



## Indian Head Massage

We all know that the Indian Head Massage originated in Asia, it played an important part of Indian life. Reports have been found dating back 4000 years. They would use a collection of herbs, spices and aromatic oils. Massage had an important function within the culture being used as an holistic form of healing within muscle strengthening, firming the skin, along with encouraging the body to heal itself. The Asian community would and still do encourage baby massage from birth, allowing mother and child to feel a close bond. This form of massage has been passed from generation to generation.

### What is Indian Head Massage?

It is a relaxing treatment concentrating on massaging the head. Originally used to stimulate lustrous hair growth, Indian Head Massage has been found to be one of the most effective of all the holistic therapies for relaxation and stress related problems.

### How does it Work

The treatment involves massage and acupuncture techniques on the upper back, shoulders, arms, neck, scalp and face. This relaxes tense areas and at the same time, helps to re-balance the energy, clearing any areas of negativity.

It may also help to relieve or alleviate

Mental tiredness/stress/anxiety or insomnia, scalp tension, eye problems, tinnitus and other ear problems, sinusitis and congestion.

Indian Head Massage aids in the elimination of muscular tension and stimulates circulation, enhancing the supply of oxygen and nutrients to the tissues and promoting the removal of metabolic wastes which cause stress, tension and muscular pain. Stimulates lymphatic drainage, helping to remove toxins and boost the immune system. Helps to restore joint movability, stretches and mobilises the muscular tissues of the neck and scalp. By relaxing muscular tension it overcomes neurological circulatory problems, such as trapped nerves, tension headaches and stress related digestive problems.

Stimulates and improves circulation to the scalp and subcutaneous tissues, promoting growth and improving the strength and texture of the hair. It relaxes the cranial musculature, helping to alleviate headaches and eyestrain.

Overall, an Indian Head Massage can leave you feeling calm, relaxed and relieved of aches and pains. Stress and tension can be reduced and you could have an optimistic and confident attitude to life. This treatment may leave you better equipped to cope with everyday stresses and strains and you could be filled with a feeling of peace and tranquility.