

## Benefits of therapy

Potential benefits of Indian Head Massage include:

- Reduced stress
- Improved hair condition
- Increased energy levels
- Improved circulation
- More efficient removal of impurities and toxins
- Stimulation and improvement of circulatory and lymphatic systems

## About the Federation of Holistic Therapists (FHT)

The FHT is one of the largest therapy associations in the UK, representing over 20,000 professional holistic, sports and beauty therapists. Founded in 1962, the FHT is a 'not-for-profit' organisation who, by setting industry standards, ensures best practice for therapists and their clients.

## Where can I find an Indian Head Massage therapist in my area?

To find a qualified therapist, visit the FHT website [www.fht.org.uk](http://www.fht.org.uk) where you can view our therapists' listings\*. Each Member's entry also shows other treatments they are qualified to practise.

You can be confident that therapists on this list are Members of our professional organisation, who offer high standards of treatment and follow our codes of practice and ethics.

Your local therapist is:



\* Not all of our Members choose to release their contact information to the public. We are happy to verify that individual therapists are FHT Members if you contact us directly; please phone 0870 420 2022

Federation of Holistic Therapists  
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# Indian Head Massage

## About Indian Head Massage

Indian Head Massage is a massage therapy that works specifically on the area surrounding the head, scalp and face, neck, and extending to the shoulders and upper back.

Indian Head Massage has been used in Asia for over 5,000 years. IHM, as practised in Europe incorporates modern western techniques.



# Origins of Indian Head Massage (IHM)

## - a brief history

For over 5,000 years, Indian women have appreciated the benefits of Indian Head Massage, a treatment which has come from the Ayurveda, an ancient method involving natural therapies, taking account of mind, body and spirit. The Hindi word for head massage is *Champi* and aspects of the treatment have a long tradition in Indian families. Mothers would stroke their daughter's hair to promote its growth and health.

As cultures moved around the world they took their traditions with them. There are several stories of who brought Indian Head Massage to Britain but it started to appear in the 1970s and developed in popularity during the 1990s.

Indian Head Massage as taught and practised in the West is a mixture of traditional Indian and western massage techniques.

## Summer breeze

The use of oils, an optional part of your Indian Head Massage, is seasonal. Sesame and coconut oils are particularly popular through the summer months.



# Can everyone enjoy Indian Head Massage?

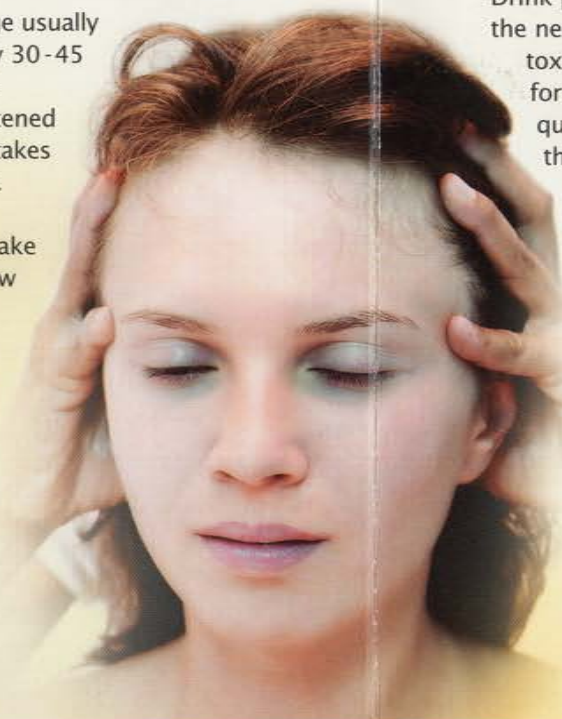
Indian Head Massage is suitable for most adults but there are certain conditions where you should avoid Indian Head Massage. To ensure the continued well-being of clients, all treatments begin with a consultation, which enables your therapist to make sure that Indian Head Massage is right for you. In some instances your doctor's permission may be required before treatments can commence, these will be discussed at your consultation. An individual confidential record will be kept with any relevant notes for future treatments.

## What happens during an Indian Head Massage?

An Indian Head Massage usually lasts for approximately 30-45 minutes, although the treatment can be shortened to 15-20 minutes if it takes place in the workplace.

You will be invited to take a seat and relax on a low backed chair as it is mainly the head, face, neck, upper back and shoulders that are being worked on.

Oils are optional in Indian Head Massage. If the treatment is performed without



## Winter warmer

Traditionally, mustard and olive oils are used for winter massages, as they're especially known for their warming effects.

oils you can remain fully clothed and a light weight t-shirt would be recommended. If oil is preferred, upper clothing can be removed and a large modesty towel applied.

## After your treatment

To gain maximum benefit from your Indian Head Massage treatment, try to rest afterwards - this helps your body's natural healing process. Caffeine can have a stimulating effect, so tea, coffee and cola should be avoided if possible, to help you to relax.

Drink plenty of water or herbal tea over the next few days - this helps flush away toxins. Try to avoid alcohol and tobacco for at least 24 hours. If you have any queries, don't hesitate to ask your therapist for advice.



## Eastern spice

Some traditional Indian oils are specially blended with herbs and spices from the East. For example, Brahmi oil - an exotic combination of herbs and coconut oil - can encourage long, glossy hair.