



For better
mental health

Factsheet 2: Indian Head Massage

Indian Head Massage has been practiced in India for thousands of years to promote health and well-being.

Indian Head Massage is a therapy based on an ancient Ayurvedic healing system from India. It consists of a massage to the face, scalp, shoulders, upper back and upper arms.

The treatment is performed whilst you are sitting comfortably in chair and can provide a both relaxing and stimulating experience.

Traditionally, oils are used when giving a treatment but some people may prefer to have a 'dry' treatment. You can remain fully clothed throughout the treatment.



Indian Head Massage is generally suitable for most people. Your treatment will last half an hour and will cover all of the areas mentioned above. Alternatively it can concentrate on a particular problem area based on your own individual needs. Before treatment begins a brief treatment plan will be designed to adapt the massage to your own requirements. Your therapist will discuss this with you.

Indian Head massage can be beneficial for many conditions caused by both physical and mental tension. Many people experience an improvement in the condition and circulation of the hair, scalp and treated skin areas. Others report a reduction in muscle tensions, headaches, migraines and eyestrain. After receiving Indian Head Massage you may experience a general sense of calmness and relaxation, with conditions such as depression, anxiety and stress all being significantly improved.

Complementary therapy sessions cost £5 for a half an hour treatment, which includes a pre-treatment consultation and after care advice.

Please call 0121 565 2788 for times and details and to book an appointment.

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