



Henley Clinic Ltd | 24a Tuns Lane | Henley-on-Thames | Oxon | RG9 1SA

INDIAN HEAD MASSAGE

Prices from £35.00

Indian Head Massage is based on the ayurvedic system of healing which has been practiced in India for over a thousand years. It provides Indian families with relaxation and healing on a daily basis, as well as playing a part in rituals such as weddings and births.

How does it work?

- The aim of Indian Head Massage is to release the stress that has accumulated in the tissues, muscles and joints of the head, face, neck and shoulders.

What does it involve?

- The treatment involves one of our skin specialists using a range of different movements including application of deep kneading and compression movements over the neck, shoulder and scalp areas. In addition, we will gently stimulate and stroke pressure points on the face. The session is around 30 minutes and you may want to sit quietly for 5-10 minutes once the massage has been completed.

What is it good for?

- Indian head massage is especially good for relieving stress, tension, fatigue, insomnia, headaches, migraines and sinusitis. Clients report that the experience is deeply calming and relaxing, leaving them feeling energised and revitalised and better able to concentrate.

What are the benefits?

- Indian head massage helps increase joint mobility and flexibility in the neck and shoulders, improves blood circulation and lymphatic flow, frees knots of muscular tension, relaxes connective tissue and aids in the elimination of accumulated toxins and waste products. It is particularly good for reducing the effects of stress and tension.

You can book for a completely free and without obligation

**consultation with one of our skin specialists
to discuss your needs, requirements and questions**

*ASK AT RECEPTION OR SIMPLY CALL US ON
01491-573344*