

Indian Head Massage

About Indian Head Massage

Indian head massage, which features in texts dating back nearly 4000 years, is a massage of the head, neck and upper back which aims to relieve stress accumulated in the tissues, muscles and joints of the head, face, neck and shoulders.

What Is Involved?

The massage is normally carried out while the client is seated, fully clothed, on a chair. The therapist uses a range of different movements including application of deep kneading and compression movements over the neck, shoulder and scalp areas. In addition, the therapist will also gently stimulate and stroke pressure points on the face.

Benefits

- reduces toxins and increases lymphatic flow to the head and upper body
- helps increase joint mobility and flexibility in the neck and shoulders
- relief from headaches, migraines, eye strain and sinusitis
- many clients feel revitalised and better able to concentrate
- restores the flow of energy, creating balance and calm
- relief from muscular tension
- slows down breathing
- reduces blood pressure
- lowers stress and mental fatigue
- improves posture and flexibility

Side Effects

Following an Indian head massage, some clients may experience tiredness, dizziness, an increased desire to urinate or aching muscles. All of these side effects usually last for no more than a few hours, after which clients generally experience increased energy and alertness.

Suitability

Indian head massage is not suitable for people:

- with skin, or scalp infections
- who have recently suffered a haemorrhage
- who are intoxicated (drugs or alcohol)
- with a history of thrombosis or embolism
- with fever or conjunctivitis
- with a recent head or neck injury
- who have had recent surgery

Advice

- talk to your doctor before arranging a treatment
- make sure that you avoid alcohol for at least five hours before the treatment
- remove any earrings or chains, so the therapist does not catch them while working
- where appropriate, remove glasses before your treatment
- comb or brush out any gel or hair spray
- if the therapist uses too much pressure at any time please tell them

Aftercare Advice

- If you are diabetic check your blood sugar levels
- rest if necessary
- drink approximately 2 litres of water daily; this reduces headaches, lethargy and digestive problems
- avoid stimulants such as tea, coffee, alcohol and nicotine
- eat light meals

This is...
why

"The Centre of Health and Wellbeing is a company limited by guarantee, registered in Scotland with company number SC336009 and having its registered office at 2 Millbank, Balerno, Edinburgh EH14 7GA. The Centre of Health and Wellbeing is also a Scottish charity with Scottish charity number SC039989