



About your Indian Head Massage

The benefits of Indian Head massage

- Improves blood flow to the head and neck
- Improves lymphatic drainage
- Relieves muscular tensions
- Relieves physical and emotional stress
- Improves joint mobility
- Promotes deep relaxation
- Helps improve muscle tone
- Helps relieve eye strain
- Helps relieve congestion within the head
- Creates a feeling of balance and well-being
- Improves hair and scalp conditions

How to Prepare for your Indian Head Massage

Please wear comfortable clothing. Feel free to be in your nightwear if you are having a late appointment so you can go straight to bed afterwards if you like.

Your hair does not need to be freshly washed, but it does need to be clean.

If you have school aged children or work with school aged children, please double check your hair for lice prior to arrival.

Do not consume alcohol or recreational drugs prior to your treatment.

What to expect during your Indian Head Massage

The treatment in full requires me to touch your: **Back, Shoulders, Neck, Head, arms, hands, face and ears.** If you are not comfortable with any of these areas please let Bec know prior to the session.

The treatment will either be performed with you straddling a sturdy chair with pillows to make you comfortable or lying on a couch. When you are lying on a couch, you are usually lying on your back for the treatment. Please tell Bec prior to the treatment if you prefer to lie on your front.

Bec can do the massage with oils or dry. Please let her know your preference at the start of the session.

It is common to feel light and floaty but if you get a headache or dizziness during the treatment, please tell Bec immediately.



Please discuss with Bec prior to the session if you have any of the following:-

- High/low blood pressure
- Epilepsy
- Diabetes
- Severe circulatory disorder or heart condition
- Recent haemorrhage
- Cancer
- Undiagnosed lumps, bumps and swellings
- Varicose veins
- Heavy doses of medication
- Recent operation
- Thrombosis or embolism
- Recent scar tissue
- Severe bruising
- Allergies
- Pregnancy

If you do have any of the above, it might be that Bec advises you to check with your GP before booking an appointment.

After Care

Drink plenty of water and try to avoid heavy meals, strongly spiced meals and alcohol. If oils have been applied, when you wash your hair next, put the shampoo into dry hair, rise out then wash as normal.

Most people will feel deeply relaxed after this treatment and sleep deeply that night. It can be common to experience light headedness, a headache, fatigue and aching of muscles for up to 24hrs afterwards, if this continues beyond this and is only a result of the treatment, please contact Bec immediately.

You may also experience heightened emotions or feelings of alertness.

How often can I have an Indian Head massage?

You can have a head massage as often as you like. However, if you have a head massage with Reiki then leave at least a week in between sessions and two to four weeks in between is advised.