

INDIAN HEAD MASSAGE

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. 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 which will mean that they can remain fully clothed.

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.

Indian Head Massage organised through our wellbeing team costs £5 for a half an hour treatment. Please call 0121 565 2788 for times and details and to book an appointment.

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