

# Indian Head Massage

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## What is Indian Head Massage?

This form of massage has its roots in Asian culture, of which there are two parts. Firstly, massage of the hair with the use of aromatic oils is practised by women of all generations within the family. Secondly, massage of the scalp and shoulders is an integral part of any treatment at the local barbers, therefore usually for men only. These two concepts have been brought together by Narendra Mehta and been developed into a treatment which concentrates on those areas where most of us hold our tensions – both physical and emotional – the upper back, shoulders, arms, neck, scalp, and face. A wonderfully relaxing treatment which is delivered either through clothing or directly on to the skin with the use of oils. The client is seated rather than lying down, making it an excellent introduction to holistic treatments for apprehensive clients. It is the client's choice regarding the use of oils or not. Acupressure points are worked on the shoulders, head and face, relieving congestion and tension. Since the area worked on is where the higher energy centres are located – throat, brow (third eye) and crown, these also cleansed and brought into a state of balance, helping us to achieve a greater sense of harmony within.

## What are the benefits ?

Most people are surprised at the degree of relaxation they are able to achieve, considering it is a seated massage. This is because it targets the areas where most of us hold our tension. This is particularly true for people who spend most of their day working at a computer, with little opportunity to move around and stretch. When we feel anxious and stressed we tend to hold on to more tension within the body. This is experienced as physical, emotional or mental tension and can lead to aches and pains, muscle spasm, stiff neck and lack of mobility in the joints because of tight muscles and tendons. Migraines and tension headaches can follow. By working these areas we can release physical, emotional and mental stresses which have accumulated, showing our bodies a greater sense of relaxation.

## What happens during a treatment?

Indian Head Massage can be done through clothing, although you will be asked to remove neck chains and earrings. It is advisable to wear loose fitting clothing such as a T-shirt. If oils are used this is directly on to the skin, and/or hair. It is a wonderful stress-buster in the working day. It is also a good idea not to wear hairspray or gel and to bring a comb or brush – your hairstyle can become very interesting! You will be sat upright for the treatment, which takes approximately 45 minutes.

For further information please phone The Natural Healthcare Centre on 01283 516444