

What is Indian Head Massage?

Indian Head Massage is a safe, easy, yet effective massage to the head, neck, shoulders and upper arms. This promotes not only hair growth, but also assists in the relief of aches and pains, especially when sat at a computer and sinus problems. Stress may also be relieved by this therapeutic massage.

Indian Head Massage is a Holistic Therapy. A Holistic approach considers the mind, body and the human energy field. The whole body works as a complete system, if there is dysfunction found in one of these areas, other areas will attempt to compensate. Left for some time without attention can lead to damaging physical conditions.

Where did Indian Head Massage originate?

The technique was founded in India and has been practiced for thousands of years. Originally, only women practised the massage, believing that together with natural vegetable oil, it stimulated the growth of long strong hair.

Today, other oils such as coconut, sesame, mustard and henna can be used for their beneficial qualities, to maintain the health of the hair.

It is common practice for these oils and others to be used in treatments for aromatherapy, which is another holistic therapy, just as old, which can benefit the whole body.

What happens during an Indian Head Massage?

The client will sit on a comfortable chair, fully clothed at all times, where relaxation is promoted.

The therapist will work from behind starting with the shoulders, back, upper arms, neck, head and face. Oil or talc powder will be applied to the neck areas only during our therapy.

The movements will be performed in a nice flowing sequence, with a combination of both soft and hard massage techniques.

The whole treatment may take between 10 – 50 minutes, depending on the required benefits.

Where can Indian Head Massage be performed?

Because Indian Head Massage is in- obtrusive, it can be performed in either in the comfort of your own home, the office or within the salon / therapy room.

What are the benefits?

Indian Head Massage may offer:

- Relief of chronic neck & shoulder stiffness
- Improved circulation
- Promotes hair growth

- Relief from:
 - Eye Strain
 - Tinnitus
 - Jaw ache
 - Sinusitis
 - Insomnia
 - Headaches
 - Relaxation of the whole body
 - Remedy for office tensions
 - Prevention of stress and repetitive strain injuries

"If your head feels good, you feel good"

Please note:

Should you suffer from any of the conditions listed below it is advisable to seek a medical doctor's guidance, prior to any alternative treatment:

Recent head or neck injury

Epilepsy

Diabetes

History of thrombosis or embolism

Low or high blood pressure

Skin disorders

Scalp Infections

After Care Advice

Following Indian Head Massage it is advisable to:

Stay seated for a few minutes, following treatment:

- Drink plenty of water or herbal tea
- Avoid drinking coffee, tea and alcohol
- Eat a light meal
- Relax, and try to avoid fast movements, or bending down
- If oils have been used during the treatment, try to leave on as long as possible, to gain maximum benefits.
- Take care going home especially when driving.

Indian Head Massage promotes a wonderful feeling of well being leaving the recipient feeling invigorated yet relaxed.


It has the affect of de-stressing and balancing the whole body.

It can be used complementary to any other therapy.

Indian Head Massage using a variety of pungent oils can be used as part of the Ayurvedic healing system and for Aromatherapy treatments.

For further information, or to book an appointment, please contact;

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Other therapies and services available:

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- Crystal Therapy
- Emotional Freedom Technique
- Henna Tattoos
- Meditation
- Pamper Parties
- Body Massage
- Hot Stone Massage
- Hopi Ear Candling
- Reiki Training
- Stress Management
- Reflexology



Indian Head Massage

Client Information

Would you like to find a relaxing way to release the tension in your shoulders and neck?

Experience the ancient art of Indian Head Massage to relieve the aches and pains.