



## Australasian Academy of Wellness Therapies

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### INDIAN HEAD MASSAGE

#### Introduction:

Dr. Narendra Mehta first introduced the concept of this popular massage treatment into the UK. in the 1970s. Dr Mehta has added a western dimension, incorporating shoulder, neck arms, head and face to this popular massage. The Indian Head massage can be performed without oil, which means that clients do not need to disrobe. For the uninitiated, this massage is a popular office treatment that relieves stress and muscle lethargy. As a mobile service it can provide for the office worker both psychological and physiological relief from anxiety and stress, and help alleviate shoulder tension. You may even choose to adapt some techniques to incorporate into a regular Swedish back massage.

Duration	: 2 days
Course fees	: \$240.00 (GST incl.)
Schedule	: Monday 9.30am – 4.00pm (refer to website for latest workshop schedule)
Venue	: Suite 15, South Gate

#### Course Objectives:

At the end of this two days workshop, participants should be able to perform this popular treatment and use the techniques with other massage routines. Professional therapist would have expanded their professional quantum of knowledge, skills and techniques to confidently execute a relief technique to a satisfied client.

#### Methodology:

Our qualified workshop leader will impart knowledge, demonstrate techniques and execute proper massage sequence used in employing the professional Indian Head massage. Participants will be given opportunities to execute significant hands-on practices during this workshop.

#### Topics covered:

- Cultural history of Indian head massage
- Chakra and energy centres of the body
- Contraindications and physical benefits
- Hair types & Base and Essential Oil selection
- Treatment techniques

#### Pre-requisite:

Certificate in Basic or Swedish massage.

#### Who Should Attend:

Professional massage and remedial therapists who are keen to expand their respective current portfolios and practicing therapist who engage in alternative and wellness therapies.

**Certificate** : Certificate of Completion from Australasian Academy of Wellness Therapies

**Progression** : Post-graduate Certificate in Spa Therapies/ ITEC Diploma in Indian Head Massage

