

## Indian Head Massage

Cost **£99** +VAT

Duration **1 day**

**Pre Requisite** - Anatomy and Physiology

Indian Head Massage is a treatment based on old Ayurvedic techniques involving the face, scalp, neck and shoulders. A variety of massage movements are used to relieve accumulated tension, stimulate circulation and restore joint movement. IHM is also used to aid the condition and health of the hair, particularly when combined with the use of oils.

Indian Head Massage is used by practitioners to help reduce stress and fatigue, increase mental clarity, relax and rejuvenate the receiver.

This treatment will compliment other treatments such as Body Massage or Facial Therapy. It can also be offered as a 45 minute treatment in its entirety.



### You will learn

- Principle of energy flow
- Introduction into chakras
- Relaxation chime for you and your client
- 1 full, adaptable Indian Head massage routine
- you will massage the face, scalp, neck and shoulders

### What to expect from your course

- You will be working on each other, practical for most of the day
- Please ensure that you wear correct, comfortable salon uniform
- Be prepared to experience the treatment
- We provide lunch/refreshments, but if you've a special diet, please bring your own
- All training notes will be provided on the day
- Bring a pen and paper to make your own notes
- Kits and equipment is provided for you on the day
- Relaxation technique will be taught for all to experience
- You will be taught new, different routines and principles
- Parking is free at our training venues
- Full demonstration of all practical work from lecturer
- An assessment of competence and understanding (nothing to worry about)
- Certificate of training

