



# Indian Head Massage



## What it is:

Indian Head massage is an ancient Ayurvedic technique that eases physical tensions whilst revitalising and rebalancing the body's energies. The head, neck and shoulders are all energy centre's where tension is most likely to accumulate. In an Indian Head massage, these points are gently massaged improving scalp circulation until all tension has begins to dissipate.

It is wonderfully relaxing, an excellent conditioner for the hair and skin, and can unlock energy you never knew you had. In its native lands people would be treated by their families at home, in the market place or a salon as part of everyday life.

<https://www.youtube.com/watch?v=hAxxeEYBD84>

## The Benefits of Indian Head massage include:

In summary:

- Relieves stress
- Alleviates muscle tension in the shoulder, neck and head area
- Restores and improves joint flexibility
- Eases headaches and eye strain
- Improves concentration
- Boosts the immune system
- Promotes relaxation and a general sense of well-being
- Improves sinus problems



### What to Expect:

- Following a brief consultation on your general health and any contra-indications to massage we will discuss your treatment process.
- You will be made aware of contraindications.
- The massage commences with gentle massage and then some deeper (not painful) techniques
- Following the massage there is a quick debrief to assess the effect of the treatment. Aftercare advice will be given regarding the best way to maximise the effect of treatment.
- You will be left feeling relaxed, revived and indulged.

### Contra - Indications of Indian Head Massage

- **Restriction of Treatment Conditions:**
  - Medication
  - Inflammation
  - Bruising
  - Undiagnosed Lumps and Bumps
  - Cuts and Abrasions
  - Allergy to Massage Medium (nut allergy)
  - Recent scar tissue due to risk of damaging tissue
- **Prevention of Treatment Conditions:**
  - Recent Operations in treatment area
  - Thrombosis / Embolism
  - Intoxication
  - Severe Bruising or recent Haemorrhage
  - Recent head or neck injury
  - Skin/Scalp diseases or infections that are contagious, viral, bacterial, fungal
  - High Temperature or Fever due to the risk of spreading the infection
- **GP Referral before Treatment Conditions:**
  - Dysfunction of the Nervous System
  - High or Low Blood Pressure
  - Circulatory Problems
  - Pregnancy (after 12 weeks is safe)
  - Migraine
  - Undiagnosed Lumps
  - Eye Conditions
  - Scalp Infections
  - Cancer, Epilepsy, Diabetes



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## Indian Head Massage

### After Care Advice:

- Drink Fluids (herbal teas eliminate toxins) – avoid alcohol
- Be aware of side effects – use leaflet or internet information
- Light meal 2 hours before / after
- Exercise effects Blood pressure
- Drowsiness possible (be careful driving) allow your body to guide you
- Headaches / dizziness possible
- Try to avoid smoking
- Increased visits to the toilet (Due to toxin elimination)
- Avoid Heat treatment for 24 Hours

Some people can get a runny nose, become emotional or even feel slightly worse, which is a sign of the body trying to cope with toxin removal.