



## Indian Head Massage training day

A unique holistic treatment so good it will have your customers coming back for more

Indian head massage is a deep tissue muscle massage to the shoulders, neck and head, with a facial and scalp massage. It is deeply relaxing and relieves headaches, sinusitis and more.

### What will I learn?

You will learn the art of delivering this ayurvedic system of healing which has been practiced in India for over a thousand years, relaxation techniques, a discovery of the chakras – what they are, where they are, what they mean and how to balance them!

- History
- Benefits and effects
- Routine of massage movements
- 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...

Advanced Indian Head massage, Hopi ear candles