



Indian Head Massage

Definition

Indian Head Massage is based on the ancient system of medicine known as Ayurveda, which has been practiced in India for thousands of years. Ayurveda means “the science of life and longevity” and its approach to health is the balance of body, mind and spirit, and the promotion of well-being.

The term ‘Indian Head Massage’ is a bit of a misnomer, implying a treatment restricted to the head only. However, massage is also performed on the upper back, neck, shoulders, arms and face.

Indian Head Massage is a very safe, simple, natural and gentle treatment usually performed with the client in a sitting position. It requires no special equipment and can be carried out through clothes. The therapist uses a range of different movements, including application of deep kneading and compression movements. In addition, the therapist will also gently stimulate and stroke pressure points on the face. A complete Indian Head Massage session will usually last about thirty minutes.

Benefits

- General relaxation for the muscles
- Induces a sense of calmness and tranquillity
- Toxins can be released from tense muscles
- Helps relieve mental and physical tiredness
- Can help with poor sleep / insomnia
- Improves concentration and alertness
- Fibrous adhesions (knots) can be released
- Neck and shoulder stiffness can be relieved
- Aids joint mobility
- Helps alleviate stress
- Aids relaxation
- Stimulates lymphatic flow
- Helps relieve eye strain