



## Advanced Indian Head massage training day

We will show you how to improve your skills and make this holistic treatment exceptional and so good it will have your customers will love it

Our advanced deep tissue muscle massage techniques to the shoulders, neck and head, with a facial and scalp massage. It is deeply relaxing and eases many ailments

### What will I learn?

You will learn the art of delivering an exceptional Indian Head massage using our Advanced Mantra routine, the rainbow breath and relaxation techniques. We will show you the power of the pendulum and a discovery of the 7 chakras – what they are, where they are, what they mean and how to balance them!

- History
- Benefits and effects
- Routine of massage movements
- 7 Chakras
- Pendulum & Balancing chakras
- Relaxation techniques
- Preparation of client
- Treatment room set up
- Consultation skills and record keeping
- Hands on practical skills delivering a treatment
- Aftercare advice
- Health and safety/professional ethics
- Hygiene/diseases and disorders
- Contra indications and indications for treatment
- Conditions relating to the head, neck and scalp
- Related anatomy and physiology
- Treatment planning
- Equipment, products and materials needed
- Marketing

£120

### What will I get?

Mantra Philosophy Diploma: This allows you to obtain insurance

Training handbook with diagrams and routines

Your own development plan to turn your new skills into action

Project work to complete with Mantra feedback to guide you

See your customers re-book and come back for more!

### You are ready for...

Hopi ear candles