

What are the Sideeffects ?

Following a treatment some clients experience **tiredness, dizziness, an increased desire to urinate** (as the body is eliminating toxins and waste materials) 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.

Indian Head Massage should be avoided if you have had recent surgery, or a head or neck injury; a history of thrombosis or embolism; spondylitis or spondylosis. Also, it is not recommended if you are in your first trimester.

If you have high or low blood pressure, diabetes, Indian head massage is particularly good for reducing the effects of stress and tension epilepsy, any kind of heart condition, cancer or osteoporosis, talk to your doctor before arranging a treatment.

Always make sure that you avoid alcohol for at least five hours before the treatment



Contact Details

Call Lucia today to book an appointment

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Location

I am a mobile Therapist however at times I might be located at a clinic.

Please call me, e-mail me or check my website to find out where I will be based.

Methods of Payment

Methods of payment accepted:

Cash, On-line or Direct Bank Transfers

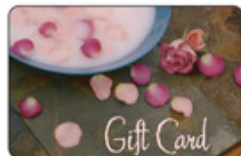
Cancellation Policy

***** 24 hours notice is REQUIRED *****

If a cancellation is made less the 24 hrs a 25% Charge of the treatment value will be made or retained

Gift Vouchers

Gift Vouchers Available



Please ask me for more details or to purchase vouchers.

You can also purchase vouchers online.

www.ReNewHolisticTherapies.co.uk

Indian Head Massage



Indian Head Massage

(A Brief History of Indian Head Massage)

Indian head massage is based on the Ayurvedic system of healing which has been practiced in India for over a thousand years. Traditionally the techniques were restricted to the head and hair, to improve scalp and hair condition of Indian women. This therapy is normal practice in India as it provides families with relaxation and healing on a daily basis, as well as playing a part in rituals such as weddings and births, not to mention everyday events like a trip to the barber.

Head massage is given from the time of birth. Babies are regularly massaged with oil. Even when they cry, mothers know that the best way to comfort a baby is to touch and stroke it. Massage will enhance circulation in the infant.

What is Indian Head Massage

Indian Head Massage is a technique used to stimulate the circulation, boost the lymphatic system and ease muscular tension.

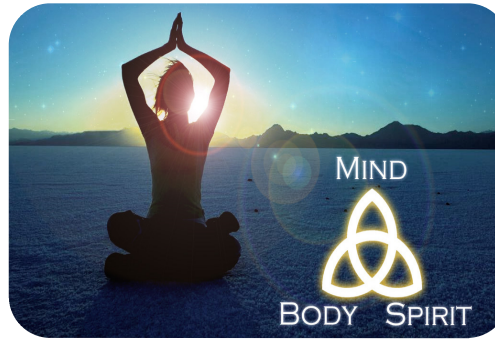
The massage is applied to the upper back, neck, shoulders and upper arms, these all being areas that can suffer high levels of stress and tension.

The face and scalp are gently massaged using the pressure point techniques to aid relaxation. The head, neck and shoulders are important energy centres within your body, if you are stressed or anxious, tension tends to accumulate.

Indian Head Massage involves working with a strong, but gentle rhythm helping to unknot blockages and release tension, this effect is not just physical, it also works on an emotional level, calming the spirit, promoting relaxation and relieving stress.

This treatment is a safe, accessible, and convenient therapeutic treatment that can be performed either in the clinic or the workplace. It can provide instant relief from tension and stress symptoms and induce a state of calm, peace and tranquillity and also promote high levels of alertness and concentration.

What happens in a Session ?



A short consultation form, will need to be completed. The treatment will be tailored to the client's needs which will be discussed during the consultations.

This simple yet effective therapy uses a variety of techniques to manipulate soft tissue. It is performed with the client in a seated position, usually through light clothing. Treatment can be given using oils, if requested, for which the neck and shoulders would need to be uncovered. The oils not only nourish the hair, but also calm the nervous system, as the roots of one's hair are connected to nerve fibres.

A range of different massage pressures and rhythms are used including deep kneading and compression to stimulate the head, neck, upper back, and shoulder area. In addition, gentle but stimulating strokes are applied to pressure points on the face.

The treatment times vary depending on what is required. A typical session usually last from 30 to 60 minutes, plus ideally allowing another 10 minutes for recovery, were the client should sit quietly and relax after the massage.

What are the Benefits ?

Some people have an Indian Head Massage as a treat, however, it is much more than this as the benefits are really rather crucial and can assist with a variety of physical and emotional problems and concerns. It provides relief from aches and pains, promotes a healthy scalp and hair, and helps induce relaxation and a feeling of well-being. Other physical and psychological benefits include:

- ⇒ **General and specific relaxation of muscles, providing immediate relief.**
- ⇒ **Fibrous adhesions (knots and nodules) can be broken down.**
- ⇒ **Loosening of the scalp.**
- ⇒ **Relaxation of the whole body.**
- ⇒ **Dispersal of toxins from tense, knotted muscles**
- ⇒ **Improved circulation of blood and increased oxygen uptake.**
- ⇒ **Stimulation & improvement of the circulation of the lymphatic system.**
- ⇒ **Help in the relief of eyestrain and tension headaches.**
- ⇒ **Excellent for disturbed sleep and insomnia**
- ⇒ **Help with mental tiredness and tension.**
- ⇒ **Improved concentration.**
- ⇒ **Relief from mental and emotional stress.**