

Indian Head Massage

Indian Head Massage (IHM) is an ancient technique originating from the Indian Ayurvedic system of healing. It has been the tradition of family massage which the women used as part of their grooming. Barbers also practised it.

In conjunction with different oils according to the season, the massage was said to keep hair strong and in the best of condition and the scalp healthy. It also improves blood flow to the scalp.

Nowadays the most common cause of poor blood flow to the scalp is stress generated muscle tension. By helping to dispel this tension the head massage not only improves the hair but helps relieve headaches and eyestrain.

It is relaxing to the mind body and spirit, useful in clearing the head in stressful situations.

The full session of fifty minutes would include facial massage and neck and shoulder work and can include the use of oils. It leaves the client feeling very relaxed, very happy, even tired!

How does it work?

The head, neck and shoulders are important energy centres within the body; tension accumulates there when we are stressed or angry. This results in stiff neck and shoulders, eyestrain and headaches. Physical or emotional tension tightens the muscles of the back, shoulders, neck, face and scalp. Indian head massage focuses on these areas bringing about release of tension and huge relaxation. This improves the circulation and energy flow and people sitting at computers or driving for long periods often feel an immediate improvement in their physical and mental functioning as the cleansing and clearing of blockages takes place.

People with much in their minds can feel this is just what they need!

At the beginning of the treatment the client's mind is still active but as they begin to relax their breathing deepens and more oxygen is being pumped around their body. As the work continues stagnant energy is released as fibrous knots are eased out. Flexibility and fluidity is restored and they are left experiencing a sense of peace and wellbeing.

There are less contra-indications to Indian head massage than to other types of massage therefore it can give more people an opportunity to experience the healing power of touch.

It must be said that as with other types of bodywork and massage it is detoxifying and the client is encouraged to drink plenty of water.

The Benefits of regular treatments

- Relaxation of whole person, stress relief.
- Improvement of tinnitus, temporo-mandibular joint tension, sinusitis and migraines
- A sense of calmness and peace
- Clearer thinking and higher level of concentration
- Deeper sleep
- Increased energy levels
- Relief of chronic neck and shoulder pain and tightness.