

CHAPTER 13 INDIAN HEAD MASSAGE

Knowledge review answers

1. The Indian word used to describe Indian head massage is champissage.
2. Clients should be sitting comfortably in an upright position on a straight-backed chair. Their feet should be flat on the floor. The client may be more comfortable if shoes are removed and tight waistbands and collars loosened. Their arms should be relaxed and their hands resting comfortably in the lap.
3. The client should not sit with crossed legs, as this will disturb the flow of energy.
4. Physical benefits of Indian head massage include; improved blood circulation – increasing oxygen and other nutrients into the tissues of the body and the brain, encouraging healing and better concentration; helps improve muscle tone; relieves muscular tension; improves respiration by encouraging deeper breathing; stimulates nerve endings, which relieves muscular pain and fatigue; leads to softer and regenerated skin – sebaceous secretions are stimulated and the removal of dead skin cells (desquamation) is accelerated, plus the layers of the skin are stimulated, which improves their cellular function; relieves physical and emotional stress; helps to relieve eyestrain and tension headaches; encourages hair growth; helps relieve sinus problems; stimulates lymphatic system; general relaxation – giving rise to better sleep and more concentration.
5. Psychological benefits of Indian head massage include: relieves stress, anxiety and depression by its uplifting effect; creates a balanced feeling to the whole body; refreshes and revitalizes the mind and body; emotional release may be experienced by client.
6. Deep breathing before commencement of massage helps centre and prepare both the client and therapist for treatment.
7. The client's head should be tipped slightly backwards. This keeps the upper part of the trapezius muscles relaxed, therefore making the movement more effective.
8. The main purpose of the raking movement is to bring the client's hair back into some kind of order and taking hair out of the face, before commencing with the other movements.
9. Before commencing the facial massage you should place a small rolled-up towel behind the client's neck.
10. Oil is applied after the neck massage but before commencing the scalp massage.
11. Three benefits of using oil in a scalp massage are for strengthening, removing dryness, softening the skin and encouraging vibrant, shiny hair.
12. Carry out an allergy test when using oils that originate from nuts, e.g. almond, coconut, hazelnut, macadamia.
13. For sinusitis on a cold day, use mustard oil.
14. Organic vegetable oils are the best oils to use as they are partially absorbed through the pores of the skin.
15. After care advice would include drinking water, a light diet, leaving the scalp oil on the hair, and continuing treatment at home.
16. For an elderly, thin and bony woman the massage can be adapted by reducing the pressure of the massage and avoiding tapotement movements; for a strong, muscular man therapists may need to use more of their body weight and use firmer movements; on areas of slack muscles, stimulating moves need to be

used, to increase the circulation and help tone up the area; and on clients returning to work, you will need to end the massage with stimulating moves.