



Indian Head Massage

A bit about the course:

Our Indian Head Massage Course will teach you a specialised massage technique that works on pressure points to stimulate the movement of blood, lymph and oxygen in the upper body. Not only will you learn how to competently perform the treatment, you will also learn the history of this massage medium and the benefits of the treatment, incorporating chakras to restore the body's natural balance.

Course Duration

This course is structured over two days and runs from 10am – 4pm. We ask students to arrive at 9.45am to ensure a prompt start. You will learn the theory of the treatment firstly, and spend the majority of the day practising your practical skills, with a short break for lunch. Practical is carried out using a live model where possible.

What is included?

- Health, safety & hygiene
- Consultation techniques
- Contraindications
- Physical effects of the treatment
- Massage mediums
- Massage movements
- Practical tuition on performing Indian Head Massage, massage of the upper back, shoulders, neck, upper arms, scalp and face
- Aftercare advice

Price : £200.00