



## **Indian Head Massage**

This type of massage originates in the Indian sub-continent, and is part of the Ayurvedic healing system, which has been in existence since about 2500BC - Ayurveda is Sanskrit for "science of life". It was traditionally used by Indian women to maintain the health and condition of their hair.

Practitioners massage the shoulders, neck, scalp, and face with alternate firm and gentle movements that relax the thin layer of muscle covering the head, improving blood flow, nourishing hair follicles and alleviating anxiety and stress. The physical benefits are obtained immediately with relaxation of the muscles and easing of tension. It will also relieve mental tiredness, promotes clearer thinking, and gives a higher level of alertness and concentration.

On a subtler level the higher chakras, or energy levels, are points of focus throughout the treatment, enabling stagnant energy to be released whilst balancing the chakras (energy levels) and helping the body to work in a more harmonious and peaceful way. Many clients describe treatments as being most beneficial, and report a wonderful feeling of well-being.

It is a useful massage to do in an office environment, where the treatment can be performed over clothing in 20 minutes without complicated procedures - an office chair is quite suitable. In fact Indian Head Massage can be done anywhere!

Indian Head Massage uses old Ayurvedic healing techniques to reduce stress. The body, mind and spirit are brought into harmony by physically working on the upper back, shoulders, arms, neck, scalp, face and the chakras (energy centres). This promotes relaxation and revitalisation. It is used to alleviate headaches, migraines, insomnia, eyestrain, jaw ache, tinnitus, and sinusitis and relieves pain in the neck, shoulders, and upper back.

**# General and specific relaxation of muscles, providing immediate relief.**

**# Fibrous adhesions (knots and nodules) can be broken down.**

**# Dispersal of toxins from tense, knotted muscles.**

**# Relief from chronic neck and shoulder stiffness.**

**# Loosening of the scalp.**

**# Relaxation of the whole person.**

**# Increased oxygen uptake in tissues.**

**# Improved circulation of blood in previously congested muscles, providing extra oxygen for the brain.**

**# Stimulation and improvement of the circulation of the lymphatic system.**

**# Relief from stiffness in the neck and shoulders.**

**# Promotion of hair growth.**

**# Help in the relief of eyestrain and tension headaches.**

**# Excellent for disturbed sleep and insomnia.**

**# Help with mental tiredness and edginess.**

**# Improved concentration.**

**# Relief from mental and emotional stress.**

**# Physical Benefits: Tinnitus, Sinusitis, Migraine, Nightmares, Vertigo, TMJ**

Temporo-mandibular joint tension, often caused by grinding and clenched teeth.

**# Mental benefits: A sense of calmness, peace & tranquillity**

A release of anxiety & relief from depression

High levels of concentration & clearer thinking

Sound sleep

The release of stagnant energy

Chakra balancing and energetic healing