remain striving and because the massage works on the neck and shoulders, tension is relieved almost instantly.

During the massage, the client remains seated and fully clothed. The therapist will then stand behind or slightly to the side of the client to perform the massage. A treatment session usually last for thirty minutes. This form of massage can be used with other therapies.

Indian head massage can be used to:

relieve eyestrain, insomnia, ease headaches and migraine, relax muscles, relax and tones facial muscles, stimulate the hair and scalp, help localized blood and lymphatic circulation, boost the immune system, restore joint movement, relieve sinusitis, reduce stress, release anxiety.