

# Bonne Santé

## Therapy Centre

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## INDIAN HEAD MASSAGE

Indian head massage is based on the ayurvedic system of healing which has been practiced in India for over a thousand years. As with many ancient therapies the benefits are now being appreciated and it is now a popular western treatment.

### HOW DOES IT WORK?

The aim of Indian head massage is to release the stress that has accumulated in the tissues, muscles and joints of the head, face, neck and shoulders.

### WHAT DOES IT INVOLVE?

The client, fully clothed, sits in a massage chair for the treatment. The therapist uses a range of different movements including application of deep kneading and compression movements over the neck, shoulder and scalp areas. In addition, the therapist will also gently stimulate and stroke pressure points on the face. The session will usually last fifty minutes, and we like their clients to sit quietly for ten once the massage has been completed to obtain the maximum benefit.

### WHAT IS IT GOOD FOR?

Indian head massage is especially good for relieving stress, tension, fatigue, insomnia, headaches, migraine and sinusitis. Clients report that the experience is deeply calming and relaxing, leaving them feeling energised and revitalised and better able to concentrate.

### WHAT ARE THE BENEFITS?

Indian head massage helps increase joint mobility and flexibility in the neck and shoulders, improves blood circulation and lymphatic flow, frees knots of muscular tension, relaxes connective tissue, and aids in the elimination of accumulated toxins and waste products. It is particularly good for reducing the effects of stress and tension.

**A Centre of Excellence for Complementary and Alternative Therapies in Comfortable and Relaxing Surroundings for Male and Female Clients of all ages**