

Indian Head Massage

Indian Head Massage is based on an ancient Ayurvedic healing system that has been practiced in India for approx 4000-5000 years. Ayurveda is the ancient Hindu practice of health care and medicine. The treatment is also known as champisage from the ancient Hindu word 'champi' meaning massage. This is where we get the word shampoo from..

Its holistic approach concentrates on achieving a balance of the mind, body and spirit to promote physical, emotional and spiritual health and well-being. Traditionally this was an important family ritual in India and was passed on from generation to generation. This therapeutic massage involves various strong but gentle massage and pressure movements working on the areas of the upper back, neck, shoulders, arms, head, face and ears that accumulate tension and stress.

One treatment can lift you out of the stress of everyday life, improves blood circulation, stimulates lymphatic flow, boosts the immune system, releases blockages and tension in the muscles and drains away toxins from the aching muscles, can relieve tension headaches and eye strain and makes way for whole body relaxation. Suitable for pregnant ladies or clients, who, for whatever reason cannot lie flat on their front.

Regular treatments can improve skin and hair condition and growth by increasing the blood supply to these areas. It can improve sleep and concentration and offers relief from mental tiredness and irritability by de-stressing the mind.

1 HOUR TREATMENT INCLUDING CONSULTATION

£45

Back, Neck and Shoulder Massage

Concentrates on the areas that accumulate the most stress and tension and helps to relieve those aching tired muscles. Can include hand, foot, scalp or face massage.

1 HOUR TREATMENT INCLUDING CONSULTATION

£45.00

(seated massage)

