

Indian Head Massage



What is it and would it be good for you?

Indian Head Massage (IHM) is a therapeutic treatment that is very familiar in India because it is a part of daily life parents, for example, regularly massage the heads and shoulders of their babies and children. IHM is based on Ayurvedic healing principles – stimulating the flow of subtle energy around the body – and has probably been practiced in India for more than 1,000 years.

IHM was brought to the UK by Narendra Mehta who became blind at the age of one and for whom touch, therefore, had an added significance – as he said: *Once you are seated in my chair, my fingers do all the seeing I require.** It was due to his dedication and enthusiasm that IHM has become the popular therapy it is today.



With its focus on the head, neck, shoulders, upper back, arms and face, those receiving the treatment can remain fully clothed and in a sitting position. It is less intrusive and exposing than other massages and yet can still have an impact on the whole body. It can be undertaken anywhere (though a quiet setting is recommended) and can be adapted to suit people of all ages and levels of fitness.

* Mehta, Narendra *Indian Head Massage: Discover the Power of Touch*, 1999, Thorsons

What does IHM do?

IHM can help to: alleviate tension and stress (particularly where stress manifests so often, in the neck and shoulders) and bring a sense of release and relaxation for those feeling mentally tired. By stimulating the lymphatic system, improving circulation and increasing the flow of oxygen to the brain, it can improve brain function, concentration and responsiveness.

IHM can help alleviate the symptoms of a number of chronic and stress-related conditions including:

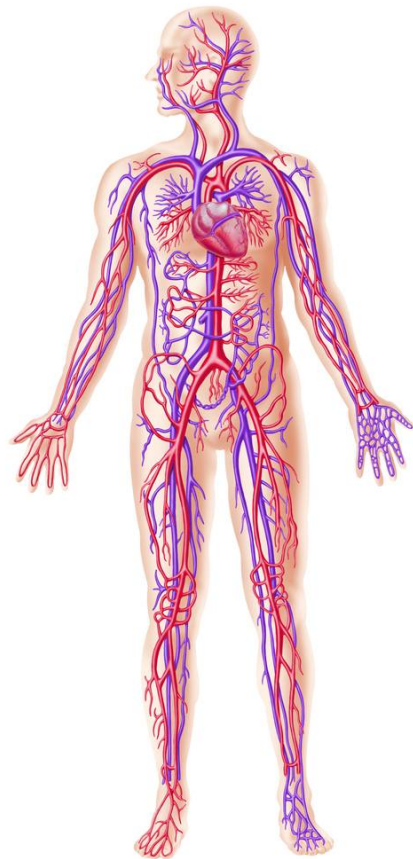
Anxiety • Chronic Fatigue • Depression
Eyestrain • Headaches • Insomnia • ME • MS
Sinusitis • Tinnitus

Before any IHM treatment, the therapist will take your medical history and discuss with you any conditions that you have that may make IHM inappropriate. If you have any concerns at all you will be able to talk them through in confidence.

After the IHM treatment, the therapist will give you some advice about immediate and longer-term self-care that will assist in sustaining your sense of wellbeing.

He/she will provide guidance on:

- How best to relax
- What kinds of food and drink will best nourish you
- How to build a healthy lifestyle by gentle exercise and deep breathing
- What will help to reduce the impact of physical and mental stress in your daily life





Please contact me for more information

Ros Tennyson
ros@rostennyson.info

