

Indian Head Massage

With its roots in Ayurvedic medicine, this traditional massage has been practised in India for over 1000 years.

The recipient remains clothed and seated in a chair. Massage techniques are applied to the upper back, shoulders, arms, neck, scalp and face. These are the areas which frequently hold a lot of tension. The treatment can be carried out with oils or without.

Working on a physiological and psychological level, this treatment can relieve muscular pain and tension, increase energy levels, reduce blood pressure and improve concentration. Other conditions which may benefit include eyestrain, tinnitus, sinus congestion, insomnia, depression, headaches and hair loss.

Highly beneficial for stress related disorders, this holistic therapy promotes relaxation, aids detoxification and encourages healthy hair and scalp.