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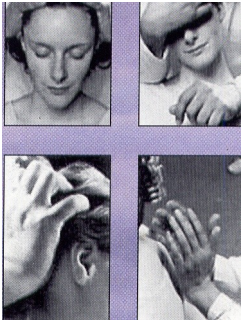
Holistic Centre
of Excellence

**Ayurvedic Indian
Head Massage
Practitioner
Course**



061-381947

Indian Head Massage



The healing traditions of India offer us a wealth of information in practical matters of our health and well being. The enlightened sages of the past developed and

refined Ayurveda for the betterment of humanity. They realized that a healthy body is necessary for progress in life and can only be achieved if the mental, emotional and spiritual aspects of the individual are addressed together.

Indian Head Massage is part of the Ayurvedic Bodywork. These treatments have been practiced in India for over 5000 years. Ayurveda means-knowledge (veda) and life (ayu).

Almost every mother in the sub-continent has practiced Head Massage, which has become both a customary and integral part of her family life. Cranial massage is also a common practice with barbers to their male clients in South Asia.

The Treatment.

Traditionally offered sitting upright in a chair, it is a non-invasive, clothed therapy that embodies the shoulders, arms, hands, neck, scalp and face. Treatment time is one hour. The approach is altogether holistic. There is a detailed consultation and a list of contra-actions a therapist has to take into account. It is a full treatment in it's own right and should not be blended with another therapy. Traditionally oil is used in the treatment however the client is always given the option.

Benefits

This is the ideal stress-busting treatment for anyone with aching shoulders, tight neck, tension headaches, eyestrain, insomnia and those suffering from a lack of concentration. It is a safe simple yet effective therapy renowned for relieving symptoms of stress. It clears the mind and revitalizes mental capacity thus improving alertness and concentration levels. It induces a sense of calmness and tranquility. Many clients describe the treatments as being almost sleep inducing and afterwards report a wonderful feeling of well being, feeling lighter and full of energy. Indian Head Massage is a very safe treatment.

Registration for Training Courses

To become a certified professional practitioner in Indian Head Massage Therapy, you will be required to attend an intensive three day training programme from 9.00 am to 5.30 pm and prepare to submit case studies with an examination. The Ayurveda based curriculum is demanding in its undertaking and rewarding in it's achievement. It will give the student a level of understanding and expertise, which would not normally be available from training outside India.

To register for one of our training courses please contact

Anna Gibson–Steel.

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