

Natures way

skincare | spa | aromatherapy



indian head massage

Training Course for **Beauty Professionals**

Indian Head Massage has been practised for over a thousand years originally to keep long hair lustrous and in a beautiful condition. Nowadays, Indian Head Massage relieves tension in the neck, head and shoulders and dispels stress using massage, shiatsu and acupressure techniques.

The indian head training will include:

- A basic history of indian head massage.
- Hands on practical (delegates work on each other).
- Demonstration of indian head massage.
- Case study criteria (to be assessed approx three weeks later).



Delegates will learn:

- Contra-indications of the treatment.
- Benefits and effects of certain carrier and essential oils.
- Home care advice.
- A basic history of indian head massage.

Who this course is for:

Delegates who are studying towards their Level 3 NVQ or equivalent qualification or have a massage, anatomy & physiology qualification.

Duration:

Full day 9.30am until 4.00pm approx.



How to Book:

If you would like to book training with us then please call the sales office on **+44 (0)1543 416611**



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