

Indian Head Massage

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With its roots in Ayurvedic Medicine, Indian Head Massage dates back over 3000 years. Indian Head Massage does not only focus on the head and scalp as its name suggests but also works on the neck, upper back, arms, shoulders and face, which are the main areas where stress and tension are held in the body.

Unlike other forms of massage, Indian Head Massage is performed fully-clothed in an upright chair with the practitioner working behind the client. During which time the client will usually descend into a deep state of relaxation, allowing the body to re-balance itself on all levels.

Receiving Indian Head Massage on a regular basis can help to improve the condition of thinning hair and also contribute to deeper and more relaxed sleep.