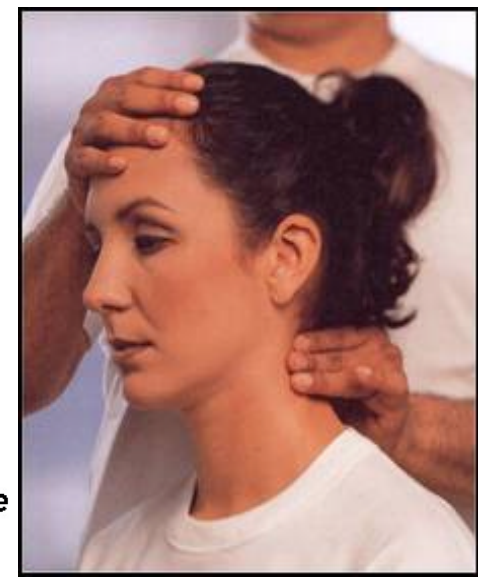


# Indian Head Massage

## **PITCH 8**

***Therapist: Nira Shah***



*Originally from Asia, Indian Head Massage is rapidly becoming a recognised and popular treatment for our modern stressful lifestyles. The aches and pains we suffer from working all day at the computer can soon be relieved with this form of massage to the scalp, neck and shoulders.*

Indian head massage is an Indian tradition dating back 4000 years. It originated by families sitting behind one another and massaging each other with oils to promote healthy hair growth, shine and heal scalp conditions with herbs, spices and oils. They would use oils according to the season. Oils with different healing properties were used, depending on the person's condition and what they would like to get out of the treatment. Oils used included: coconut, carrot, almond, olive, sesame, hazelnut.

When Indian Head massage was introduced to the west, neck, shoulders, arms and back were added to the routine. It is now used widely in offices where stress and aches and pains have become common place. It is so convenient and has such amazing immediate results that it is just perfect for a quick pick-me-up. Oils are not normally used in office environments as it makes the hair oily, although it can be used to help with scalp conditions.