



# Indian Head Massage



## What is it?

Indian Head Massage is a relaxing treatment which, as the name suggests, concentrates on massaging the head. Indian Head Massage involves using a firm and gentle rhythm to help get rid of knots in the muscles and relieve uncomfortable tension. It works to restore balance and harmony by working on the higher three charkas. Indian Head Massage works on areas affected by mental and emotional stress and can bring immediate relief.

## A Brief History

The Hindi word for head massage is 'Champi' and aspects of the treatment have a long tradition in Indian families. Mothers would massage their daughter's hair with different oils to encourage long, lustrous locks.

Today, one of the most popular forms of head massage is Champissage. This is due to a man called Narendra Mehta. Blind as a child he grew up in an Indian community where Champi was an important part of life.

Mehta trained as a physiotherapist in England in the 1970's. In 1978 he returned to India where he studied the benefits and practice of Champi. Mehta started to include the neck, shoulders and face in to the massage and employed modern knowledge of shiatsu and acupressure to relax, restore and revitalise the bodies' energy. He was the first to formalise Indian Head Massage as an actual therapy.

## How does Indian Head Massage work?

The head and hair are extremely sensitive as the face and scalp are full of nerve endings, making them very receptive to touch. These areas store a great deal of anxiety and stress. Touching them with a firm and gentle rhythm will help melt away troubles and open the pathways of communication and understanding.

## What is Indian Head Massage used for?

Indian Head Massage helps to relieve aches and pains, dispels stress and rebalances the energy flow by helping to clear any negativity.

**PTO**

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## Indian Head massage may bring about:

General feeling of wellbeing, calmness and relaxation

Dispersal of toxins from tense, knotted muscles

Stimulation and improvement of circulatory and lymphatic systems

Improvement of joint mobility

Higher levels of alertness and concentration

## It may also help relieve or alleviate:

Tension headaches

Eyestrain / eye problems

Emotional stress

Insomnia

Neck and shoulder stiffness

Sinusitis and congestion

Hair loss/thinning

Scalp tension

Mental tiredness/anxiety/stress

## What are the benefits?

- Restores joint mobility, stretching and mobilising the muscular tissues of the neck and shoulders.
- Stimulation of circulation to head and shoulders
- Increases lymphatic drainage, helping to remove toxins
- Soothes away stress and tension
- Relieves headaches and eyestrain
- Increases mental alertness
- Can aid against hair loss
- Promotes healthy hair growth
- Imparts feeling of general well-being

## Are there any side effects?

There are no side effects with Indian Head massage.

## What a typical Session entails

The lovely thing about this treatment is that it can be done anywhere - only requiring a chair - making it an ideal treatment for the corporate environment. The client remains fully clothed whilst the treatment is performed and just takes advantage of a little 'time to themselves'.

Treatments are tailored to your needs so let me know! – More shoulder pain or scalp tension. Or more headaches/sinus pain...etc

## FAQs

### Do you use oils on the scalp?

They can be used but most people prefer not to have them as it leaves the hair very oily and often people are going back to the office or going out. However, if the client would like the aromatic oils, this is no problem..

### It looks uncomfortable, is it?

Not at all. I have a lot of clients who ask for a head massage when they wish to relax and unwind. Some people find it even more relaxing!

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