Frequently Asked Questions about Indian Head Massage:

Massage has always been an important feature of Indian Family life. Indian Head Massage is a treatment that has evolved from traditional techniques that have been practiced in India as part of family ritual for thousands of years.

The traditional Indian head massage was restricted to the head and the hair but over time this has become westernised to include the neck, shoulders, arms, hands and face.

It is important to understand that there is an integral relationship between the head, neck, shoulders and arms. By incorporating these parts of the body, the treatment is especially effective for the management of stress and tension as well as relief from specific aches and pains.

**What will I expect from an Indian Head Massage?**

If it is your first session of Indian Head Massage, you will be asked to complete a consultation form which will include questions about medical history, lifestyle, diet and general wellbeing. A conversation will then be had around some of your more current symptoms so as to understand these fully and to establish a tailored treatment session.

A specific base oil will be chosen to work with during the massage. This will be dependent on the degree of muscular tension, known sensitivities/allergies and client preference.

Indian Head Massage is generally given with the client seated. Cushions and bolsters are used to help provide additional support and ensure comfort throughout the treatment session. Shoes can be removed to allow the feet and toes to stretch and feel more relaxed. The environment is relaxed and calm with soft lighting.

**How will I benefit from Indian Head Massage?**

Massage therapists are not medically trained and are therefore unable to diagnose, prescribe or cure. Every person is individual and will respond to a treatment session in a unique way. It is therefore not always possible to predict the response from a treatment but generally most people feel very relaxed, may sleep better, notice a lessening of tension in muscles around the upper body and have an increased sense of wellbeing.

During the massage, the efficiency of the circulatory and lymphatic system improves, toxins are dispersed from tense muscles and some degree of flexibility and fluidity of movement is restored.

**How will an Indian Head Massage treatment session make me feel?**

Indian Head Massage helps the mind and body to feel relaxed, easing areas of tension or discomfort and providing a balance of emotional and physical energy. The simple act of sitting down and being still allows feelings of stress to disperse and helps to create a feeling of inner peace. Clients can often feel deeply relaxed at the end of the massage but soon afterwards can feel more energised and invigorated with a clearer head and more focus. Indian Head Massage helps to provide the space and time for the body and mind to connect, an opportunity to restore, repair and refresh.

**What do I have to wear?**

Preferably loose-fitting clothes to help with relaxation and comfort. It is essential that the neck and shoulders can be accessed during the massage, so it is recommended that a loose-fitting t shirt or top is worn. To allow for efficient and effective massage around the neck and shoulders, long hair should be tied up until this part of the massage has finished.

There can be a slight drop in body temperature during the massage so thick socks can be worn to help keep the feet warm. It may also be useful to bring a few additional layers to wear once the session has finished and for on the way home.

**Does Indian Head Massage hurt?**

No, Indian Head Massage should not hurt but some areas around the neck and shoulders may feel a little tender or sore. It is important to mention any feelings of discomfort or pain as pressure can then be altered accordingly or the area avoided completely.

**Is there anything I need to do afterwards?**

It is important to drink plenty of water after any complementary therapy to continue to assist with the effective elimination of toxins from the body. Try to avoid alcohol if possible.

Because Indian Head Massage will help the mind and body to feel calm and more relaxed, many people feel tired and sleepy after a session. It may therefore be an idea to arrange very little for the rest of the day/evening and to factor in an earlier night’s sleep.

**How many treatments should I have?**

If there is significant tension and tightness in the upper body due to wear and tear or chronic stress, then it may be beneficial to have a few treatment session close together as this will provide a greater impact on muscle groups, helping to reduce knots and nodules more effectively. A maintenance massage is then recommended and can work well in providing regular attention to specific areas or symptoms. However, the number of sessions also depends on money and time and therefore there is no pressure to continue if the treatment become unaffordable.