



Indian Head Massage

This therapy is based on Ayurveda, the oldest Indian healing system. Indian Head Massage has been westernised to include other parts of the body vulnerable to stress such as the neck, upper arms and shoulders.

It is ideal for practising in the workplace because it is non-invasive. The client can remain fully clothed and it is relatively quick to perform in 10-20 minutes, and no special equipment is needed.

Indian Head Massage can help counter balance the effects of stress as, by relaxing the shoulders, they will drop and allow the energy to flow more freely. This will encourage deeper and easier breathing and improve joint mobility; it can help to reduce tension and tightness in the upper arms and shoulders; it also helps to open up the energy flow from the spine to the whole head, thus reducing tension and headaches.

15 minutes is all that is needed for a massage that leaves you relaxed but energised and invigorated, ready to return to work.

This treatment is particularly beneficial to people working in call centres or on computers.