

indian head massage

what is indian head massage?

Indian Head Massage is a remedial treatment which has a profoundly relaxing effect on the client. It can bring tremendous relief from aches and pains. It is one of the most relaxing massages you can have! It is based on the ancient holistic Ayurvedic healing system encompassing the mind, body and spirit and strives to restore balance and inner harmony to all three to improve the health of an individual.

Clients receive a massage of the upper back, shoulders, upper arms, neck, scalp, face and ears. It can help relax, soothe or invigorate the receiver by helping to dispel stress-generated tension in muscles caused by poor blood flow. Increased circulation to the head, neck and shoulders brings oxygen and nutrients thereby helping to improve skin condition.

Mental fatigue is greatly reduced and concentration improved. Migraine, headaches, eyestrain, blemishes and tension lines, especially in the face, are often alleviated.

Clients do not have to remove their clothes and massage can be performed without oils or creams.



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We can also provide facial therapies, mens executive grooming, teenage treatments, tanning and a full range of Massage, Bridal and Beauty therapies. Please telephone for further details.

what are the benefits of indian head massage?

- It is safe and immediately effective and it is good for you!
- Relieves stress and associated symptoms of stress
- Promotes relaxation
- Improves lymphatic drainage
- Improves muscle tone, scalp circulation, hair and skin condition
- Relieves headaches, migraine and eyestrain
- Gives a feeling of being cared for and promotes psychological uplift.

how long does it take?

Sessions can last for either 30 or 45 minutes.

Please note that, prior to your first appointment, a full consultation will be required and will be included in the price of the treatment.

Special packages are available for employers wishing to introduce Indian Head Massage into the workplace - details upon request.

Gift Vouchers are available and can be sent to you free of charge.



beauty works
HORSHAM

Chaucer House
Bloor Close
Horsham
West Sussex
RH12 5EX

01403 267728

0771 954 3410