

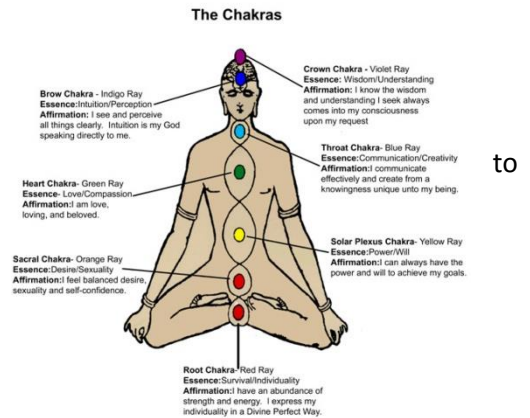
## Indian Head Massage Treatments

### Acacia Beauty Centre in the New Forest

The Acacia Beauty Centre opened in the summer of 2010 to provide a comprehensive range of Beauty and Holistic treatments. Situated next to the New Forest Water Gardens, Newlands Manor Farm, Everton, half way between Lymington and Milford on sea, the Acacia Centre is situated in a quiet and secluded space that allows for complete privacy within our treatment rooms, with ample on-site parking.



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Alongside the Beauty Salon is the Acacia Academy which is internationally recognised as a Training Centre for the delivery and assessment of qualifications up to level 4 in the Beauty Industry, in addition to our special Home and Personal Care classes. Pauline Crates is our Director of Education, with over 30 years' experience in the beauty industry. Pauline is an expert in skincare and makeup and heads our team of therapists and consultants.

### What is Indian Head Massage?

Indian head massage is a treatment that is applied using the hands to the upper body, shoulders, upper arms, neck & head. Traditionally used by Indian women who believed the massage promoted health and shiny hair growth. The massage has been practised in India since Hinduism began, and was once the mainstay of Indian life. The family tradition of massage plays an important role in Indian life and Indian head massage is known as champissage in India. The massage is part of Ayurveda (the science of life) an ancient form of medical treatment which is nearly 4000 years old. Ayurveda teaches that there are five elements: ether, air, fire, water and earth — which underlie all living systems and are constantly changing and interacting. These can be simplified into three doshas or vital energies. The doshas can be affected by factors such as different foods, time of day, season, stress levels and repressed emotions. Imbalances in the doshas are thought to affect the flow of energy known as prana through the body. Through Indian head massage the prana can be balanced to encourage mental, physical, emotional and spiritual well being.



Holistic means the *whole* and is derived from the Greek word 'Holos'. Holistic approach considers the *mind, body and spirit* as *one*. The body works as one unit made up of different systems. If one body system begins to dysfunction then other body systems will over compensate for it by changing the way they work,

therefore the whole body can be affected. During a holistic treatment, we believe that we should treat the cause and not the symptoms. Usually, with conventional treatments the symptoms would be treated. The Ayurvedic concept believes that energy channels exist within the body through which energy or 'prana' flows. It is also believed that energy centres referred to as chakras exist as wheels of prana. There are seven major chakras situated along the spine and skull, through which prana enters and exits. In turn, each body system is linked with an individual chakra. A free flow of prana through the chakras is seen as good health, whereas stagnant prana and blocked chakras results in poor health. Indian head massage aims to unblock the chakras to allow a free glow of energy and restore good health.

## Who is suitable for Indian Head Massage treatments?

Indian Head Massage is suitable for all ages and sexes. Many people use Indian Head Massage as a way of relaxing the mind and body and counteracting stress. Some doctors, consultants and other health care professionals recognise this therapy as a well-established, respected and effective therapy.

With every increasing levels of stress, it is important people take more responsibility for their own health care needs. Indian Head helps us to cope on a physical, mental and emotional level there by encouraging us to heal and maintain health in all areas of our lives. After having completed a course of reflexology treatments for a specific condition, many people find it beneficial to continue with regular treatments in order to maintain health and well-being.

Reflexology is suitable for all ages and may bring relief from a wide range of acute and chronic conditions. There is some suggestion that Indian Head Massage may aid:

- Stress-related conditions
- Back Pain
- Migraine
- Sleep disorders

## What happens when I go for a treatment?

An Indian Head Massage usually lasts for approximately 45 minutes. You will be invited to take a seat and relax on a low backed chair as it is mainly the head, face, neck, upper back and shoulders that are being worked on. Oils are optional in Indian Head Massage. If the treatment is performed without oils you can remain fully clothed and a light weight t-shirt would be recommended. If oil is preferred, upper clothing can be removed and a modesty towel applied. Always make sure that you avoid alcohol for at least five hours before the treatment. Indian head massage will start on the back, followed by the shoulders, arms, neck, head and face.

## How will I feel after a reflexology treatment?

You are most likely to feel great: relaxed, serene, ache free, clear headed, ready to tackle that important activity, report to work, run the children ragged round the park, or fall asleep immediately, this could depend on the use/choice of oil. If your body feels energetic, enjoy and use it, go for a walk but nothing too active. This is not always the case though! In creating homeostasis within your body you may need to rest and relax as you may feel lethargic or emotional.

## Is it a medical treatment?

No but it helps maintain and restore health. Indian head massage works on the imbalances in the body, and helps mentally and physically.

**To book a personal consultation or treatment in the Acacia Centre,**

**Telephone the Acacia Beauty Centre**

**01590 645547**

