



INDIAN HEAD MASSAGE



What is Indian Head Massage?

- A head and upper body massage
- No clothing is removed
- No oils are required
- Helps to create a sense of calmness

The physical and mental body is rebalanced by working the upper arms & back, shoulders, neck head and face.

Positive results:

- Relief of chronic neck & shoulder stiffness
- Loosens the scalp and promotes healthy hair growth
- Helps tension headaches, eye strain, ear and jaw aches, sinusitis/congestion..
- Aids clear thinking

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