

Indian head massage

Learning objectives

This chapter covers the following:

- **a history of Indian head massage**
- **contra indications to Indian head massage**
- **preparation of therapist, client and treatment room**
- **physical and psychological benefits of Indian head massage**
- **oils used in Indian head massage**
- **the massage routine**
- **adapting the massage for different individuals**
- **specific after care advice**

In India, where Indian head massage is known as champissage, you can receive a head massage almost anywhere – on street corners, in barbers and hairdressers, on the beach, and particularly in the home where it is used for bonding and relaxation among family members.

In the West it is used more as a stress management treatment. Indian head massage is a relaxing and calming treatment which, as its name suggests, concentrates on massage to the head but also includes massage to the arms, shoulders and neck where we tend to accumulate the most stress and tension, and also incorporates a facial massage. Indian head massage is an extremely versatile, non-invasive treatment and as such is the perfect introduction to massage. It is performed seated in an appropriate chair with the client fully clothed.